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Symptoms of Anxiety Attacks You Should Know

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If you haven't ever been through an anxiety attack, it is very difficult to imagine how one feels. The anxiety levels experienced by those prone to panic attacks is far higher than the usual levels of stress that most people feel in their every day lives. By learning how to identify the symptoms of an anxiety attack you will be better prepared to stop the attack before it gets too intense.

Here are the most common symptoms:

- The feeling of choking or being unable to breathe
- Very fast heartbeat
- Sweating heavily
- Shaking or trembling
- The feeling of impending death or that you are going insane

Many times just being able to identify the symptoms is what it takes a person to be able to work through the attack itself. It is the people who are unaware that they are experiencing an anxiety attack that feel more panicked than those who can identify the symptoms of an attack.

Most people experience stress and anxiety at some point in their lives. Even high levels of anxiety are considered normal for most people. It's a natural response to dangerous situations and it can prove to be helpful if your life is, in fact, in danger. If an extremely high level of anxiety appears without any reasonable triggers, it is considered an attack, especially if it happens often.

Sometimes peoples anxiety attack symptoms are so strong that they can only be treated with prescription medications. The medications can work extremely well, but they only provide a short term fix to them and do not do anything to teach a person how to properly deal with the onset of an attack. Prescription medications can also have some very adverse side effects.

Therapy is actually the best treatment for anxiety disorders or frequent attacks. Therapy will help you learn what causes them and how to better deal with those triggers. Unlike the prescriptions you might be taking, therapy will

teach you how to cope with it for the long term.

Anxiety attacks can be stopped even without prescription medications. By learning what starts them and how they feel in their beginning stages, you can do a lot to keep them under control.

You can find out more about how to [Symptoms Of Anxiety Attacks](#) as well as everything to do with Anxiety and Panic Attacks at <http://www.PreventingPanicAttacks.net>

You can also find this article published on [Symptoms of Anxiety Attacks You Should Know](#), and on the tag pages [Anxiety](#), [Attacks](#), [Know](#), [Should](#), [Symptoms](#).