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# **Symptoms Of Mild Anxiety Attack And How To Deal With Them**

## Symptoms Of Mild Anxiety Attack And How To Deal With Them

Symptoms of mild anxiety attack are sometimes accompanied by migraines and a general sense of unease. You may not get the chest pains or cold sweats which usually occur with a more severe attack. Instead the symptoms of a mild anxiety attack may just be a feeling that something is wrong and doesn't feel right although you have no idea why.

Here is an example: you have an extremely stressful job and are more worried about it every day. The problem is that you are noticing anxiety symptoms while you are at home. You can't sleep at night thinking about the job, your hands are shaking doing ordinary mundane jobs around the house, and maybe even some abdominal minor pain.

A lot of people do not realize that these symptoms of mild anxiety attack can happen away from the situation causing the attack. You may feel nervous without knowing why, your hands may start to shake for no apparent reason; even if you are far away from the situation that caused the attack.

Most of the time, these symptoms can be managed by making some small lifestyle changes. You don't necessarily need to quit your job, but you need to determine exactly how the job is affecting you. Everybody has a certain amount of stress in their lives but how do you cope with it? We all need to take some time off for ourselves and get away from everything.

Just knowing exactly what to expect during an anxiety attack can most of the time make the difference between suffering a full blown attack and diffusing one before you lose control. If you can keep control of your thoughts and actions you are well on your way to successfully ward off a serious attack. If you start to feel the anxiety attack symptoms and you are not aware of what is happening, you will be more apt to lose control and start panicking.

Here are some of the more common symptoms of mild anxiety attack:

- Rapid heartbeat
- Shortness of breath
- Dizziness/feeling light-headed
- Fear of being out of control
- Heart palpitations
- Sudden sweating
- Upset stomach
- Tingling in the hands or feet
- Feelings of being "out of touch" with the world around you
- Shaking
- A feeling of being trapped

The symptoms usually will be different from person to person but, if you experience two or more symptoms you may be starting an anxiety attack and will need to get things under control.

When people are having an anxiety attack their thoughts will start to race and run wild with worry and the body starts to react to pain that hasn't even happened as yet. The best way to get the control back is to confront the attack head on, try to do everything you can to try and reduce your stress. As stress is probably the leading causal factor for anxiety, if you can learn a few relaxation techniques it will go a long way in saving your sanity.

Understanding the symptoms of mild anxiety attack and knowing what to do about them will help you to prevent any future attacks. But first and foremost you must be able to recognize the symptoms of mild anxiety attack before anything can be done about them.

You can permanently keep your anxiety under control and easily eliminate your panic attacks forever. Find all the [Symptoms of Mild Anxiety Attack](#) and learn what to do about them by visiting my website.

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