

Identification Guide for Generalized Anxiety Disorder

An Overview of Generalized Anxiety Disorder (GAD)

A common anxiety problem, generalized anxiety disorder (GAD) affects three to four percent of the population. Daily activities can become burdened with worry, fear or anxiety. People with generalized anxiety disorder feel trapped in a cycle of worry and anxiety, causing them to feel depressed about life and their constant anxiety.

Unlike other anxiety-related disorders, GAD does not cause people to avoid situations. Instead, normal situations cause excessive, repetitive thoughts often involving "what if" scenarios. At other times, the thoughts may give way to feelings of dread or depression.

While GAD is a serious mental health condition, it is treatable with the help of a mental health professional.



In a recent study, more than 91% of our patients felt that the staff at Brookhaven responded to them as a person and were helpful. We believe that treating the whole person is a very important aspect of our approach. Don't let anxiety tighten its grip any longer. If you think you or someone you know has an anxiety disorder, please contact us at the number below.

Call us. We can help!

1 - 8 8 8 - 2 9 8 - H O P E

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Disclaimer - This assessment is not intended to diagnose or treat any medical or emotional condition. It is advised that you consult a physician with any concerns regarding this questionnaire.

Identification Questions for Generalized Anxiety Disorder

Have you had excessive worry on an almost daily basis for more than six months?

Do you feel unable to control your worrying?

Have you experienced change in your sleeping patterns as a result of your worries?

Do you often feel sad or depressed? Guilty or worthless? Disinterested in life?

Do you try to relax yourself by using alcohol, medication, or drugs?

Do you have a high level of stress? (see Stress Identification Guide)

If you answered yes to any of the questions above, please consult a mental health professional for a comprehensive evaluation.

Common Signs & Symptoms of Generalized Anxiety Disorder

- Excessive worry about health, family, or work
- Trembling
- Twitching
- Muscle Tension
- Headaches
- Irritability
- Hot Flashes
- Frequent bathroom visits
- Trouble concentrating
- Feeling lightheaded or nauseous
- Trouble falling or staying asleep
- Unable to stop worrying or being concerned