

Generalised anxiety disorder



Becoming an adult is a difficult time. There are lots of important decisions to make.



Do I want to continue with education? What career do I want to have?



There are also big changes in our personal lives. Sometimes old friendships end and new ones begin.



It's normal to feel stressed or concerned about these things. When stress starts to interfere with daily life, it may be a sign of Generalised Anxiety Disorder.



When anxiety takes over I start to worry lots. I find it difficult to concentrate and I lose my appetite.

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To help reduce my anxiety I like to keep in a routine. I like to walk in the park every day and read my book before bed.



I can talk to my family and share how I'm feeling. Sharing my worries with other people helps me feel relaxed.



If I'm feeling unable to cope I can talk to my GP. They will be able to help me and give me some people I can talk to for support.