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Warning Signs on Panic Attack Symptoms You Should Know

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One of the worst things about a panic attack is that its symptoms often mirror other health conditions, so it might take a while for you to realize that your suffering is caused by anxiety and nervousness and you might not receive the proper treatment. Even if you have never suffered from a panic attack before, it is important that you learn about the symptoms of an attack. This way, should you start exhibiting any of these symptoms you can ask yourself if they are related to your mental or your physical health?

Here is a list of the most common panic attack symptoms

- Chest pain
- Feeling light headed or dizzy
- Feeling intense fear of losing control
- Feeling intense fear of embarrassment
- Feeling like you have lost touch with your surroundings (or the people in them)
- An impending feeling of doom or that something terrible is going to happen
- Feeling like you are about to die
- Heart palpitations
- Heart beats too fast
- Pounding heartbeat
- Cold or hot flashes

- Sweating
- Trembling
- Upset or uncomfortable stomach
- Nausea or Diarrhea
- Tingling or numbness in your feet or hands
- Tingling lips and or/numbness around your mouth
- The feeling of being suffocated
- Hyperventilation
- Cramping and/or curling of fingers and toes

Many of these symptoms are associated with other physical conditions like a heart attack or the stomach flu. When you start to feel these symptoms it is important that you learn how to take a step back and ask yourself why you might be feeling these symptoms. Learn some relaxation techniques and practice them when you feel the onset of panic attack symptoms. If the symptoms go away, you were having a panic attack. If there is still pain or discomfort (but you no longer feel out of control), you are likely having a physical problem and should see a doctor.

If you have a relative that suffers from panic or anxiety attacks on a regular basis, it is likely that you will also experience them in your lifetime as well. Of course, the only person who can diagnose you with an anxiety disorder is a mental health professional. If you think that you might be at risk for an anxiety disorder or you start to notice panic attack symptoms happening on a regular basis, you should find a good counselor.

Together you, your counselor, your friends and your family can work to figure out the best way to help you prevent

as well as work through an attack. It is very important that you tell your friends and family about the panic attack symptoms so that they can be on the alert for them. Sometimes you might not be able to calm yourself down, but another person will have success.

Learning to recognize the signs and the symptoms is the best way to stay in control of your anxiety.

You can find out more about [Panic Attack Symptoms](#) as well as discover much more information on everything to do with anxiety and panic attacks by going to <http://www.AnxietyAttackInfo.com>

You can also find this article published on [Warning Signs on Panic Attack Symptoms You Should Know](#), and on the tag pages [Attack](#), [Know](#), [Panic](#), [Should](#), [Signs](#), [Symptoms](#), [Warning](#).