

# Generalized Anxiety Disorder



Medipsy

Psychological Services

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All of us worry sometimes. But people with Generalized Anxiety Disorder (GAD) are extremely worried about many things, even when there is little or no reason to worry. GAD sufferers are very anxious about just getting through the day. At times, worrying keeps them from doing everyday tasks.

### Signs and Symptoms

- Excessive worrying about everyday things
- Avoiding activities or marked procrastination
- Over preparing or seeking reassurance
- Being unable to relax
- Having a hard time concentrating
- Being easily startled
- Having trouble falling or staying asleep
- Feeling tired all the time
- Having headaches, muscle aches, stomach aches, or unexplained pains
- Having a hard time swallowing
- Trembling or twitching
- Being irritable, sweating a lot, and feeling light-headed or out of breath
- Having to go to the bathroom frequently

GAD is a real, treatable medical illness. It frequently coexists with illnesses such as depression, substance abuse, or other anxiety disorders.

Research has shown that the average person who receives psychotherapy for GAD improves more than 79% of people who do not receive any treatment. Treatment can involve psychotherapy or teaching new ways of reacting to situations that help to ease worry. Virtual reality based therapies may also be helpful.

Medipsy clinicians are trained to assess your symptoms and preferences and your response to treatment. You and your mental health professional will collaborate to develop a treatment plan based on scientific evidence and tailored with your needs in mind.

