

# Generalized Anxiety Disorder (GAD)

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People with GAD feel continually worried or anxious about a range of events or activities in their daily lives and have difficulty controlling or stopping this worry. They may worry a great deal about little things (like being on time or running errands), work or school, money, their relationships with others, their own health or the health of others, and/or things going on in the world around them. People with GAD sometimes describe themselves as “worry warts” and often have had others tell them that they worry too much.

Along with feeling worried about a number of things, people with GAD experience symptoms of tension such as restlessness, feeling on edge or keyed up, being easily tired, difficulty concentrating, irritability, muscle tension, and sleep difficulties.

## *Screening*

- Having you been feeling *continually* worried or anxious about a number of events or activities in your daily life?
- Have you experienced this worry for at least 6 months?
- Do you have trouble controlling your worry?
- Do worry and symptoms of tension slow you down or keep you from doing the things you need to?

If you answered “yes” to one or more of these questions, you may consider speaking with your physician or mental health professional about your concerns.