

# Facts about generalized anxiety disorder and how to cope

The SAFE Glen Cove Coalition conducted a community survey in which 1,408 Glen Cove residents participated in 2016. The results indicate that alcohol, depression and anxiety are areas of concern in the city. The National Co-Morbidity Survey-Replication found that 83 percent of people with some form of anxiety also suffer from depression and substance-use disorders.

The Diagnostic and Statistical Manual of Mental Disorders maintains the following:

- Anxiety involves a general feeling of apprehension about possible future danger.

- Anxiety disorders affect approximately 29 percent of the U.S. population at some point in their lives.

- Anxiety disorders are the most common category of disorders for women and the second most common for men.

- Anxiety disorders are also associated with an increased prevalence of a number of medical conditions including asthma, chronic pain, hypertension, arthritis, cardiovascular disease and irritable bowel syndrome.

- Generalized Anxiety Disorder (GAD) is the most common form of anxiety disorder. According to the Substance Abuse and Mental Health Services Administration, approximately 3 million cases are reported in the United States annually.

GAD is characterized by:

- Excessive, exaggerated anxiety and worry about everyday life events with no obvious reasons for worry.

- People with symptoms of GAD tend to always expect disaster and can't stop worrying about health, money, family, work, or school.

- GAD can occur at any age

A common treatment approach for GAD is Cognitive Behavior Therapy, a talk therapy focused on modifying negative thoughts, behaviors and emotional responses associated with psychological distress. This form of treatment is often coupled with antidepressant medications, such as Zoloft or Lexapro.

Basic strategies used to cope with GAD include but are not limited to the following:

- Proper sleep, healthy diet and physical exercise such as aerobic activity 20-30 minutes a day five days a week.

- Disconnect from social media, but connect with people instead. Spending time with family and friends helps people become less anxious and creates human bonds that allow us to feel more secure and supported.

- Relaxation techniques such as deep breathing, meditation, yoga, rhythmic exercise, and other activities can reduce symptoms of stress.

For more information about Generalized Anxiety Disorder please visit the Anxiety and Depression Association of America <https://www.adaa.org/living-with-anxiety/ask-and-learn/resources> or Substance Abuse and Mental Health Services Administration at [www.samhsa.gov](http://www.samhsa.gov).

The SAFE Glen Cove Coalition serves as a think tank to examine community needs, assess data, implement alcohol and substance abuse awareness campaigns, educate the public regarding ongoing and emerging alcohol and substance abuse trends, and pursue viable funding streams to address gaps in community services. For more information about SAFE and its other initiatives please contact the office at: (516) 676-2008 or visit the website at <http://www.safeglencove.org>.