



Generalized Anxiety Disorder (GAD)

This information leaflet is intended to inform you of everything you need to know about GAD, including what it is, the available treatment options, and where you can turn for additional support.

What Is Generalized Anxiety Disorder?

GAD is a common mental disorder that results in exaggerated and irrational worries and fears that interfere with daily life. It can have a negative impact on your life in a variety of ways, including your ability to concentrate, sleep, and maintain relationships with friends and family.

What are the symptoms of GAD?

People with GAD may experience a wide range of physical and psychological symptoms, including:

- feeling overwhelmed with worry and fear
- difficulty concentrating and sleeping
- physical symptoms such as trembling, muscle tension and aches
- fatigue
- fear of being judged or rejected
- difficulty completing tasks

What Causes GAD?

The exact cause of GAD is unknown, but it is thought to be a combination of genetic, physical, and environmental factors.

Possible causes of GAD include:

- Genetics: GAD can run in families and suggests that it can be inherited
- Brain Chemistry: Imbalances of neurotransmitters (chemicals in the brain) such as serotonin, dopamine and noradrenaline have been linked to GAD
- Stressful Life Experiences: Traumatic or prolonged stressful events can contribute to the onset of GAD

Treatment For GAD

The goal of GAD treatment is to lessen the severity of the symptoms and assist you in better managing them. There is a range of treatments available, including:

- Medication: Anxiety medications such as SSRIs and SNRIs can effectively manage GAD.
- Therapy: Cognitive Behavioural Therapy can help to increase self-awareness, develop coping skills and reduce the intensity of symptoms
- Self-help Strategies: Relaxation techniques, exercise and mindfulness have all been shown to help manage GAD

Where To Get More Help

If you feel that you need more help with managing GAD, you can contact your general practitioner, and you can be referred to a mental health professional for further support.

We hope that this leaflet has helped to provide you with an insight into GAD. If you still have questions, please do not hesitate to seek help. Remember, you are not alone.

For more information:

Synapse Clinic

Unit 2 - 279 Hamilton Road

Yorkton, SK S3N 4C6

Phone: 1-306-782-2533

Fax : 1-855-262-5309

Website: www.synapseclinic.org