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Overcoming Panic Attacks In Children And Adults - Stop These Panic Attacks Now !

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Have you ever had a panic attack ? Do you even know what a panic attack is ? Panic attacks can happen to anyone at anytime. Because we live our lives at a much faster pace and under more stressful conditions, it's not surprising that anxiety and panic attacks are on the increase.

What are panic attacks?

When faced with a stressful situation seen as potentially threatening, the body automatically gears itself up for danger, by producing quantities of adrenalin for 'fight or flight'. This would have prepared our cave-dwelling ancestors to fight or run away from danger, but it's much less appropriate to the stresses we encounter today.

The symptoms of a panic attack are quite varied :-

Tense muscles, short of breath, fast heart beat, dry mouth, chest pains, feelings of terror and sweating are just a few of the symptoms that people experience. These reactions occur in a matter of seconds, and can happen in moments of pleasurable excitement.

When adrenalin floods your body, it can cause a number of different physical and emotional sensations that may affect you during a panic attack.

Panic attacks come on very quickly, symptoms usually peaking within 10 minutes. Panic attacks can last for between five and 20 minutes, but some people report attacks lasting for up to an hour. You may have one or two panic attacks and never experience another, or you may have attacks once a month or several times each week.

This is one of the most distressing aspects of suffering from panic attacks - they may seem completely unpredictable, and therefore uncontrollable.

How do panic attacks become a problem?

A high level of adrenalin is not in itself a bad thing. It can give you the extra energy to deal with difficult demands and challenges. The damage is done when the levels of adrenalin don't fall, naturally, after a stressful event, and your body becomes a human pressure cooker. Having said all that, don't despair, we can now help you to [overcome your panic attacks](#). Thank you for reading this article.

My name is John Moore. My passion is to write articles about health related problems that I have researched.
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