

GENERALISED ANXIETY DISORDER (GAD) – WHAT YOU NEED TO KNOW



Generalized Anxiety Disorder or GAD is the most common type of anxiety disorder. People with GAD get through daily tasks with anxiousness even if there is no tangible trigger to provoke a sense of worry. Constant fear of impending doom hangs over their lives. They generally react disproportionately to a comment, context, or situation. E.g., a casual comment by a friend on unusually hot weather might lead a person with GAD to get on a search engine and extensively research global warming, studying weather patterns over years.

As the world learns to cope and live with the novel coronavirus, anxiety - as a feeling and disorder - is everywhere. More so among healthcare and front-line workers as they manage the crisis and contain disease spread putting their and loved ones' lives at risk.

What are the common symptoms of GAD?

Excessive worrying, a general feeling of unease, and overthinking are linked with GAD. Some of the physical and psychological/behavioral symptoms of GAD to watch out for are-

Physical symptoms:

- Constantly feeling tense; having muscle tightness or body aches
- Feeling restless, edgy
- Having trouble falling asleep or staying asleep
- Nausea, Diarrhoea, GI issues with no physiological cause

Psychological/Behavioural symptoms:

- An unending feeling of worry that doesn't stop
- Involuntary, intrusive thoughts that cannot be shaken off
- Scared and anxious about any kind of uncertainty
- Inability to be by oneself, difficulty in concentrating or focusing on things

What can I do to manage GAD?

- **Identify Triggers and Behavioural patterns:**
Knowing what is setting off anxiety and how it manifests is the most common and effective coping mechanism. Even if one cannot avoid the trigger, awareness equips one to manage it better.
- **Support System:**
A trusted, close-knit group of friends, family, and co-workers are the biggest asset for people with GAD. The reliability of a support system alleviates anxiety.
- **Calming Activities:**
Sensory activities like reading, music, painting, meditation are known to have a calming effect on anxiety. Breathing techniques, counting backward are a couple of the things one can practice to deal with the sudden onset of anxiety.



If symptoms persist and/or have been persistent for more than 2-3 weeks, please get in touch with a therapist. You could also quickly take this [test](#) and self-assess what kind of support you might need.

Read more about **GAD** and other mental health related articles on www.pamllc.us/resources

Interested in a consultation? Request an appointment from our [website](#) or mail at telehealth@pamllc.us

NOTE

If you are in immediate distress or are thinking about hurting yourself, call the National Suicide Prevention Hotline toll-free at 1-800-273-TALK (8255) or the toll-free TTY number at 1-800-799-4TTY(4889). You also can text the Crisis Text Line (HELLO to 741741) or go to the National Suicide Prevention Lifeline website at <https://suicidepreventionlifeline.org>



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