



Generalized Anxiety Disorder (GAD)

Are you extremely worried about everything in your life, even if there is little or no reason to worry? Are you very anxious about just getting through the day? Are you afraid that everything will always go badly? If so, you may have an anxiety disorder called generalized anxiety disorder (GAD).

What is GAD?

All of us worry about things like health, money, or family problems. But people with GAD are extremely worried about these and many other things, even when there is little or no reason to worry about them. They are very anxious about just getting through the day. They think things will always go badly. At times, worrying keeps people with GAD from doing everyday tasks.

GAD develops slowly and lasts at least six months. It often starts during the teen years or young adulthood. Symptoms may get better or worse at different times, and often are worse during times of stress.

People with GAD may visit a doctor many times before they find out they have this disorder. They ask their doctors to help them with headaches or trouble falling asleep, which can be symptoms of GAD, but they don't always get the help they need right away. It may take doctors some time to be sure that a person has GAD instead of something else.

What are the signs and symptoms of GAD?

A person with GAD may:

- Worry very much about everyday things
- Have trouble controlling their constant worries
- Know that they worry much more than they should
- Not be able to relax
- Have a hard time concentrating
- Be easily startled
- Have trouble falling asleep or staying asleep
- Feel tired all the time
- Have headaches, muscle aches, stomach aches, or unexplained pains
- Have a hard time swallowing
- Tremble or twitch
- Be irritable, sweat a lot, and feel light-headed or out of breath
- Have to go to the bathroom a lot

What causes GAD?

GAD sometimes runs in families, but no one knows for sure why some people have it, while others don't. Researchers have found that several parts of the brain are involved in fear and anxiety. By learning more about fear and anxiety in the brain, scientists may be able to create better treatments. Researchers are also looking for ways in which stress and environmental factors may play a role.

How is GAD treated?

First, talk to your doctor about your symptoms. Your doctor should do an exam to make sure that another physical problem isn't causing the symptoms. The doctor may refer you to a mental health specialist.

GAD may be treated with: psychotherapy, medication, mindfulness, meditation, exercise, change of diet, and other non clinical approaches to wellbeing.

Psychotherapy. A type of psychotherapy called cognitive behavior therapy is especially useful for treating GAD. It teaches a person different ways of thinking, behaving, and reacting to situations that help him or her feel less anxious and worried.

Medication. Doctors also may prescribe medication to help treat GAD. Any decision regarding the use of medication should be made with your doctor. Talk with your doctor about the best treatment for you.

Tend to your mental and emotional wellbeing. Take a confidential online screening meant to help you identify mental health issues you may be experiencing, including anxiety. Sources of help are included. If you are experiencing thoughts of suicide call 911 immediately or

• Samaritans Statewide Hotline

Call or Text: 1-877-870-HOPE (4673)

• National Suicide Prevention Lifeline

1-800-273-TALK (8255)

Press # 1 if you are a Veteran

Take a confidential mental health screening

Go to: <http://screening.mentalhealthscreening.org/miiawellness>

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