

Does this sound like you?

- You constantly worry about big and small things.
- You are tense and have trouble relaxing
- You get crabby or irritable.
- You have trouble falling asleep or staying asleep.
- You sweat and have hot flashes.
- You feel restless, keyed up or on edge.
- You have difficulty with concentration or with your mind going blank.

What is Generalized Anxiety Disorder?

Generalized Anxiety Disorder is a real illness. It can be treated with medication and therapy.

If you have Generalized Anxiety Disorder, you worry a lot about your family, health, or work, even when there are no signs of trouble. Sometimes you aren't worried about anything special, but you feel tense and worried all day long. You may be tense and feel tired a lot.

Everyone gets worried sometimes, but if you have Generalized Anxiety Disorder, you stay worried, fear the worst will happen, and find it hard to relax.

When does GAD start and how long does it last?

Most often Generalized Anxiety Disorder starts when a person is still a child or teenager. It can start in adulthood, too. More women than men have Generalized Anxiety Disorder.

People with Generalized Anxiety Disorder may visit the doctor many times before they find out what their real illness is. They may ask their doctor to help them with the signs of Generalized Anxiety Disorder like headaches or trouble falling asleep, but don't get help for the illness itself.

Am I the only person with this illness?

No, you are not alone. In any year, at least 4 million Americans have Generalized Anxiety Disorder.

How can I help myself?

Talk to a counselor or a doctor about your signs of Generalized Anxiety Disorder. If your concerns keep you from doing everyday things and living your life, be sure to share that information.

How can a doctor or counselor help me?

Talking to a counselor helps many people with Generalized Anxiety Disorder. Therapy can help you learn to deal with your worries. A doctor may give you medication. Medication usually helps people with Generalized Anxiety Disorder feel better after a few weeks.