



FACT FILE

GAD

WHAT IS GAD?

Generalized anxiety disorder (GAD) is characterized by excessive worry and anxiety experienced more often than not and for at least six months.

SIGNS & SYMPTOMS

Psychological Symptoms:

- Excessive worry
- Disturbed sleep
- Avoidance of particular activities

Physical Symptoms:

- Headaches
- Nausea
- Feeling dizzy or light-headed
- Heart beating fast
- Sweaty palms

STRATEGIES

Early Prevention Plan

Help the young person recognize the physical sensations he or she feels when anxiety starts. Use a body map or chart to help identify the physical changes.

Cheerleading Statement Cards

Create a set of "cheerleading cards" with the student that consist of a selection of positive statements and qualities. Help the young person refer to these as a source of positive affirmation.

Progressive Muscle Relaxation

Guide the young person to progressively tense and relax each muscle group throughout his or her body. Tense each muscle for 5 seconds and ask the young person to pay attention to the feeling of tension and release.

Worry Box

Ask the young person to write down his or her worries and place them into a worry box. The box helps symbolize that worries are simply thoughts from which we can separate ourselves.