

Published based on [Preventing Panic Attacks With Its Signs And Symptoms.](#)

Preventing Panic Attacks With Its Signs And Symptoms.

Panic attacks happen to nearly 55% of the nation's population at some point in time and when a person experiences it he or she goes through an untold fear. This can affect anybody whether old or young but especially the youngsters are affected because they are not aware of the methods to handle stress carefully. This attack happens suddenly without a notice thus paralyzing all his activity for sometime but the good news is that our body is designed in a way that it can naturally handle the fear for sometime without medical intervention.

Listed below are some of the symptoms that need immediate attention of the medical profession these can either be physical and psychological and can show up suddenly.

- Death fear--The person who has a panic attack feels that his life is going to end but his fear has nothing to do with the situation that he is in now.
- {Palpitations –the heart of the patient can pound due to the uncontrollable fear that he is feeling. |Palpitations –the person heart beats faster and he is able to feel and hear his own heart beat and this happens because of his fear. |Palpitations --Because of his untold fear his heart begins to thump faster than normal.
- Shortness of breath –often, this will come with chest pains. Often, this leads to hyperventilation. | Shortness of Breath –This will further lead to discomfort in chest in other words hyperventilation. |Shortness of Breath. Chest discomfort happens because of this which will result in hyperventilation.
- Trembling and shaking - this is caused by the terror and at times, it can even come to the point where the sufferer would be almost paralyzed. Shiver and Tremble –This is because of the fear factor in the patient which may paralyze the patient.
- Nausea – this happens because of an unsettled stomach, this makes the patient giddy and shaky and ultimately faint.
- Depersonalization ---Our body reacts naturally this way when things go out of control,
- Paresthesias –this is a condition where one would experience tingling sensations or numbness in their bodies.
- Chills or Hot flashes –whole body trembles because of fear and this is difficult to manage

Some of the above symptoms can not occur to a patient. A panic attack has the capability to disable a person. This would prevent him from expressing to others what happens to him. There are also nocturnal panic attacks. It happens mostly during nighttime when the patient is sleeping. Individuals whose attacks occur at night tend to experience more respiratory symptoms. They would suddenly be awakened from their sleep and feel terror. Other symptoms can also be experienced. It also occurs for no more than 10 minutes. However, people who suffer from nocturnal panic attacks find it more difficult to get over from the episode compared with those who undergo daytime attacks. Men and women also have different warning signs.

There are a few things that you can do to prevent experiencing a panic attack. People with panic disorders can protect themselves from another episode. Below are some of the things that can help.

- Avoid food, beverages and medications that can trigger an attack. Too much intake of caffeine and alcohol are some of the culprits. Lessen the amounts of your consumption.
- Breathing exercises help you to relax and it is the best way to handle stress-related problems. Doing yoga and aerobic classes also can be a best way to reduce the onset of an attack.
- Have a healthy life style and have a person who is trustworthy and share all your problems and this will partly solve your issues. Believe that all your worries will come to an end and there is nothing unusual about it.
- While you are having the attack, try to relax your shoulders and then the large muscle groups afterward. Then, try to slow down your breathing. This would be able to stop the attack as you get calmer. Then tell to yourself or to someone with you that you are not insane and will not die. Always keep in your mind that if you can talk, you can breathe so you wouldn't die

If the person who had an attack has another medical problem then he should not do any exercise because this may lead to a heart attack and further complicate things and endanger his life.

Article by Beth Kaminski who is an expert in anxiety disorder. For more information on [anxiety without panic](#), visit her site today.

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