

# Generalized Anxiety Disorder (GAD)

## ? What is it?

- GAD means worrying too much, even when there's no real danger
- It's more than normal worry—it's hard to stop and happens most days
- It can make it hard to work, hang out with friends, or enjoy things
- It's common and can start at any age (but often begins around age 30)
- Women are more likely to have GAD than men

## ⚙️ What can cause it?

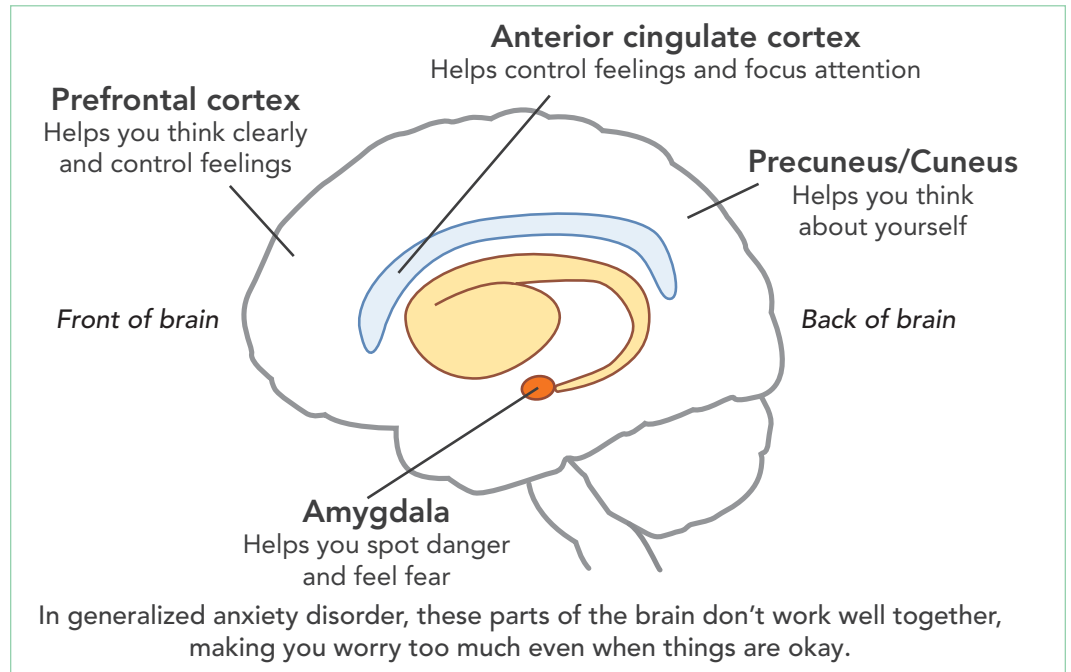
- **Brain chemicals:** Some people's brain chemicals make it harder to handle worry and stress
- **Family history:** If a parent or sibling has anxiety, you might be more likely to have it too
- **Personality:** If you're very shy or often feel unsure about things, it can lead to anxiety
- **Stressful life events:** Big changes, like moving, starting a new job or school, or losing someone, can cause anxiety
- **Thinking style:** If you often worry about the worst thing happening, even if it's not likely, it can increase anxiety

*Many things can work together to cause GAD.  
Having these things doesn't mean you'll get  
GAD for sure.*

## 📄 What are common signs?

- Worrying every day about school, work, family, or the future
- Feeling nervous or like you can't relax
- Trouble sleeping—can't fall asleep or wake up a lot
- Feeling tired all the time (worrying wears you out!)
- Stomachaches, headaches, or feeling sick with no clear cause
- Asking "what if" and needing to hear that things will be okay over and over
- Trouble focusing or feeling like your mind goes blank

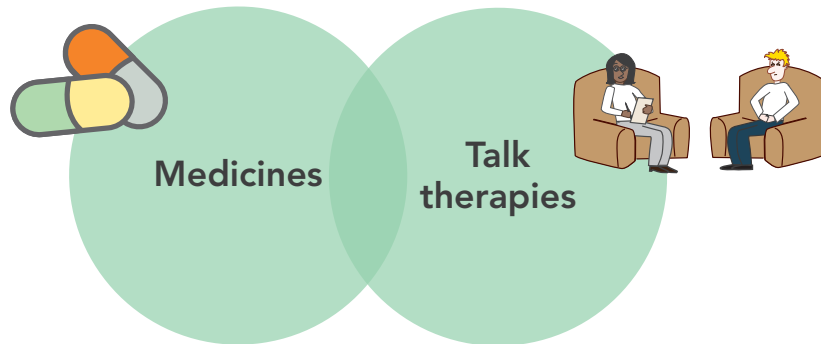
## 🧠 How does it affect the brain?



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## How can it be treated?



Some vitamins or supplements might help with your treatment



*A health professional can help find the best treatment or mix of treatments that works for you. Sometimes, it takes trying a few things to find what helps most.*



## When should I seek help?

- Worry feels out of control or is getting worse
- Anxiety makes it hard to do everyday things
- You feel restless, jumpy, or can't relax
- You're not sleeping well
- You avoid things because of anxiety

### Get help right away if you:

- You have thoughts of hurting yourself
- You have panic attacks that make it hard to breathe or think
- Anxiety stops you from taking care of yourself



## Where can I get more help?

Suicide & Crisis Lifeline — Call or text 988

National Alliance on Mental Illness (NAMI) — [nami.org](https://www.nami.org)

Anxiety & Depression Association of America (ADAA) — [adaa.org](https://www.adaa.org)

## WHAT YOU NEED TO KNOW

- ✔ GAD is a medical condition, not a weakness or flaw
- ✔ Talk therapy and medicine can help your brain handle anxiety
- ✔ It happens when brain chemicals that manage stress are out of balance
- ✔ With the right support, people with GAD live happy, healthy lives

