

More than 1 in 4 Americans will experience an anxiety disorder in their lifetime.

Over the last 2 weeks, have you:

- Been feeling nervous, anxious, or on edge often?
- Not been able to stop or control your worrying?

If you answered yes to either or both of these questions, you may have an anxiety disorder called Generalized Anxiety Disorder.

People with Generalized Anxiety Disorder (GAD) have ongoing, extreme worry that at times can keep them from doing everyday tasks. They feel helpless to control these worries. They may have problems sleeping, muscle aches, feel shaky, weak, or have frequent headaches. People with GAD can be irritable and often have trouble concentrating and working effectively.

People with GAD may visit a doctor many times before they find out they have this disorder. They ask for help with headaches, trouble falling asleep, or other things which can be symptoms of GAD, but don't always get the help they need right away, because it can take some time to be sure that a person has GAD instead of something else.

If you think you may have Generalized Anxiety Disorder, talk to your doctor about your symptoms.

Your doctor can do an exam to make sure another physical problem isn't causing your symptoms. The doctor may also refer you to a mental health specialist.

Whether you have normal anxiety or an anxiety disorder, these strategies will help you cope:

1. Talk to someone- your doctor, a family member, or friend.
2. Exercise. Go for a walk or jog. Go skiing. Do yoga.
3. Keep a daily journal. Become aware of what triggers your anxiety.