



GENERALIZED ANXIETY DISORDER (GAD)



Up to **1** child or **3** adolescents out of every 100 experience generalized anxiety disorder (GAD). GAD is more common in females than in males.^{1,2}

DESCRIPTION^{3,4}

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.

SIGNS AND SYMPTOMS^{5,6,7,8}

There is a wide variation in the type and severity of symptoms people experience.



EXCESSIVE ANXIETY
OR WORRY



BEING TIRED



INABILITY TO RELAX



TROUBLE
CONCENTRATING AND
MAKING DECISIONS



UNEXPLAINED
NEGATIVE EMOTIONS
(FEAR, SADNESS, OR
IRRITABILITY)



PHYSICAL SYMPTOMS (SUCH AS
MUSCLE PAIN, HEADACHES, STOMACH
PROBLEMS, SHAKING, OR SWEATING)



UNUSUAL SLEEP
PATTERNS



PROBLEMS WITH BOWEL
AND BLADDER CONTROL



FEARING SOMETHING BAD
WILL HAPPEN



EASILY STARTLED



LIGHTHEADEDNESS OR
BEING OUT OF BREATH



DIFFICULTY
SWALLOWING



ABUSING
DRUGS/ALCOHOL

POSSIBLE CAUSES AND RISK FACTORS ^{9, 10}BRAIN
CHEMISTRYFAMILY MEMBERS
with anxietyPOSSIBLE RISKS:
physical conditions
which affect
hormones or other
long-term illnesses
or diseaseLOSS, TRAUMA,
OR STRESSABUSING
DRUGS,
ALCOHOL, OR
MEDICATIONINTERVENTIONS ^{11, 12}

Professional



MEDICATIONS



SPECIALIZED COUNSELING

Family/Community

HAVE ENOUGH
MEDICINETAKE MEDICINE
AS DIRECTED

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

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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