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# **Warning: Watch Out For These Anxiety Panic Attack Symptoms**

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Anxiety panic attack symptoms can help you determine if you have anxiety to be able to make preventive measures. Every time we feel worried about certain things or fear about the possibilities of what might happen if, a lot of ifs- these are what we call anxiety.

Anxiety is a brief, persistent, and extreme feeling of worry, uncertainties, and fear over a tense situation, and fortunately, it is controllable. As a matter of fact, anxiety is reversible, and can be successfully treated naturally if found out through the anxiety symptoms.

An anxiety condition is not an accidental, unidentified, and uncontrollable illness, even if it feels like it is. Anxiety conditions come out for precise reasons and have specific reasons and underlying explanations why they continue.

To be able to know if you have anxiety, you should know first the symptoms. Here is some of the anxiety symptoms associated with anxiety disorders. And since each individual has different chemical composition, anxiety symptoms and their intensity may vary from person to person.

The physical anxiety symptoms we may experience are:

Body - Burning skin sensation

Persistent fatigue

Electric shock feeling

Excess of energy, you feel you can't relax

Feel like you are going to faint

Feeling cold

Hyperactivity

Increased or decreased sex drive

Muscle twitching

Tightness or stiffness of shoulder, back, and neck

Numbness or tingling in hands, feet, face, head, or any other parts of your body

Persistent muscle tension

Jumpy

Too much sweating

Trembling, shaking

Urgency to urinate, frequent urination

Weak legs, arms, muscles

Chest - Chest pain or discomfort, tight chest, or tight chest muscles

Concern about the heart

Fell like you have difficulty breathing

Shortness of breath

Frequent yawning to try to catch your breath

Palpitations

Irregular heart rhythms, flutters or skipped beats, tickle in the chest that makes you cough

Head - Dizziness or light-headedness

Frequent headaches, migraine headaches

Head, neck, or shoulder tightness or stiffness

Overexcitement

Shooting pains in the face, scalp, or head,

Sore jaw that feels like a toothache

Clenching of the jaw or grinding of the teeth

Emotions - Dramatic mood swings

Emotional blunting

Wrong feeling of emotions

Frequently feel like crying for no reason

Mind - Fear of going crazy, losing control, fear of impending doom

Frequent feeling of being overwhelmed, or that there is too much to handle or do

Having difficulty concentrating

Racing thoughts or rapid thinking

Obsession about sensations or getting better

You feel like you are carrying the world on your shoulders

Hearing - Irregular or frequent reduced hearing or deafness in one or both ears

Low rumbling sounds

ringing in the ears

Mood - Irritable

Depression

Feeling like things is not real or dreamlike

Have no feeling about the things you used to

Feel like you are pressured all the time

Sight - Distorted, foggy, or blurred vision

Itchy, dry, or watery eyes

Eye tricks, seeing things on the corners of your eyes that aren't there, stars, flashes

Eye sensitivity to light

Spots in the vision,

Flashing lights when eyes closed

Deep perception feels wrong

Mouth and Stomach - Constant craving for sweets

Chocking or difficulty swallowing

Constipation or diarrhea

Dry mouth

Feeling like your tongue is swollen

Frequent upset stomach, bloating, gaseous

Lack of appetite or taste

Nausea or the thought of eating makes you nauseous

Tight throat, lump in throat

Sleep - Difficulty falling or staying asleep

Frequent bad, odd, or crazy dreams

Hearing sounds in your head that can awaken you

Insomnia or waking up ill in the middle of the night

Waking up in a panic attack

Feeling worse in the mornings

These are some of the prevalent anxiety symptoms, but the symptoms on the list are incomplete and not limited as to what is listed above. It is common for normal people to experience or two of anxiety symptoms, and some may experience them all.

If you do suffer from such anxiety panic attack symptoms be sure to seek some form of treatment right away as it is possible to live anxiety free!

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medication, psychological visits and herbal remedies. Find out

more at <http://www.anxiety.getwhatyouwant1.com> today!

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