

Generalized anxiety disorder (GAD) is a mental health condition that causes people to feel persistent worry and anxiety about everyday events and activities. Unlike occasional concerns about life stressors, GAD involves feelings of worry that persist for at least six months or more.



Stressful Life Transitions



Acute/Chronic Pain



Limited Physical  
Mobility



Loss of  
Independence



Financial Problems



Sleep Disturbances



Acute/Chronic  
Health Conditions



Medication Side  
Effects



Misuse of Alcohol, Rx  
Medications or Illicit  
Drugs



Trauma

## Signs and symptoms a resident may exhibit when experiencing anxiety

### Physical

- Sweating
- Muscle aches/ headaches
- Stomach pain
- Rapid breathing
- Feeling of weakness & tiredness

### Mental

- Restlessness
- Trouble concentrating & making decisions
- Unable to relax
- Uncontrolled worry
- Seeking constant reassurance

### Behavioral

- Avoiding social gatherings
- Substance misuse
- Trouble sleeping
- Pacing/ fidgeting
- Agitation/ irritability

### Sources:

GENERALIZED ANXIETY DISORDER (GAD) | ANXIETY AND DEPRESSION ASSOCIATION OF AMERICA, ADAA [GENERALIZED ANXIETY DISORDER \(GAD\) | ANXIETY AND DEPRESSION ASSOCIATION OF AMERICA, ADAA](#)

SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION (SAMHSA) – ANXIETY DISORDERS: [HTTPS://WWW.SAMHSA.GOV/MENTAL-HEALTH/ANXIETY-DISORDERS](https://www.samhsa.gov/mental-health/anxiety-disorders)



Scan the QR code to view  
additional resources and  
trainings from the COE-NF.  
[www.nursinghomebehavioralhealth.org/](http://www.nursinghomebehavioralhealth.org/)