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# Top 4 Panic Attack Symptoms

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A panic attack can be quite frightening the very first time you experience them. You have absolutely no clue what is going on with your body and all you want is it to end. You want to feel normal again. I completely understand and that is why I am going to tell you about the top 4 panic attack symptoms.

I have not had a panic attack but my 20 year old daughter, Shaina did. I'll never forget that night when it struck. I had no idea what was happening to her. Buckled over in severe pain, holding her chest, tears streaming down her cheeks and her face filled with fear, I knew something was terribly wrong with her. "Could she possibly be having a heart attack? At 20 years old could this really be happening?" These thoughts rushed through my head.

I rushed her to the hospital and the doctor examined her immediately. The doctor looked at me and then at her and said, "The good news is, you're not having a heart attack. You have experienced a Panic Attack." Now, I have learned what panic attack symptoms are and how to help her when I am with her. She, of course, has learned to prevent a panic attack when she starts getting the symptoms.

**So, what are these panic attack symptoms?** Feeling nervous or Fidgeting This is one of the first signs of a panic attack. Feeling Flushed You feel a rush of heat in your face. Kind of like a hot flash. Lightheaded or Dizzy The room begins to spin or you just feel as if you are going to faint. Heart Palpitation and Chest Pain Feeling your heart racing and beating hard. Your chest is tight and hurts badly. These are the most common Panic Attack Symptoms. The good news is that these symptoms are not harming your body in any way. But, what it does is set you up for what is known as a panic attack disorder. What does that mean?

It means, once you have your first one, you will fear having another one. And just by having this fear, you will cause yourself to have repeated panic attacks. It then becomes a cycle. Fear—Anxiety---Panic Attack.

These attacks can take over your life and make living impossible. In a figure of speech, you must take the bull by the horns and beat this fear or you will cripple your social life, work life and family life.

**WARNING:** Do Not Take Your Panic Attacks Lightly.....Do Something About It!!

To learn more about Panic Attack Symptoms and how to deal with them visit [Eliminate My Panic Attacks](#)

[www.thelindenmethod.co.uk](http://www.thelindenmethod.co.uk) What causes chest and heart pain during anxiety and panic attacks? Charles Linden explains.

**Video Rating: 4 / 5**

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