

Joydens Wood Pharmacy

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Opening Times

Monday 9am - 6.30pm

Tuesday 9am - 6.30pm

Wednesday 9am - 6.30pm

Thursday 9am - 6.30pm

Friday 9am - 6.30pm

Saturday 9am - 4.00pm

Closed for Lunch 1pm - 2pm

Your FREE Healthy Living Leaflet for July 2018

1. What is GAD?
2. What causes GAD?
3. What are the symptoms?
4. When should you see your GP?
5. What treatments are there?
6. What does self help involve?
7. What is CBT?
8. What is mindfulness?
9. What is applied relaxation?
10. What medications are available?



“Anxiety is like a rocking chair. It gives you something to do, but it doesn't get you very far” - Jodi Picoult

Answers on the bottom of page two

What is GAD (generalised anxiety disorder)?

GAD is a long-term condition that causes you to feel anxious about a wide range of situations and issues, rather than one specific event. It is thought to affect 5 % of the UK population and is more common in people aged between 35 and 59.

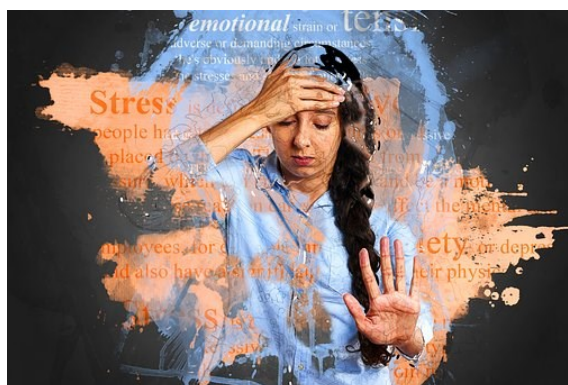
If you have GAD you will feel anxious most days and often struggle to remember the last time you felt relaxed. You will have a variety of symptoms which may include feeling worried, a sense of dread, having trouble concentrating and/or sleeping, dizziness or heart palpitations. If these symptoms are affecting your daily life or causing you distress you should arrange a visit to your GP.

What causes GAD?

The exact cause of GAD

isn't fully understood but is likely to be a combination of several factors. Research has suggested this may include:

- Overactivity in areas of brain involved in emotions and behaviour
- An imbalance of the brain chemicals serotonin and noradrenaline which are involved in the control of mood
- The genes that are inherited
- A history of stressful or traumatic experiences



- A history of painful long-term health condition like arthritis
 - A history of drug or alcohol abuse
- But many people develop GAD for no apparent reason.

What treatments are available?

At first your GP may suggest

trying a [self- help course](#) for a month or two to see if you can learn to cope with your anxiety. This usually involves working from a book or computer programme on your own with occasional contact with your GP.

You may prefer to join a group with similar problems to meet with a therapist every week to learn ways to tackle your anxiety. If these initial treatments don't work, you may be offered a more intense psychological treatment or medication.

[Cognitive behavioural therapy \(CBT\)](#) is one of the most effective treatments for GAD. CBT helps you to understand how your problems, thoughts, feelings and behaviour affect each other. CBT usually involves meeting with a specially trained therapist for a one- hour session every week for three or four months.

[Mindfulness and applied relaxation](#) are alternative types of psychological treatment that can be as effective as CBT in treating GAD. Mindfulness works by focusing your awareness on the present moment and by acknowledging and accepting certain feelings. Being mindful can reduce anxiety caused by the fear of actual situations or sensations or anticipated ones. It helps to counter the sense of tunnel vision that may develop during anxiety.

Applied relaxation focuses on relaxing your muscles in a particular way during situations that usually cause anxiety. This technique needs to be taught by a trained therapist and usually means meeting with a therapist for a one- hour session every week for three to four months.

If none of these have helped you, your GP can prescribe a variety of [different types of medication](#). The main ones are:

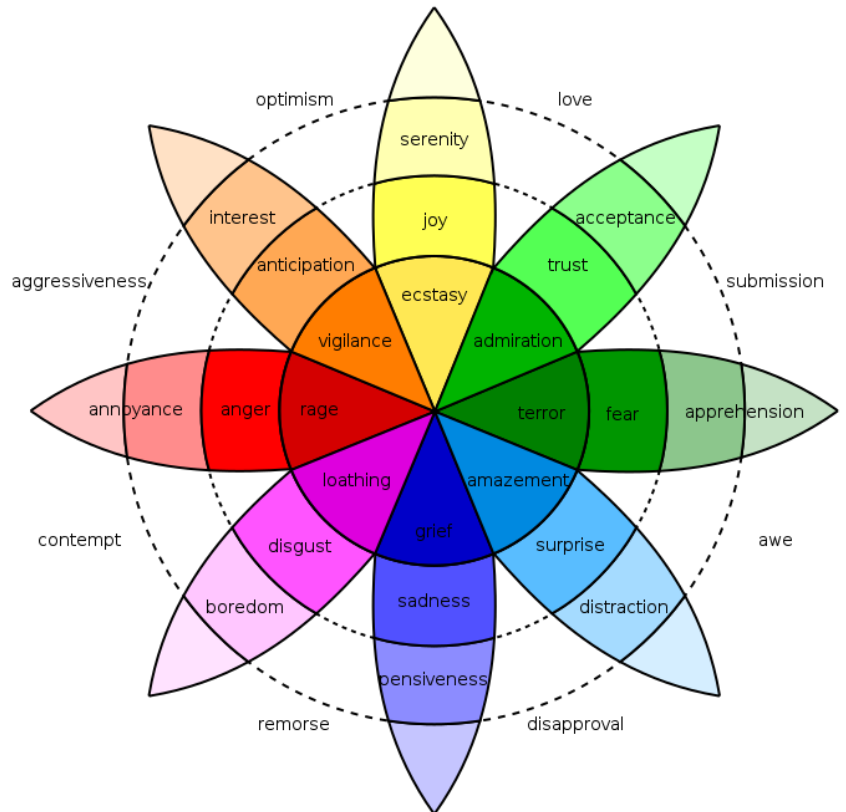
- * Selective serotonin reuptake inhibitors (SSRI)- these increase the level of serotonin in your brain and can be taken on a long-term basis though they may take several weeks to work.
- * Serotonin and noradrenaline reuptake inhibitors (SNRI) which increase the amount of serotonin and noradrenaline in your brain.
- * Pregabalin which is an anticonvulsant but

can help in treating anxiety.

- * Benzodiazepines which can ease your symptoms within 30 to 90 minutes but they cannot be used for long periods as they lose their effectiveness and are addictive.

If you are still feeling anxious after trying all these treatments, you may want to discuss with your GP whether you should be referred to a mental health specialist.

For more information about anxiety and where to get help



Robert Plutchik's Wheel of Emotions

please speak to one of our trained team.

Answers: Q1, A long term condition that causes you to feel anxious about a wide range of issues. Q2, Over activity in your brain, an imbalance of brain chemicals, your genes, traumatic experiences, painful conditions, drug/alcohol misuse. Q3, A sense of dread, difficulty concentrating, tiredness, trembling, difficulty falling asleep or staying asleep. Q4, When your worrying significantly affects your daily life. Q5, Self-help, CBT, mindfulness, applied relaxation, medication. Q6, This usually involves you working from a book or computer programme on your own with occasional contact with your doctor. Q7, Cognitive behavioural therapy helps you to understand your problems and is one of the most effective treatments. Q8, Mindfulness works by focusing on your awareness of the present moment. Q9, This focuses on relaxing your muscles in situations that usually cause you to be anxious. Q10, SSRI, SNRI, pregabalin, benzodiazepines.