



DOCTOR DISCUSSION GUIDE

Managing Generalized Anxiety Disorder

While you may have been trying to make sense of your symptoms, you are now on your way to figuring out what's been behind them. Together with your mental health care team, you'll gain a new understanding about your diagnosis. Asking the right questions during your conversation will help you know what to expect and how to better navigate your condition. Familiarize yourself with these common terms before your appointment to help facilitate your discussion.

Vocabulary to Know

Your doctor might mention these common terms. Here's what they mean.

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| Generalized Anxiety Disorder (GAD) | GAD is characterized by persistent, excessive worry, about a number of different things, that is difficult to control and occurs most days for at least six months. GAD is also usually accompanied by three or more symptoms of anxiety. |
| Anxiety | Extreme apprehension that is accompanied by unpleasant symptoms like feeling nervous, irritable or on edge; having a sense of impending doom or danger; increased heart rate; breathing rapidly, sweating or trembling; feeling weak or tired; difficulty concentrating; sleep disturbances; and gastrointestinal problems. |
| Panic | A sudden episode of intense fear that triggers severe physical reactions. |
| Interpersonal Therapy | A type of behavioral therapy that focuses on past and present social roles, relationships and communication. |
| Cognitive-Behavioral Therapy (CBT) | This type of therapy has been found to be the most effective type for GAD and focuses on identifying, understanding, and then changing thinking patterns that influence certain distressing or problematic behavioral patterns. |
| Acceptance and Commitment Therapy (ACT) | A type of behavioral therapy that aims to help the patient accept the presence of negative thoughts while reducing their influence, rather than attempting to eliminate them. |
| Dialectical Behavior Therapy (DBT) | A type of cognitive-behavioral therapy, DBT aims to teach people to live in the moment, regulate emotions and cope with intense emotions in a healthy way. |
| Mindfulness | A mental training practice that involves paying attention to the present moment, on purpose and without judgement. Practicing mindfulness can be done through breathing techniques, mental imagery, body scans, relaxation exercises, gratitude practices and more. |
| Relaxation Techniques | Various tools that you can add to your anxiety-relief toolbox. You can talk to your doctor about what works best for you, but common relaxation techniques include meditation, yoga, breathing exercises, taking a walk, aromatherapy, music, and partaking in an enjoyable activity. |
| Buspirone | A medication that may help alleviate anxiety symptoms after a few weeks of taking it. Buspirone is non-habit forming and is not as sedating as other anxiety medications. |

