

Title:

How To Know If You're Suffering From Panic Attacks

Word Count:

474

Summary:

Most people will experience at least one or two panic attacks at some point in their life. Thi

Keywords:

Panic attack, Panic attack disorder, anxiety attack, anxiety attack symptom

Article Body:

Most people will experience at least one or two panic attacks at some point in their life. Thi

Panic attacks symptoms are surprisingly similar to a heart attack, but don't worry - the two o

- Quickness of breathing
- Increased heart rate
- Increased body temperature
- An overwhelming feeling of dread or fear (panic).
- Tightness in the chest
- Tingling in one or both arms and/or the tips of the fingers
- Profuse sweating
- Minor delusions
- Unreasonable fear towards random objects or events
- Lightheadedness
- Dizziness
- Nausea

The symptoms listed above are common symptoms related to panic attacks, each varying from pers

By the way, the feeling of tightness in the chest leads some of the sufferers to believe that

So, How to tell for sure if you're having a panic attack?

Besides experiencing any combination of the symptoms mentioned above, there are a few exclusiv

- Panic attacks are very limited in time. The body can maintain this reaction for no more than
- Another major factor of panic attacks is the feeling of anxiety that follows an attack. Most

Having said that, toy mast pay attention to feeling of fear that lasts for weeks, as well as re

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