

Dealing with anxiety attacks

Love is meant to be a happy emotion, yet it can also be one of the prime drivers behind a person's anxiety attack. You may see your ex love at a social event and it would be perfectly normal to have some level of anxiety in that situation but when that anxiety builds up and up until it makes you worry over every detail of your evening then it is time to realize that it has become a problem.

Anxiety attacks always have a trigger event, the problem is that the trigger event may not be an obvious one. If a tiger comes up to you, then it is easy to work out what the trigger event was for your panic attack. Some people's triggers are not so obvious, they can be far more subtle and may even require a series of events to happen.

The trigger for an anxiety attack can vary with the situation for most people. At times of stress panic can trigger the body's reaction to high levels of stress which usually involves large amounts of chemicals which give us the strength to run away or stand and defend ourselves. Also known as the fight or flight reaction this can often be the main reason behind any panic attack.

When a person experiences an stressful or traumatic event the body will react to it. This can release chemicals into a person's system that will cause an extreme reaction to the situation. An anxiety panic attack can occur when chemicals are triggered. The body assumes there is danger that it must react to, this is called a panic attack. An anxiety panic attack can have many of these key factors. Feelings of fear, hopelessness, increased heart rate, sweating, tingling, nausea, headaches, and emotional fluctuations.

If you know what sets off your panic and anxiety then you can take steps to either eliminate that item or situation from your life. If you are unsure of what causes your anxiety and panic attacks then you will need to go through a process of elimination. This may require the assistance of a trained medical professional.

About the Author

You can find plenty of places that offer [Anxiety cures](#) but not plenty of them have suffered anxiety as you have? Read a [Anxiety book](#) that is written by a ex sufferer.

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