

What Causes Anxiety Attack? Mental and Physical Symptoms of Anxiety Attack - How to Stop Anxiety Attacks?

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An anxiety panic attack occurs because of extreme and unrealistic fear levels in the mind of a person. These attacks happen to people who are either suffering from general anxiety or social anxiety. It is true that the panic attacks are harmless, but still it is really a terrifying experience that no one would like to experience in their lives. A person loses control on their mind and body under such situation. Most of the affected people do not know how to stop it. It is very good if a suffering person knows how to control the situation and restore to a normal level soon. Stress, depression, anger and some other negative things are the results of anxiety.

Latest effective technique to stop Anxiety attacks right away, [Click here to view](#).

Common causes of Anxiety Attacks Hyperventilation - This is a syndrome that is triggered while breathing. When you breathe out for unusually long, it increases the heart rate. And, that triggers lightheadedness and an anxiety attack is a result of that. Traumatic Events - An anxiety attack also results when something tragic happens in someone's life like death of a loved one, accident or something else. Living in the past and thinking about the unfortunate events could trigger an anxiety attack. Heredity. This factor is also a major one in this situation. A person may be affected from an anxiety disorder if any member of their family has a history of anxiety or panic attacks.

There are both, mental and physical symptoms of anxiety disorders.

Mental Symptoms – Excessive fear and worry Low confidence to face life High Tempered and feeling insecure Restless and Edgy Behaving extra self-conscious, confused and poor concentration

Physical Symptoms –

Heart Palpitations - Sensation of stopped heart beats and feel like suffering a heart- attack. Chest Pain – Most of the people experience pain in their chest with a pressure and extreme discomfort. Breath Shortness - Short breath is also one of the signs of anxiety. It happens due to oxygen lack in the brain or other organs. Chills or Hot Flashes – The person feels hot or cold sensations in the upper area of the body due to emotional distress. Nausea, Vomiting or Diarrhea – Diarrhea, nausea, vomiting etc. are triggered by many negative emotional conditions like pain, panic and irritations. How to Stop Anxiety Attacks Naturally

There are many things that can be done to cure anxiety attacks.

Breathing – A great way is deep breathing. When you feel that an attack may come, go to a private place. Then, try to focus your attention on the breathing and breathe slowly and steady. Practice this for several minutes till you feel completely relaxed. Engage Yourself – Find some good hobby that you find very interesting to do in your free time. You can pick up anything that interests something familiar or new that is fun to learn. You can join discussion forums, groups and you can write blogs and articles etc. on the internet. It will redirect your thoughts and mind from the stress and you will feel creative and positive. Also, you can join anything physical that you would love to do. The good feeling will help you ease a panic attack. Shift Focus - This is another way to shift your focus when an attack may seem to come. When you feel uncomfortable, pick up an object in your hands and focus on it. Think about everything related to the object you hold like the color, shape, size and feeling you get when you hold it. This technique helps greatly to redirect the mind.

Above natural ways work well mostly, there is one more effective technique which effect quickly and prevent from anxiety attack cycle. Known as [Panic away technique](#), it's based on traditional psychology, you can apply that right away and feel the results soon. [Click here to view Panic away technique](#).

Know best technique to get rid from Anxiety and panic attacks on www.anxietypanicattacktreatment.info . you can start that right away and get the results quickly.

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