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What are the Symptoms of Anxiety Attack?

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To start this off, what exactly is an Anxiety Attack?

We have probably seen or experienced this before. It is not a pleasant experience to go through, and far from it in fact. These attacks can be some of the most intense moments for us - and not in a good way!

An attack of this sort is essentially an episode, or a period of time where we may go through extreme and intense fear, panic, or worry. Millions suffer from this every day.

For those of us that have experienced it, already know the above mentioned does make it sound somewhat simple and almost trivial, but it is no where close to describing an experience.

Now, What are the Symptoms of Anxiety Attack?

The symptoms can be broken up into different categories. There are Physical, Emotional, and Actual Attack Symptoms which can consist of the first two mentioned also.

Physical Symptoms can include sweating, increased heart rate, headaches, a feeling of being tired, trouble breathing, and more.

Emotional Symptoms can include a feeling of utter doom, being irritable, constantly on the lookout for danger, a blank or lost feeling of the mind, and more.

The Actual Attack consists of some of the above of each category as well as Surges of intense Panic, Feeling out of reality, chest pain, losing control, and we may feel as if we are about to faint.

Doesn't sound pleasant does it? Obviously, it isn't - yet this affects so many people. It can cause us to stay in our homes afraid to go outside, avoid activities with friends and family we once found a time of joy and happiness.

Ask yourself What are the [Symptoms of Anxiety Attack](#) and list them. If you find you are displaying or have some of these symptoms, or already know that you suffer from Anxiety and Panic Attacks... you may want to get your Happiness and Freedom back.

Get your Health, Wellness, and Mood back on track and enjoy life again. Learn a Natural Technique that can eliminate Panic Attacks, Anxiety and Stress for a lifetime by visiting <http://www.panicanxiety-attack.info>

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