

GENERALIZED ANXIETY DISORDER

PERSISTENT AND EXCESSIVE ANXIETY AND WORRY

- Apprehensive expectation
- Interfere significantly with psychosocial functioning

DIFFICULTY CONTROLLING WORRY

Often worry about everyday life such as possible job responsibilities, health and finances



SYMPTOMS

- Restlessness or feeling keyed up or on edge
- Being easily fatigued
- Difficulty concentrating
- Muscle tension or aches, trembling, twitching, feeling shaky
- Sleep disturbance
- Sweating, nausea, diarrhoea and exaggerated startle response

If you, or someone you know is struggling, please contact us at