



Anxiety is an emotional state usually caused by a stressful event. A person has generalized anxiety disorder if unnecessary worries persist or if anxious feelings are so distracting that the person avoids everyday activities. If not treated, it can lead to more serious conditions and health problems.

Anyone can develop generalized anxiety disorder, even children.

SIGNS AND SYMPTOMS

- Chronic, exaggerated worry, tension and irritability that appear to have no cause
- Physical signs often go with the above psychological symptoms:
 - Restlessness
 - Trouble falling or staying asleep
 - Headaches
 - Trembling, twitching, muscle tension

DIAGNOSIS

When someone spends at least six months worried excessively about everyday problems.

TREATMENT

Anxiety is among the most common and most treatable mental disorders. Effective treatments include therapy, relaxation techniques and medication. Speak with your primary care provider or behavioral health provider if you have feelings of anxiety or any other concerns.

SELF-HELP TIPS

- Talk about your feelings with family and friends.
- Focus on the positive, accept what you can't change.
- Make time to relax: try meditation, reading, deep breathing exercise, etc.
- Exercise and do things you enjoy (Tai Chi, Yoga, dancing, etc).

Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional. North East Medical Services disclaims any liability for the decisions you make based on this information.

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Spanish ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).

Chinese 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 (415) 391-9686 轉內線 8160 (TTY: 1-800-735-2929)。

Vietnamese CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).



焦慮通常是由壓力事件引起的一種情緒狀態。如果一個人沒有原因地持續擔心，或者焦慮情緒使他/她分心，影響日常的活動，這個人就患了廣泛性焦慮症。如果不及時治療，它可能會導致更嚴重的情緒狀況和健康問題。

任何人，甚至兒童，都有可能患上廣泛性焦慮症。

徵兆和症狀

- 似乎沒有任何理由的長期過分憂慮、緊張和煩躁
- 一些身體徵症通常會伴隨著這些心理症狀，例如：
 - 煩躁
 - 入睡困難或不能保持睡眠
 - 頭痛
 - 顫抖、抽搐、肌肉緊張

診斷

當一個人有至少六個月時間過分擔心日常普遍問題，就可以被確診為患有廣泛性焦慮症。

治療

焦慮症是其中一種最常見，而又最容易治療的精神障礙。有效的治療包括心理治療和放鬆技巧，同時也可能需要藥物治療。如果您有焦慮的感覺或任何其他疑問，請告訴您的主診醫生或心理醫生。

自助心得

- 與家人和朋友談談您的感覺
- 把注意力集中於正面積極的事情，並接受您無法改變的事情
- 花時間做一些幫助您放鬆的事情：嘗試冥想、閱讀、深呼吸運動等等
- 做運動或做您喜歡的事情（太極、瑜伽、跳舞等等）

請注意，此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。若您根據此信息作出任何決定，東北醫療中心不會就此承擔任何責任。