CLÍNICA VIVALDI · FREE SHEET · ANXIETY

Generalised anxiety disorder (GAD)

Excessive and difficult to control worrying about many issues (health, work, family, money) for months, with stress, fatigue, irritability and sleep problems.

COMMON SIGNS

- Constant worry about everything
- Muscle tension and tiredness
- Difficulty sleeping and concentrating

TIPS FOR YOU

1. Set aside a daily "worry time" and postpone the rest
2. Tell solvable problems apart from unsolvable ones
3. Practise relaxation and mindfulness

FOR FAMILY AND FRIENDS

1. Don't keep giving reassurance: help them tolerate doubt
2. Suggest activities that help them switch off

WHEN TO ASK FOR HELP

1. If the anxiety lasts months and holds you back
2. If you sleep very badly or turn to alcohol or medication

TO OBSERVE AND NOTE DOWN

☐ I worry about lots of things at once
☐ I find it hard to stop worrying
☐ I feel restless or tense
☐ I tire easily
☐ I find it hard to concentrate
☐ I'm irritable
☐ My muscles are tense
☐ Worries make it hard for me to sleep

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/trastorno-de-ansiedad-generalizada-tag
- Full article: Generalised anxiety: clinicavivaldi.com/en/trastorno-ansiedad-generalizada
- Free guide: Anxiety: clinicavivaldi.com/en/guia-ansiedad
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112

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