

File Created by [Blogging Rebirth](#) WP Plugin

Symptoms of Anxiety Attacks

Symptoms of Anxiety Attacks

Many people have anxiety and panic attacks and may not know what has happened to them. This can be very confusing and frustrating to say the least. Seeking anxiety attack help doesn't have to be as fearful and complicated as you may imagine. Below is a list of symptoms of anxiety and panic attacks that can at least give you some idea of what may be going on. If you think you are having panic attacks but aren't sure you should seek help and take note of potential triggers and symptoms.

An anxiety attack is basically when you are triggered in to a fight or flight response when you may have no present threat facing you. The triggers often happen at the unconscious level, which only compounds the confusion. Other times people know exactly what the trigger is - it could be social anxiety, or anxiety directed at a specific person or circumstance.

Some symptoms of anxiety attacks:

- Shortness of breath
- Rapid heart rate
- Dizziness, and lightheadedness
- Profuse sweating
- Rapid increase in body temperature
- Sudden fatigue (often brought on by the fight or flight response adrenaline)
- Anger, frustration, and confusion out of the blue
- Overwhelming fear
- Feeling "trapped" and needing to flee
- Nausea and nervousness

This is by no means an exhaustive list of symptoms of anxiety and panic attacks, but I hope it might give you more of an idea of whether or not you are experiencing an attack. One thing that will help during an attack is to try to breathe deeply and relax as much as possible.

Some people experience combinations of [panic attack symptoms](#) and some just have one or two overwhelming responses . Regardless of what you are experience, you should know that there is [anxiety attack](#)

[help](#) available and you don't have to keep experiencing panic attacks.

Jeffrey Lewis' Anxiety Attack music video by JEREMIAH for KIDAM. High resolution version can be seen at : ilikevodka.free.fr

More [Anxiety Attacks Symptoms Articles](#)

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