GENERAL ANXIETY DISORDER

GAD affects 6.8 million adults, or 3.1% of the U.S. population, in any given year.

OVERALL ANXIETY IS A NORMAL PART OF LIFE

SOME DAYS YOU MIGHT WORRY ABOUT THINGS LIKE HEALTH, MONEY, OR FAMILY PROBLEMS. BUT IF YOU FEEL EXTREMELY WORRIED OR FEEL NERVOUS ABOUT THESE AND OTHER THINGS, EVEN WHEN THERE IS LITTLE OR NO REASON TO WORRY ABOUT THEM

YOU MAY BE SUFFERING FROM GENERAL ANXIETY DISORDER.
What is general anxiety disorder?

Occasional anxiety is a normal part of life. People with GAD find it difficult to control their anxiety and stay focused on daily tasks.

GAD affects 6.8 million adults in the United States every year

This disorder comes on gradually and can begin across the life cycle, though the risk is highest between childhood and middle age.

Women are twice as likely to be affected. And although the exact cause of GAD is unknown, there is evidence that biological factors, family background, and life experiences, particularly stressful ones, play a role.

Know that GAD is treatable. Call your doctor to talk about your symptoms so that you can feel better.

What are causes of general anxiety disorder?

Researchers have not found the cause for GAD but multiple factors are to be considered.

### Biological Factors

Researchers have found that several parts of the brain, as well as biological processes, play a key role in fear and anxiety. By learning more about how the brain and body function in people with anxiety disorders, researchers may be able to create better treatments.

### Family History

GAD sometimes runs in families, but no one knows for sure why some family members have it while others don't.

### Environmental Factors

Researchers are also looking for ways in which stress and environmental factors play a role.

Untreated GAD can contribute to the development of other mental and emotional disorders.
What are the signs & symptoms of general anxiety disorder?

**Emotional Symptoms**
- Have a hard time concentrating
- Know that they worry much more than they should
- Worry very much about everyday things
- Be easily startled
- Be irritable or feel "on edge"
- Feel easily tired or tired all the time

**Physical Symptoms**
- Feel restless and have trouble relaxing
- Have trouble falling asleep or staying asleep
- Have a hard time swallowing
- Have headaches, muscle aches, stomach aches, or unexplained pains
- Tremble or twitch

What are the treatment options for general anxiety disorder?

**Medications**
First, talk to your doctor about your symptoms. Your doctor should do an exam and ask you about your health history. Your doctor may refer you to a mental health specialist, such as a psychiatrist or psychologist. Anti-anxiety medications are commonly prescribed to individuals coping with GAD to alleviate distress.

**Psychotherapy**
Also known as talk therapy, Psychotherapy is focused on changing thought patterns and behaviors. Cognitive behavioral therapy is often considered the benchmark therapy treatment for individuals living with GAD.

MHA Georgia's Tips and Tricks to Mental Health Wellness!

1. Know Your Triggers and Early Warning Signs of a Manic or Depressive Episode
2. Create Your Emergency Action Plan with Contacts, Medications and Preferred Treatment Plan
3. Don’t Isolate! Join a Support Group or Build New Relationships for Face to Face Connection
4. Develop an Active Daily Routine with Healthy Lifestyle Choices
5. Keep Stress to a Minimum by using Relaxation Techniques and making Leisure Time a Priority
6. Watch what you put in your body by avoiding harmful substances and eating right!
For Immediate Access to Routine or Crisis Services
Georgia Crisis & Access Line
1-800-715-4225
mygcal.com