

GENERAL ANXIETY DISORDER (GAD)

DEFINITION

- An anxiety disorder in a person is continually tense, apprehensive, and in a state of autonomic nervous arousal.

SYMPTOMS

- People with this disorder worry continually, are often jittery, agitated, and sleep deprived.
- They have difficulty concentrating, and may find themselves often trembling, sweating, and or fidgeting.
- It is a free-floating disorder: the people who have it cannot identify the cause, so they can't deal with it. (Sigmund Freud)

CAUSES

- Many people with generalized anxiety disorder were maltreated and inhibited as children
- Excessive use of tobacco and caffeine (stimulants)
- Family history of anxiety (genetic connection)

VIDEO: [HTTPS://M.YOUTUBE.COM/WATCH?V=KBY4HG4UOD4](https://m.youtube.com/watch?v=KBY4HG4UOD4)