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Physical And Emotional Anxiety Attack Symptoms That You Should Be Aware Of

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Virtually everyone has experienced anxiety and stress at some point in their life. However many people struggle to differentiate between what is considered to be general stress and an actual anxiety attack. To help you become more aware of what you are experiencing, here are some physical and emotional anxiety attack symptoms to look out for.

The first thing you should understand is that every instance can appear different from person to person. While some people may have full-blown anxiety attacks, others may experience one without even knowing. Despite the different forms of anxiety, all include the severe fear or worry in a situation that would typically go unnoticed by others. For this reason, let's start by highlighting some of the emotional symptoms of anxiety.

The most obvious emotional symptom is excessive and irrational fear and worry. You are continually worrying about the people around you, missing a deadline, upsetting someone you love, being unable to meet your financial obligations or such like. In addition to this, some other common symptoms include feelings of apprehension, watching for signs of danger, and always anticipating the worst.

Unfortunately, the emotional symptoms are just half the battle. On top of your emotions running out of control, you may potentially experience a great deal of physical symptoms as well. Sometimes people mistakenly think they have a medical illness because of the many physical symptoms that can arise.

Some of the minor physical symptoms can include fatigue, twitches, frequent urination or an upset stomach. It all leads to a feeling of tension and irritability. In addition to these minor symptoms, you may also experience:

a pounding heart constant sweating muscle tension fatigue insomnia

It is important to understand that there are several other physical symptoms to be aware of as well. As mentioned, people sometimes confuse these symptoms with a mental illness of some kind which can lead to them making frequent visits to their doctor or hospital.

There are a great deal of anxiety attack symptoms to be aware of. You may have already experienced an attack at some point in your life without even knowing what it was that you were experiencing. It is the wide degree of severity that can make attacks hard to identify. By understanding the physical and emotional symptoms listed in this article, you will be better placed to identify an attack prior to one occurring.

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