



GENERALIZED ANXIETY DISORDER

What is Generalized Anxiety Disorder?

Generalized Anxiety Disorder is characterized by an excessive amount of worry about a variety of topics in day to day life. A defining feature of this disorder is the person's perceived inability to control their anxiety, and their worrying thoughts are often future-oriented.

Generalized Anxiety is a chronic and relapsing disorder, which may become highly debilitating when it interferes with the individual's ability to complete daily tasks and activities. A person with Generalized Anxiety Disorder may also experience physical symptoms such as: rapid heartbeat, heavy breathing, tightness in the chest, sweating, headaches, and gastrointestinal problems.

Who can have Generalized Anxiety Disorder?

Generalized Anxiety Disorder is typically experienced for the first time in childhood or adolescence, with women twice as likely as men to develop the disorder. Psychological, biological, as well as environmental factors can all come into play when it comes to the development of Generalized Anxiety.

Should I be concerned?

If you know someone who is experiencing Generalized Anxiety, with symptoms that are affecting their ability to cope with daily activities, support is likely needed. Individuals with Generalized Anxiety Disorder are also more likely to have a co-occurring mood or anxiety disorder such as: Social Anxiety Disorder, Panic Disorder, or Depression. The combination of these disorders can be highly debilitating.



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How can I help?

Support your loved one by having a conversation with them about the things that they are worrying about. Be open to talking about mental health and be patient in order to find out what they need to feel better. You may also direct them to community and/or online resources for further support.

Resources

- <http://www.amhs-kfla.ca>
- TALK (Listening Support – Kingston) 613-544-1771
- <https://www.nimh.nih.gov/health/topics/anxiety-disorders/index.shtml>
- <https://cmha.ca/mental-health/understanding-mental-illness/anxiety-disorders>
- http://www.camhx.ca/education/online_courses_webinars/mha101/anxietydisorder/Anxiety_Disorders_.htm