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Symptoms of an Anxiety Attack - How to Recognize the Signs?

Symptoms of an Anxiety Attack - How to Recognize the Signs?

Anxiety attacks or panic attacks are sudden episodes of intense distress caused in people due to certain unfamiliar and uncomfortable situations. All people feel uneasy when they are in unfamiliar surroundings, but in people who get anxiety attack, these symptoms are quite pronounced. This is a psychological disorder but it may also manifest itself in various somatic ways. The following are some common symptoms of anxiety attack.

Symptoms of Anxiety Attack

Perspiration – When a person gets very frightened or feels extremely anxious over something, perspiration increases. Sweating in a limited amount is not bad at all but sweating profusely is not a good sign.

Palpitations – When a person is about to get an anxiety attack, the heart starts beating very fast. The rate of heartbeat increases during physical activity too, but that is a different thing. If the palpitation has increased because of fear or worry, then it could be an indication of an incoming anxiety attack.

Difficulty in Breathing – When someone is anxious, there is a feeling of shortness of breath. In this case, the person's brain and other organs might not get enough air and that leads to the uneasiness.

Shaking or Trembling – In the wake of an anxiety attack, trembling of the entire body is quite common. In most cases, the person will not be able to stand or perform some tasks that require physical effort.

Chest Pains – Chest pains during an anxiety attack require a lot of attention because these could be a somewhat dangerous situation to be in. An anxiety attack can lead to panic attack, which is believed to be more dangerous for health. This is indicated through pain in the chest.

Nausea and Vomiting – Anxiety or pain can bring about a feeling of nausea and vomiting. If fear makes a person nauseous, then it is a sure indication that an anxiety attack is happening.

Dizziness – Lightheadedness because of worry or fear is considered to be a sure test for anxiety attack. This is because even if only lightheadedness occurs and the person feels no other symptom, it still is an anxiety attack.

Stomachache and Hot or Cold Flashes – People may have pain in abdominal and get hot or cold flashes during an anxiety attack.

The above list is an incomplete list, because different people react to anxiety in different ways and therefore the symptoms of anxiety attack are also different in them. However, the above are the most common symptoms observed in sufferers. But one thing is common – all people who face an anxiety attack will exhibit a blend of symptoms, which will be physical as well as emotional.

Do you need help [overcoming anxiety](#) and panic attacks without drugs or expensive therapy? The good news is that natural cures do work. Find out how people get better and stay better with [natural cures for anxiety](#).

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