

File Created by [Blogging Rebirth](#) WP Plugin

# What Does An Anxiety Attack Feel Like?

## What Does An Anxiety Attack Feel Like?

There is really no easy way to describe it. Some people say that it is like having a heart attack, others say they feel like they are dying. One thing is always for sure, once you have an attack, it is something that you will not soon forget.

The start of the attack usually comes with a feeling of panic. Some people get the feeling that something is not right or something is off. Other people feel jittery. Soon though, the other symptoms start to set in. These include:

- Racing heart
- Nausea
- Feeling really hot or really cold
- Shaking
- Feeling disoriented or 'unreal'
- Feeling like you cannot breathe or are about to pass out.

The attack itself can last as little as 30 minutes or as long as a few days. Can you imagine being in this type of agony for a few days?

What actually causes the attack might be a mystery to you. Anxiety attacks are usually linked to something, but it is not always easy to spot, especially with the first few attacks.

No matter what causes the attacks, one thing is for sure, it is impossible to forget what that attack feels like. That first attack can be so brutal and scary that you find yourself going to the emergency room convinced that something serious is happening.

And it is. Because even though anxiety rarely requires emergency treatment, it is always hard to deal with. It is something you truly never forget.

People who have had anxiety attacks do almost anything to avoid having another attack.

But if you are reading this, you probably already know that.

Do you know how to stop anxiety attacks?

Discover How to [Reduce Anxiety Attacks](#)

Then take our **Free Course** on Dealing with Anxiety attacks at <http://www.overcoming-panic-attacks.info>

Dealing with panic and anxiety is hard. Facing what makes you anxious seems even harder. Learn the difference between panic and anxiety attacks and your natural panic/anxiety cycle as well as symptoms of an attack.

More [Anxiety Attacks Symptoms Articles](#)

You can also find this article published on [What Does An Anxiety Attack Feel Like?](#), and on the tag pages [Anxiety](#), [Attack](#), [Feel](#), [Like](#).