

Title:

Anatomy of an Anxiety Attack

Word Count:

538

Summary:

This article is about anxiety attacks and how it can affect the lives of people. This article

Keywords:

Anxiety attacks, coping with anxiety

Article Body:

Anxiety attacks are normal body reactions ~ coping mechanisms ~ against different stressors and

Pressure can come from an emotional problem in a relationship at home, demanding tasks

Extreme levels of anxiety can produce serious ill effects on one's physical and mental

Some people can cope with depression and anxiety. But for a significant number of people

Anxiety medications, also known as anxiolytics, are prescribed to treat the different

Non-benzodiazepines, however, are used to control the serotonin level in the body. Serotonin

While these medications offer relief, people must still practice a little caution before

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