

Dealing with GAD – Generalized Anxiety Disorder?

TIPS FROM ORGANIZATIONAL SOLUTIONS

The right care, at the right time, for the right outcome.™

It's quite normal for people to have feelings of anxiety once in a while. But when the anxiety becomes excessive, then it may be GAD. Generalized Anxiety Disorder (GAD) is diagnosed when at least three of the following symptoms occur simultaneously: restlessness, fatigability, problems concentrating, irritability, muscle tension, difficulty with sleep.



YOU AND YOUR DOCTOR

- Tell your doctor if the symptoms you are experiencing are preventing you from doing everyday tasks and living your life.
- Ask what treatments options are available for GAD? Can they recommend a counsellor who treats people with GAD? Ask about lifestyle changes that could reduce symptoms.

ACTIONS TO AID IN RECOVERY

- Stick with your treatment plan
- Seek help follow up with the help line support centres
- Talk to your close friends and develop a positive support network
- Get your body moving
- Make use of a journal



ESTIMATED RECOVERY TIME

- GAD may be a chronic condition that requires ongoing medical and/or psychiatric care but may be managed effectively.
- No significant disability is anticipated from this disorder.
- Adequate medical and/or psychiatric care and lifestyle changes can manage the chronic nature of the symptoms.

PREVENTION & RECOVERY

Relaxation, stress management techniques, and exercise



- Reduce caffeine and alcohol
- Get enough sleep



RETURNING TO WORK

- Consider a gradual return to work (GRTW)