**If you are interested in joining Active Minds, a new organization devoted to raising mental health awareness on campus, please contact info@activemindsoncampus.org**

**Did You Know?:**

**Generalized Anxiety Disorder**

- The Symptoms of Anxiety:
  - Unrealistic or excessive worry or fears
  - Exaggerated startle reactions
  - Sleep disturbances
  - Ritualistic behaviors (i.e. excessive hand washing, counting things)
  - Shakiness and trembling
  - Racing or pounding heart
  - High pulse and/or breathing rate
  - Muscle aches and/or tension

- GAD affects about 4 million adult Americans; about twice as many women as men
- The disorder comes on gradually and can begin across the life cycle, though the risk is highest between childhood and middle age
- It is diagnosed when someone spends at least 6 months worrying excessively about a number of everyday problems. There is evidence that genes play a modest role
- GAD is commonly treated with psychotherapy and medication
- GAD rarely occurs alone, however; it is usually accompanied by another anxiety disorder, depression, or substance abuse.

*Facts obtained from Friends Hospital, the National Institute of Mental Health and the American Psychiatric Association*