



# GENERALIZED ANXIETY DISORDER (GAD)



child adolescents out of every 100 experience generalized anxiety disorder (GAD). GAD is more common in females than in males. 1,2

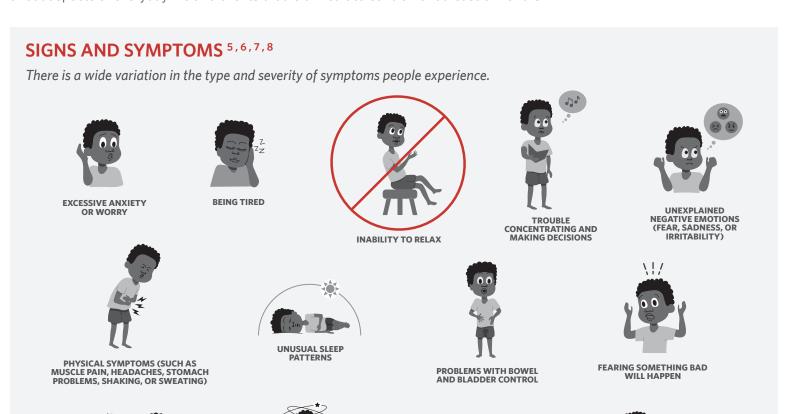
**ABUSING** 

DRUGS/ALCOHOL

#### **DESCRIPTION 3, 4**

**EASILY STARTLED** 

People with generalized anxiety disorder (GAD) experience persistent and excessive worry about aspects of everyday life and events that is difficult to control for at least 6 months.



LIGHTHEADEDNESS OR BEING OUT OF BREATH

**DIFFICULTY** 

SWALLOWING

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#### POSSIBLE CAUSES AND RISK FACTORS 9, 10



BRAIN CHEMISTRY



FAMILY MEMBERS with anxiety



POSSIBLE RISKS: physical conditions which affect hormones or other long-term illnesses or disease



LOSS, TRAUMA, OR STRESS



ABUSING DRUGS, ALCOHOL, OR MEDICATION

## INTERVENTIONS 11, 12

#### Professional



**MEDICATIONS** 



SPECIALIZED COUNSELING

#### Family/Community



HAVE ENOUGH



TAKE MEDICINE



EXERCISE



ENCOURAGE RELAXATION TECHNIQUES (SUCH AS BREATHING DEEPLY)



EDUCATE FAMILY AND OTHER SUPPORTIVE PEOPLE ON THE CONDITION



AVOID DRUGS AND ALCOHOL



DO NOT ABUSE OR PHYSICALLY PUNISH



DO NOT MOCK OR STARE



JOIN/FORM A SUPPORT GROUP

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### MARCUS 13, 14

Marcus Morris grew up in a neighborhood filled with gang violence, which gave him a lot of anxiety.

Marcus stated, "Honestly, I didn't feel like I could trust anybody—not even the people in my neighborhood, who I knew my whole life." The one thing he loved was playing basketball with his twin brother. As an adult, Marcus joined the NBA but increasingly struggled with feeling anxious. At one point, he even turned to sleeping pills and marijuana but did not find relief. Eventually Marcus found support by seeing a counselor and practicing meditation. As a result, Marcus states that he feels calmer, happier, and more productive. Today Marcus plays as a power forward for the Boston Celtics.

Note: The text, graphics, and images contained in this guidebook are for informational purposes only. None of the material in this book is intended to be a substitute for professional medical advice or diagnosis.

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#### NOTES

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