Physical Symptoms of Anxiety

by NEWLIFEOUTLOOK TEAM

Physiological Effects of Anxiety

To avoid these physical effects, you can take part in therapy. The goal of therapy is to help you respond better to situations that normally cause your panic attacks. So generally, you'll get a bit of exposure to the trigger and this will be increased at a rate that's comfortable for your body until your reaction is greatly reduced. You'll likely have to do at least some therapy here before you get to other relaxation techniques, such as exercising. Any exercise can help, but you should start off with walking, since it's an activity that should cause the least anxiety. Jogging, swimming, cycling, or even playing sports are all great ways to get a bit of exercise and to help you relax. When you start any of these activities, go with a duration that causes the least amount of anxiety and with the help of your therapist, see how far you can go.

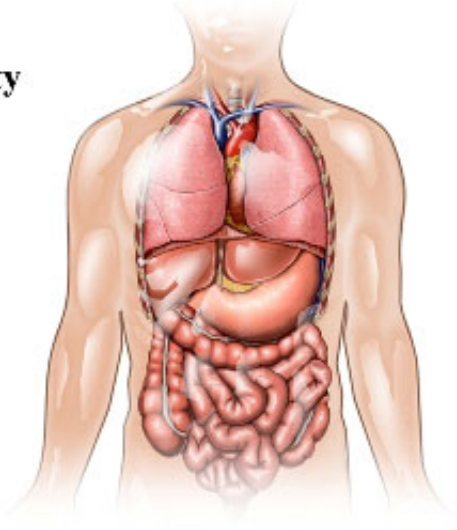
Physiological effects of anxiety

Fear

Breathlessness

Choking sensation

Palpations of the heart

Restlessness

Increased muscular tension