

## Demystifying Panic and Anxiety Attacks

The cause of panic and anxiety attacks relate to the functioning of the brain. More specifically, these attacks are caused by the Amygdala's reaction to anxiety provoking situations or thoughts. A person can be diagnosed with three types of panic attacks; namely, spontaneous panic attacks, specific panic attacks and situational predisposed panic attacks. A myth that has existed for many years surrounding panic and anxiety attacks is that it is a mental illness where in actuality, these attacks are frequently behavioral conditions with specific symptoms.

Persons suffering from panic and anxiety disorder may experience symptoms such as shaking, sweating, palpitations, shortness of breath, dizziness and hot flushes to name but a few. A common statement by panic attack sufferers is that they feel like they're dying or suffering a heart attack. Naturally, these symptoms may occur with many other ailments and are not necessarily related to panic and anxiety disorders, therefore treatment and diagnosis from a specialist is therefore of great importance should you be worried that you may be suffering from panic and anxiety disorders.

Panic and anxiety attacks are not necessarily both experienced at the same time. In other words, some people may suffer from anxiety attacks and never experience a panic disorder. When suffering from spontaneous panic attacks, they can strike at any time or in any situation. For example, these forms of panic attacks may occur while one is asleep or even during the day while at work. They are unpredictable and can cause a lot of stress for the person whom is experiencing the attack.

The second form of panic attacks, namely, specific panic attacks, are caused when a person is confronted with an anxiety provoking circumstance that he or she has experienced before or that relates to a previously anxiety experienced situation. Situational predisposed panic attacks relate to having a panic attack in a particular situation or in a particular place, for example, some people will only experience panic attacks while doing their weekly grocery shopping. This does not necessarily mean that they have a fear for the activity; it simply means that they are predisposed to experience panic attacks in that particular location.

Persons who suffer from panic and anxiety attacks tend to suffer from fatigue and may experience aches and pains in various muscles of their body. When a person suffers from anxiety, the most common places for muscle pain are in the areas of the neck, shoulders and chest area. When a person's muscles ache, it leads to tension within the given area. For example, a person suffering muscle tension in the chest area may experience shortness of breath, persons experiencing tension in the shoulder and neck area may experience migraines and headaches through the restrictions caused by the blood vessels.

Therefore, before treating the symptom it is important to know the source, what is causing the specific ache and pain. Various treatments for anxiety and panic attacks are available; they range from natural home remedies to prescribed medication. The advantage of these attacks is that they can be treated and cured permanently.

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### About the Author

TreatAnxietyDisorder features expert articles on treating panic attacks and anxiety disorders. Visit <http://www.treatanxietydisorder.com> to find out the single most powerful technique for eliminating anxiety and panic attacks, and gain free access to our mini series: Say Goodbye To Panic Attacks.