

## What Causes Panic Attacks to Appear?

Panic attacks are the immediate consequence of the anxiety and stress and this is a fact which is obvious and very clear. People have been working on treating panic attacks for a long time now but they should actually know that they should treat their anxiety and stress disorders to get rid of what they have now. Panic attacks are really common these days and they are being experienced by hundreds of people all around the globe under all the circumstances. Therefore, knowing about the stress conditions and having to deal with them is important and essential.

Before even dealing with panic attacks, one must know what causes panic attacks to appear and take place in the first place. Anxiety is the fear of something tragic that has happened to you or something that has been a bad experience and influence both that you haven't been able to forget and even analyze on your own. Panic attacks are exactly caused due to the same thing; breathlessness, blurred vision, tingling sensation all over your body and many other things are related to the appearance of panic attacks that should be taken into consideration right away.

One of the possible causes why panic attacks are appearing could be substance abuse or something that you have been taking orally to calm your nature down. Alcohol and drugs for instance have a bad effect on your health at all times and they lead to the anxiety symptoms that are not good.

Genetics has involvement in the triggering events of panic attacks as well because in 60% of the cases, a person inherits the gene that is responsible for the consequences of panic attacks.

Obsession and something which is really wanted and required could be a cause of panic attacks readily because it could lead to anxiety and stress more than anything else. A kid who is possessive about having a toy for instance is going to not stop wanting it until you give it to him and for that he might end up having a panic attack. The realization of something that you cannot have is something that should be controlled as soon as possible.

Fearing something or in short phobias can cause panic attacks to appear as well and they have been the most highlighting ones in the history so far. Different types of phobias could cause panic attacks to appear very easily.



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