

Generalized Anxiety Disorder



**Anxiety is an
uncomfortable
feeling such as
stress or fear, it can
be mild or severe
Anyone may object**

Generalized Anxiety Disorder

A prolonged situation
that makes you worry
about a wide range of
situations and issues,
rather than one specific
event



It can cause mental and physical symptoms

It varies from person to person, but includes

Dizziness



feeling anxious or tense



Heart Palpitations



Having trouble sleeping or concentrating



Although anxiety at certain times is completely normal ,see your doctor if anxiety is interfering with your daily life or causing you distress

Your Doctor will ask about your symptoms, fears and emotions to see if you may have generalized anxiety disorder



What causes generalized anxiety disorder

It may be because:



Hyperactivity in areas of the brain that are involved in feelings and behavior



An imbalance of chemicals in the brain such as serotonin and norepinephrine, which are involved in controlling and regulating mood



Genes you inherit from your parents - it is estimated that you are five times more likely to develop generalized anxiety disorder if you have a close relative with the condition



Having a history of stressful or traumatic experiences such as domestic violence or abuse



Having a painful long-term health condition, such as arthritis



Having a history of drug or alcohol abuse

Many people develop generalized anxiety disorder (GAD) without an obvious cause

Treatment methods include:



Psychological Treatments - you can have psychological treatments such as cognitive behavioral therapy CBT



Medicines - such as a type of antidepressant called selective serotonin reuptake inhibitors SSRIs

With treatment, many people can control their anxiety levels and some may need longer treatment, depending on the situation



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