New Insights Reveal the True Duration of Anxiety Attacks

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LARGO, FL - March 31, 2025 -
Largo, FL ? Clean Recovery Centers recently published a blog post unveiling the timeline for how long an anxiety attack lasts. There are many different types of anxiety disorders, including the most common one, generalized anxiety disorder (GAD). Anxiety is a normal response to fear or stress. When those feelings become frequent and interfere with a person?s life, it can be a sign of GAD, which can include symptoms of anxiety attacks. Anxiety attacks are not a diagnosable medical condition, but they might include intense periods of fear and stress that cause physical and emotional responses. Anxiety attacks are not the same as panic attacks, which are associated with panic disorder.

?There is no exact amount of time an anxiety attack can last. However, you can expect certain symptoms to appear as you are met with your specific trigger. This also is how anxiety attacks differ from panic attacks as panic attacks only last around 5 to 20 minutes. Let?s explore how the signs and symptoms leading up to an anxiety attack,? the blog post states.

Anxiety often comes from a trigger, such as an uncomfortable social situation, an important test at school, or a new promotion at work. When a person is stressed, the stress hormone cortisol is released. This is how the

body defends itself, activating fight or flight mode. For people with anxiety, cortisol is released even if there is no perceived stress. There are often signs of stress before an anxiety attack begins. For example, someone might feel on edge or worry about their surroundings. Their skin might also flush and become sweaty. As symptoms progress, the person will often feel additional symptoms, including a racing heartbeat, dizziness, nausea, diarrhea, and muscle tension. If the symptoms are coming and going within minutes, it might be a sign of panic disorder. If they continue to hang around for longer periods, it could be a sign of an anxiety disorder.

There is no exact amount of time an anxiety attack can last, which means it could last for days. Signs of anxiety can begin as soon as a person?s stress levels rise. As the week continues, symptoms might fluctuate. In normal anxiety responses, symptoms will lessen after the perceived stress is gone. For those with anxiety disorders, these emotional and physical responses can continue to persist after the stress is no longer there. If a person?s anxiety symptoms are frequent and interfering with their life, it is a good indication that they should talk to a professional about anxiety and discuss potential treatment and management options.

Learning about anxiety is the first step in implementing effective management techniques. This could include reading up on the personal experiences of others or attending support groups. Other techniques include learning one?s triggers, avoiding alcohol and substances, implementing a physical activity routine, and keeping up with a prescribed anxiety treatment plan. Common remedies for managing an anxiety attack are to practice deep breathing, think of a peaceful place, challenge negative thoughts, and use other grounding techniques, like smelling different scents in the air or focusing on a specific object around oneself.

?Anxiety can quickly take over your mind, leaving you living in fear and a constant state of stress. The good news is there are options available to not only manage these symptoms but also find peace. Anxiety treatment will open this door, providing you with insight into the condition. Through therapies, coping skill development, and sometimes medication, you will have all the tools needed to keep your anxiety in check. Your care team will always be there for you every step of the way ? you never have to live in fear of anxiety on your own,? the blog post continues.

Clean Recovery Centers offers mental health treatment at their Largo, FL location. They are the only facility in the area that has RTT-certified therapists, and they can diagnose and treat mental health conditions as a primary diagnosis. Their inpatient treatment is also available for clients looking for mental health treatment, which includes treatment for anxiety and anxiety attacks. All of their housing is certified through FARR (Florida Association of Recovery Residences).

Call them at (888) 330-2532 or visit their website to learn more about Clean Recovery Centers.

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For more information about Clean Recovery Centers - Largo, contact the company here:Clean Recovery Centers - LargoTerri Boyer(727) 766-0503info@cleanrecoverycenters.com360 Clearwater Largo RoadLargo, FL 33770

Clean Recovery Centers - Largo

Located on the beautiful Suncoast of Florida, Clean Recovery Centers provides the full spectrum of treatment options for drug and alcohol addiction.

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