

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

What You Need To Know About Anxiety Physical Symptoms And Natural Treatments

What You Need To Know About Anxiety Physical Symptoms And Natural Treatments

<!-- @page { size: 8.5in 11in; margin: 0.79in } P { margin-bottom: 0.08in } -->

Think you may be having [anxiety physical symptoms](#)?

Everyone feels anxious, stressed or worried from time to time. You will feel nervous about a big test or job interview... most of us get butterflies before a big date... who doesn't feel anxious before public speaking?

However if your anxiety is typically overwhelming and is very persistent you may be suffering from anxiety attacks.

If you are experiencing anxiety attacks... you definitely are NOT alone. Tens of millions of Americans currently know how you feel.

You can be relieved though... Anxiety Disorders are VERY treatable and usually without medication and expensive therapy bills.

To stop physical symptoms of anxiety we need to look more at the cause of anxiety rather than treat the symptom compounding the situation. The following easy steps may be adopted in stopping the physical symptoms of anxiety

Anxiety physical symptoms include:

Our breathing becomes more rapid

Our heart beat speeds up

We feel dizzy and light-headed

We get 'butterflies' in our stomach

We feel sick and/or need the toilet

Our mouth becomes dry and it feels difficult to swallow

We can experience profuse sweating

We feel 'jittery' and 'jumpy' a feeling of being 'on-edge'

Emotional symptoms: These symptoms refer to thoughts and feelings that no one knows about except you. These include anxiety (excessive worry about the stressor), depression, thoughts of hopelessness, loneliness, anger, resentment, and difficulty concentrating. You may believe that the stressful situation will never get better, or that you are incapable of handling it. You may want to give up.

Panic attacks and anxiety attack symptoms can be kept in check by relaxing and keeping your body and yourself under control even in the worst situations. Learning proper relaxation techniques, physical activities such as yoga or running and even meditation can help you stop and prevent anxiety attacks for a happier, anxiety-free life.

Passion Flower: It is an herb and it is very popular natural treatment. Usually people suffering from insomnia and anxiety use as a folk remedy. It should not be taken with sedative unless under medical supervision. It acts as a medication for sleep or seizure disorders. There are some side effects with passion flower such as vomiting, drowsiness, rapid heartbeat and nausea.

The importance is to follow a healthy lifestyle. As much as possible, you have to develop a good diet plan and stop unhealthy habits like smoking and excessive alcohol drinking. By leading a healthy lifestyle, your energy

levels will increase and you will always have a positive emotional outlook.

Practice these simple tips, you will definitely be able to [cure anxiety and panic attacks](#) with your own efforts

<!-- @page { size: 8.5in 11in; margin: 0.79in } P { margin-bottom: 0.08in } -->

Let me tell you how to recognize [anxiety physical symptoms](#) today. And an undeniable truth. Just a Simple Technique That Works Every Single Time. This is Key to your imminent recovery! Are you prepared to try and [cure anxiety and panic attacks](#) with this incredible tool right now?

Related [Anxiety Attacks Symptoms Articles](#)

You can also find this article published on [What You Need To Know About Anxiety Physical Symptoms And Natural Treatments](#), and on the tag pages [About](#), [Anxiety](#), [Know](#), [Natural](#), [Need](#), [Physical](#), [Symptoms](#), [Treatments](#)