

Feeling worried and stressed all the time can cause other health issues.

You may be at risk of General Anxiety Disorder if:

- Someone in your family has GAD
- You recently had a stressful event in your life, such as a death, change of job or divorce.
- The chemicals in your brain are out of balance.



Your Extended Family.

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Do you have questions?

Call our 24-hour Nurse Advice Line.
We are here to help you.

English: (888) 275-8750

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TTY (English and Spanish): 711

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Behavioral Health

General Anxiety Disorder (GAD)



Your Extended Family.

What is General Anxiety Disorder (GAD)?

If you worry constantly, you may have GAD.

What are the symptoms?

Physical Symptoms:

- Feeling tired
- Tight muscles
- Trouble sleeping
- Restless
- Feeling a lump in your throat
- Nausea
- Stomach ache
- Trouble swallowing
- Cold sweaty hands
- Frequent urination

Emotional Symptoms:

- Constant worry
- Nervousness
- Stress
- Anger
- Trouble focusing
- Memory loss
- Feeling like you are ready to “snap”

How can I help myself?

Learn to accept uncertainty. Talk to a family member or friend. Eat healthy meals and reduce caffeine intake. Become active! Find things you enjoy doing. Learn to relax with deep breathing. Talk to your provider.

