

Can you relate to any one or more of the following?

- *I am constantly worried
- * I am worried about things that are more than likely never going to happen
- *Sometimes for days even months the same worry comes to mind for no apparent reason.
- *I am so worried I can't function nor relax
- * My body suffers due to my worries; I often get muscle tension, aches, or soreness
- * I also suffer from Stomach problems, nausea, and diarrhea
- * I get a fright easily and I feel unsteady
- * I get tired very suddenly
- *I have trouble sleeping or I don't get enough sleep
- * I feel Fatigued
- * I feel irritable
- * I feel on edge and restless
- * I can not get on with my life until this gets sorted out
- * I feel as if I am going to lose control
- * I fear rejection
- * I can not control being anxious
- * I can not concentrate
- * I am not good enough

Does this all sound too familiar to you or about someone you know?

If you answered yes to five or more of the above, you could be suffering from Generalised Anxiety Disorder (GAD).

Generalised anxiety disorder (GAD) was first discovered in 1980. GAD is classified as extreme anxiety or worry associated with a variety of body and mind complaints which include: fatigue, difficulty concentrating, irritability, muscle tension, aches, and sleeping problems. GAD sufferers tend to worry about unimportant or minor problems. Most people suffering from GAD suffer so badly that it effects their relationships, work, social, as well as sexual lives.

In today’s society worries, doubts, and fears are a part of almost everybody’s life. It is natural to be worried about your upcoming exam or with money issues after being surprised by unexpected expenses and bills. The difference between ordinary every day worrying and GAD is that GAD happens a lot more often and is a lot more disruptive. For example, after watching the 7 o clock news about a robbery that was violent but was in another province, the average person might feel a temporary sense of unease and worry. A person with generalized anxiety disorder, however, might have a sleepiness night afterwards, and then continue worrying for days even months about a worst-case scenario in which his or her house will be robbed.

The Majority of people with GAD don’t avoid going to work or seeing their friends, but they go about certain activities filled with unnecessary and a vast verity of worry and tension, even though there is little or nothing to provoke them.

The table below highlights some characteristics of the “average” person’s worries, and some symptoms and characteristic that may be specific to the GAD individual.

What’s acceptable to worry about in society today	Generalized Anxiety Disorder: (GAD)
<ul style="list-style-type: none"> • Your worrying does not stop you from carrying on with your daily activities. • You are able to control what you worry about. • Your worries are not the most pleasant thing, however you do not allow them to cause them to really upset you nor to cause you unnecessary stress • Your worries are only related to a specific, few realistic concerns. • You do not allow your worrying to last for a long periods of time. 	<ul style="list-style-type: none"> • Your worrying extensively interferes with you your job, activities, or social life. • Your worrying has reached the stage where you can not control it anymore. • You allow your worries to vastly upset you and to stress you out. • You worry about everything or anything and you are negative and you have a tendency to expect the worst. • You have been constantly worrying i.e. you have been worrying every day for at least six months. • Inability to relax • Difficulty concentrating • Fear of losing control or being

	<p>rejected</p> <ul style="list-style-type: none"> • Inability to control your anxious thoughts
	<ul style="list-style-type: none"> • Inability to relax • Difficulty concentrating • Fear of losing control or being rejected • Inability to control your anxious thoughts

Some aspects that will help you overcome GAD:

- Accept that you have a problem
- Judge your worries on a scale from 1-10
- Stay calm and act although at the very moment you start to worry you, act like nothing is worrying you.
- Breathe Slow
- Expect the best rather than the worst
- Deal with your worries with a more positive attitude this will involve changing the way you think.
- Changing your lifestyle such as eating healthy, cutting out coffee, cigarettes and getting exercise listen to music that relaxes you, learn to enjoy your surroundings.
- Getting support from the Anxiety and Trauma clinic and having a family member or friend to support you through this.
- At the anxiety and Trauma Clinic we will teach you various relaxation techniques which will assist you to become less vulnerable to anxiety and stress.

One thing less to worry about :

Here at the Anxiety and Trauma Clinic we have experts who are waiting to assist you in the treatment. Call us for a booking or for any question which you may have. We're here to answer any question or concern that is on your mind. Call us on (011) 883-4552, or email us on info@atclinic.co.za