

Am I suffering from panic attacks?

Do you suffer panic attacks? If you are, then you are not alone.

Panic attacks are of a nature that many people have a difficult time explaining what is going on and why. Symptoms of a panic attack vary, depending on the severity of the event. Panic attacks can be as simple as forgetting where you are that exact moment and or where you may have parked your car after coming out of the grocery store.

What are the symptoms? Am I having a panic attack?

Symptoms of a panic attack range from shallow breathing and mild sweats, to a very rapid heart rate, excessive sweating and heavy breathing and the feeling that you may even be having a heart attack, due to the pressure that you feel in and around your chest. Panic attacks affect people in many different ways. Panic attacks some times occur for no known reason at all. Right before, during and immediately after the attack, a complete sense of fear, hopelessness and helplessness are the only thoughts racing through your head. The affect of the panic attacks vary from a short term sense of fear of the unknown to the complete social withdrawal of ones being. A fear of being around a group of people is very common after a strong panic attack.

Who gets panic attacks and why?

The types of people that get panic attacks are actually everyday people. Depression can and often does trigger a panic attack; however, everyone is susceptible to a panic attack. Panic attacks are not to be dismissed lightly. If you have had a panic attack, rest assured, you are not alone in the world. Millions of people suffer from various degrees of a panic attack. The type of people that will get a panic attack are not limited to just the depressed, and or the lonely. Panic attacks can and often do, affect everyday people. Stress can often be a starting point for minor panic attacks and the fact that everyone is subject to some level of stress and anxiety, a panic attack is nothing to be ashamed about and a panic attack should not be ignored. You should consult a medical professional in regards to perhaps determining the cause of the attack and medication that may be available to lessen the severity of the attack and or perhaps eliminate the potential for the panic attack altogether.

In summation, the symptoms of a panic attack could be shallow breathing, rapid heart rate, difficulty breathing, a pounding feeling in the chest and a feeling of helplessness and hopelessness. The affect a panic attack may have on various individuals would be to create a sense of loneliness and isolation, fear of the unknown as to why is this happening and an insecure feeling.

Need help?

You are not alone and please don't feel that you are alone, there are lots of people from all walks of life that suffer from panic and anxiety attacks. I know at this time you may feel helpless, however there are many people out there who have conquered panic attacks, who are now able to live life to its full potencial without having to worry. To find out more about these people and there experiences then go to www.panicaway.com

About the Author

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