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anxiety disorder are psychotherapy and medications you may benefit most from a combination of the two it may take some trial
and error to discover which treatments work best for you psychotherapy

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specific criteria to help professionals diagnose generalized anxiety disorder having a standard set of symptoms to reference when
assessing clients helps them to more accurately diagnose mental health concerns and in turn create a more effective plan of care
criteria for diagnosing gad

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and a constant feeling of being overwhelmed generalized anxiety disorder is characterized by persistent excessive and unrealistic
worry about everyday things this worry could be multifocal such as finance family health and the future

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commonly occur with generalized anxiety disorder include phobias panic disorder post traumatic stress disorder ptsd obsessive
compulsive disorder ocd depression suicidal thoughts or suicide substance abuse

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medical treatment there are some things you can do to help manage the condition including practicing a healthy lifestyle
implementing certain healthy choices in daily life such as reducing caffeine intake and practicing stress

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severe worry and tension often without provocation those with gad regularly anticipate disaster often worrying excessively about

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condition of excessive worry about everyday issues and situations it lasts longer than 6 months in addition to feeling worried you
may also feel restlessness fatigue trouble concentrating irritability increased the best treatment

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manual of mental disorders dsm 5 2013 5 published by the american psychiatric association are paraphrased as follows 5 excessive
anxiety or worry experienced most days over at least six months and which involve a

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psychotherapy cognitive behavioral therapy cbt a research supported type of psychotherapy is commonly used to treat medication
health care providers may prescribe medication to treat gad ssri and snri antidepressants are commonly support

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feeling anxious and worried most days of the week for at least six months having trouble controlling feelings of anxiety at least three
of these symptoms in adults restlessness fatigue trouble concentrating feeling irritated muscle tension or sleep problems

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