



GENERALISED ANXIETY DISORDER

Excessive, irrational and long-term worry about a range of everyday situations

Physical symptoms

- Restlessness
- Dizziness
- Heart palpitations
- Muscle tension
- Easily tired but trouble sleeping

Other signs

- Almost constant worry
- Indecisiveness
- Trouble concentrating
- Overthinking
- Redoing tasks until they are perfect
- Avoiding going to school
- Avoiding social situations
- Clinging to family members

Causes

- **Environmental** - stress, traumatic experiences, serious illness of you or a loved one
- **Biological** - genetics, chemical imbalance

Everyone worries about things, but when this worry is irrational and having a negative impact on your life, you should ask for more help

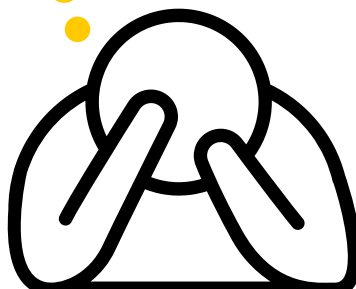
Common worries

I'm worried about sleeping away from home

I'm worried what my friends might say or think

Something bad is going to happen to me

Something bad is going to happen to my family



I'm really worried about going to school

Self-help:

- Take part in activities which you find relaxing and which help your physical health
- Talk to your family about your worries because they might be able to help guide you through them

Further help:

- Talk to someone you trust at school, like your teacher, who might be able to put more support in place
- Contact your doctor or a mental health professional who may offer a range of support options including therapy or medication