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## Generalized Anxiety Disorder Overview

GAD often begins at an early age, and the signs and symptoms may develop more slowly than in other anxiety disorders. Many people with GAD can't recall when they last felt relaxed or at ease.

If you have GAD, you may experience times when your worries don't consume you, but you still feel rather anxious. You may feel on edge most of the time or you may have a general sense that something bad is about to happen, even when there is no apparent danger.

### Signs and Symptoms of Generalized Anxiety Disorder

Restlessness, feeling of being keyed up or on edge, feeling a lump in your throat, difficulty concentrating, fatigue, irritability, impatience, being easily distracted, muscle tension, trouble falling or staying asleep, excessive sweating, shortness of breath, stomachache, diarrhea, or headache.