

What is Anxiety?

Although everyone worries about one thing or another sometimes, these worries do not generally interfere with our day to day lives or bother us for very long. For people with Anxiety Disorders or Generalized Anxiety Disorder (GAD), everyday problems can lead to constant worrying, anxiety and fear that takes over their lives. People with GAD will often fear that something bad is going to happen anytime. Physical signs of anxiety can occur, such as muscle tension, trembling, shortness of breath, fatigue, and sweating. Difficulties with attention, concentration and decision making can occur, and people can struggle with everyday tasks.

Luckily, anxiety can be treated! To learn more, please see the Canadian Psychological Association link below:

<http://cpa.ca/psychologyfactsheets/generalizedanxietydisorder/>