

# GENERALIZED ANXIETY DISORDER



## What is it?

Generalized Anxiety Disorder (GAD) is the excessive worry about everyday issues and situations that lasts longer than 6 months. It tends to be chronic but it may become less severe with age.

## Symptoms:

- restlessness
- on edge
- easily fatigued
- hard to concentrate
- muscle tension
- problems sleeping
- worried of everyday things.



## Cognitive Behavioral Therapy

Cognitive behavioral therapy (CBT) is a type of psychotherapy. It is therapy with a focus on the connection between thoughts, feelings, and behaviors. Therapists recommend skills and solutions to prevent anxiety triggers and symptoms.



CBT therapy starts from the root of the problems and can possibly prevent most or all symptoms by helping to create healthy preventative habits to limit stress.

## Other treatment options:



Stress management techniques and meditation - Many techniques such as deep breathing, cutting out excessive workloads and listening to music can help manage stress levels.

Medicine - medications such as escitalopram (Lexapro), duloxetine (Cymbalta), venlafaxine (Effexor XR) and paroxetine (Paxil, Pexeva) may be recommended for severe cases

Working with a therapist - Therapists can help to create healthy thinking patterns and offer a way to rant/decompress

Lifestyle changes - Cutting out caffeine (which is proven to worsen anxiety), exercising, etc.

## Sources:

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