

Published based on [Do You Have Severe Anxiety Symptoms?](#)

Do You Have Severe Anxiety Symptoms?

As a precursor to delving into symptoms of anxiety, we should examine what exactly severe anxiety is and explain what causes it. Only when you have a clear understanding about the condition, can you learn about some of the most common severe anxiety symptoms, as well as the treatment methods that can be used to cure the problem. Many people have heard of panic attacks; panic attacks and severe attacks of anxiety are extremely similar and there really is no way to definitively distinguish between the two.

The Symptoms Both Physical And Emotional

Usually lasting between two and five minutes, a severe anxiety attack will not last longer than fifteen minutes; duration varies among people and from one situation to the next. Additionally, it's required that from the beginning you can tell the difference between physical manifestations and emotional severe anxiety symptoms. Physical symptoms of severe anxiety can include adrenaline rushes, excessive sweating, trouble breathing, and stomach trouble; the presence of only one of these symptoms does not necessarily signal an anxiety attack, although it could.

Some other physical symptoms of severe anxiety that people experience are dizziness, headaches or feeling lightheaded, heart palpitations, and feeling nauseated; you may also experience sensations of extreme hot or cold, or a feeling that you are choking. The list could go on, but these are the main physical symptoms.

Emotional severe anxiety symptoms consist of a tense or agitated feeling, being irritable and not having the ability to pay attention to one thing for very long. In addition, other severe anxiety symptoms include feeling restless and having extreme apprehensions and fear as well as constantly looking to see if there is any danger about.

Because of severe anxiety symptoms a individual can lose their abilities to react in a logical manner. Also their cognitive abilities too will have deteriorated while they will also experience racing thoughts that are based on being fearful and in general the patient will not be able to think rationally.

Your family doctor is the best possible person who can help you overcome both your physical and your emotional sever anxiety symptoms. If you are diagnosed as having severe anxiety, the doctor will most likely prescribe prescription drugs; you may want to ask about natural alternatives as these could be better for you in the long run.

In cases of such emotional and mentally severe anxiety symptoms, you will need to find a good course of treatment immediately. Because otherwise you may develop bad habits including conducting audible internal dialogs and losing touch with reality. You need to also find ways to dispel the feelings of immediate doom and it is also necessary to find a cure for the feeling of being on the verge of going crazy.

Panic and anxiety can ruin your life. To find out more information check out [how to cure panic attacks](#) without drugs or take a look at [Panic Away Review](#) so you can begin living a life that is anxiety free

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