

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

# **What You Need To Know About An Anxiety Attack Symptom**

## What You Need To Know About An Anxiety Attack Symptom

An anxiety attack symptom is caused by a number of biological changes that occur during times of stress and anxiety. The human body is extremely resilient, even in times of anxiety we are strong, even if we may not feel it. It is also true that some people might be daunted by the thought that their heart could stop beating, or give up, caused by the extremely irritating and constant heart racing, pounding or chest pain, this is just not true; once more these are typical symptom of panic attacks.

Nobody has ever come to any harm as a result of anxiety or panic attacks! Think about how hard athletes have to work in order to give their hearts the kind of workout your heart receives through anxiety; athletes hearts do not give up, do they? The heart is a muscle, raising the heart rate exercises it, making it stronger You wouldn't worry if your heart raced after jogging, or working out at the gym, so there is no need to worry about it during anxiety attack. I know this is easier said than done, but it is just a fact that Panic attacks symptom will not cause you any physical harm.

The downside of these anxiety attack symptoms is that your body will feel exhausted and trembling once they settle down. You may feel as if you have run around the block a couple of times yourself. Feeling exhausted or achy is a normal side effect, if you feel that a anxiety attack is about to overcome you, keep this in mind and it will not frighten you as much!

Many people suffering from anxiety attack symptom report aching muscles and fatigue, these are common symptoms of panic attacks and anxiousness. Muscle tension can cause pain or sensations of tightness anywhere in the body; most common in anxiety are pains in the chest, neck and shoulders. Tension in these areas can be terribly distressing; the tension in your chest may cause shortness of breath or rib pain, and it might make your chest or breasts tender or numb. Pains in the muscles of the neck and back can cause the blood vessels and nerves to become restricted; this can cause headaches or migraine but can also cause the head to feel lightheaded or painful.

It is commonplace for your face or scalp to feel numb or dead, this can affect sensations around your eye, in your cheek, face and jaw and can even affect the sensations in your mouth. This is caused by muscular tension causing restriction around the nerves and blood vessels in the neck. Again, another symptom of panic attacks and anxiety which causes the sufferer unnecessary worry but is completely harmless.

This tension can cause feelings of numbness in the arms (usually the left), and also the legs. Keep in mind that these sensations are caused by tension and can not physically harm you.

The nervous system is found in every inch of your body. There are nerve endings virtually everywhere, surrounding every organ, muscle and over every part of your skin so the symptoms of panic attacks and anxiety can be felt anywhere! Tension can be responsible for most of the sensations experienced during anxiety.

An anxiety attack symptom is precisely what the name suggests, a symptom of the disorder not of another condition. These symptoms should be ignored, they have no impact on your health.

Stephen Meredith is a part time writer and ex- anxiety sufferer  
To discover how to get rid of [anxiety attacks](#) once and for all, visit [Panic Away](#)

Related [Anxiety Attacks Symptoms Articles](#)

You can also find this article published on [What You Need To Know About An Anxiety Attack Symptom](#), and on the tag pages [About](#), [Anxiety](#), [Attack](#), [Know](#), [Need](#), [Symptom](#).