

## 8. Stress management may provide some relief.

- ✓ Meditation and physical activity can help some people with anxiety.
- ✓ Eating a balanced diet and getting enough sleep may also help.
- ✓ Avoid caffeine and other drugs that may make symptoms worse.



## 9. Family and friends can offer support.

- ✓ It is important for family and friends not to treat a person's anxiety disorder lightly. Anxiety disorders can be very serious.
- ✓ Family and friends can offer ongoing support and encouragement.

## 10. For more information:

- ✓ Talk with your health care provider or contact your local mental health services.
- ✓ Visit these websites:
  - National Institute of Mental Health [www.nimh.nih.gov](http://www.nimh.nih.gov)
  - National Alliance on Mental Illness [www.nami.org](http://www.nami.org)
  - Mental Health America [www.mentalhealthamerica.net](http://www.mentalhealthamerica.net)
- ✓ If you are in crisis or afraid you may hurt yourself, call 1-800-273-TALK (1-800-273-8255).

Sage Counseling Service  
Adrian College  
110 S. Madison Street  
Adrian, Michigan 49221  
265-5161 Ext. 4518

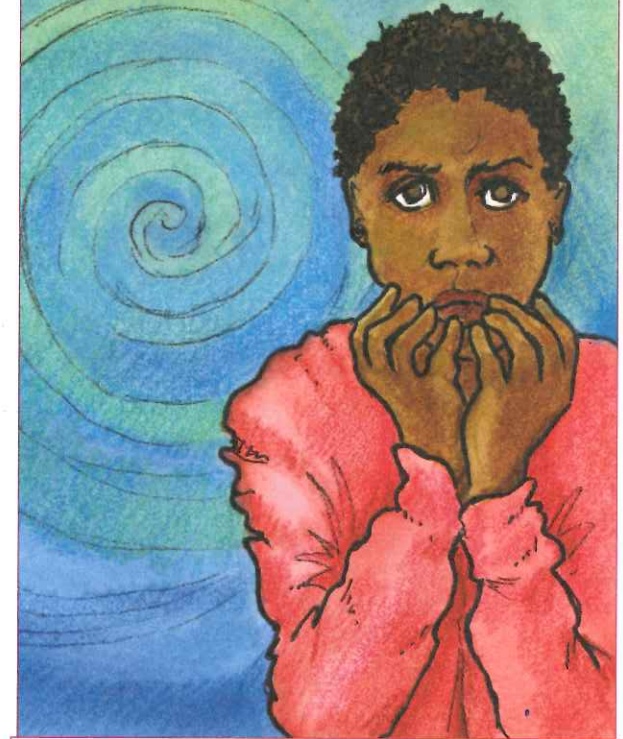
This pamphlet is not a substitute for medical care.  
If you have questions or concerns, please talk with  
a health care provider.

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## UNDERSTANDING MENTAL ILLNESS

# 10 Things Everyone Should Know About Generalized Anxiety Disorder



GET THE FACTS

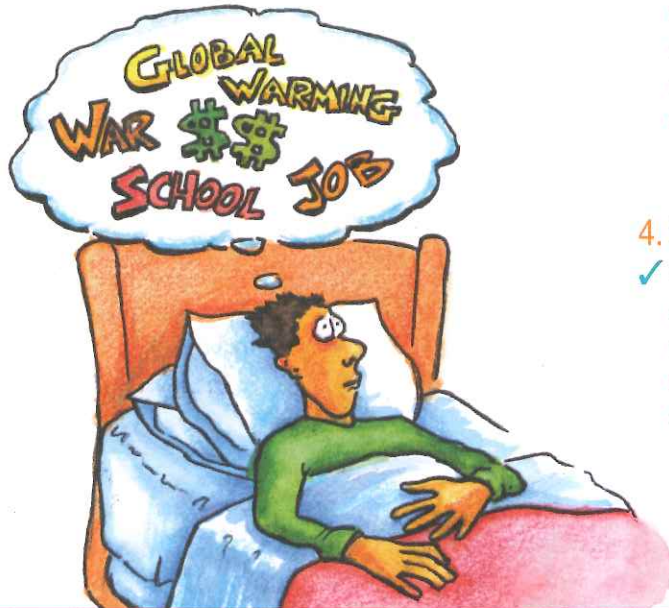


# 10 THINGS EVERYONE SHOULD KNOW ABOUT GENERALIZED ANXIETY DISORDER

Anxiety disorders affect more than 40 million people in the U.S. every year. About 7 million of these suffer from generalized anxiety disorder (GAD). While almost everyone feels anxious and worried sometimes, people with GAD can be overcome with anxiety and fear. The good news is that GAD can be treated.

## 1. People with generalized anxiety disorder suffer from extreme worry and fear.

- ✓ A person with GAD may worry excessively about health or family issues, money, or work.
- ✓ People with GAD know their anxiety is extreme, but are unable to stop or change it.



## 2. GAD affects men, women and children.

- ✓ Many people with GAD also have other anxiety disorders. They may feel depressed or have problems with alcohol or other drugs.



## 3. Symptoms of GAD include:

- excessive worrying
- trouble falling asleep or staying asleep
- problems working or concentrating
- tiredness, headaches, muscle tension or nausea

## 4. GAD is only one type of anxiety disorder.

- ✓ Others include:
  - panic disorder (panic attacks)
  - post-traumatic stress disorder
  - obsessive-compulsive disorder
  - phobias, such as fear of socializing, flying in an airplane, or being in an enclosed space or near water.

## 5. GAD is diagnosed when a person worries excessively about everyday problems for at least 6 months.

- ✓ People with GAD may have some of the symptoms of other anxiety disorders.
- ✓ If their anxiety level is mild, people with GAD can work and socialize.
- ✓ If their anxiety level is high, people with GAD may have trouble doing even simple things.

## 6. Medications may help.

- ✓ Several medications are available to treat GAD.
- ✓ Medication does not cure an anxiety disorder. It can help keep it under control, however.

## 7. Behavioral therapy can also help.

- ✓ With behavioral therapy, people with anxiety disorders learn to change their thinking patterns.
- ✓ They also learn better ways to cope with fear and stress.

