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# Generalized Anxiety Disorder and Worry: Resources and Support for You

## Did you know?

- Generalized Anxiety Disorder (GAD) involves worry that is excessive and uncontrollable. Often the things you worry about are minor matters and unlikely future events.
- People diagnosed with GAD worry daily and these feelings have lasted for at least 6 months.
- Many people who have GAD have physical symptoms such as:
  - Tense muscles
  - Inability to relax
  - Restlessness
  - Irritability
  - Being easily fatigued
  - Difficulty concentrating
  - Sleep disturbed by worry.

## Web sites/Online Resources

**Anxiety and Depression Association of America**

[www.adaa.org](http://www.adaa.org)

**Dr. Martin Antony, Clinical Psychologist**

[www.martinantony.com](http://www.martinantony.com)

**Eli Bay**

[www.elibay.com](http://www.elibay.com)

**Mood Disorders Association of Ontario**

[www.mooddisorders.ca](http://www.mooddisorders.ca)

**Mood Disorders Society of Canada**

[mdsc.ca](http://mdsc.ca)



## Apps

**MindShift** (Free) (iOS, Android)

[www.anxietybc.com/resources/mindshift-app](http://www.anxietybc.com/resources/mindshift-app)

Strategies for managing social anxiety, panic and perfectionism (often related to depression).

**Worry Box - Anxiety Self-Help** (Free) (Android)

<https://www.excelatlife.com/apps.htm#worryapp>

**MoodKit and Moodnotes** (\$\$) (iOS only)

[thriveport.com](http://thriveport.com)

Apps based on cognitive-behavioral therapy methods for improving moods (for example, depression, anxiety). Provide tools for monitoring and changing thoughts and behaviors that contribute to negative moods.

**CBT-i Coach** for Insomnia (Free) (iOS, Android)

iOS: <https://itunes.apple.com/ca/app/cbt-i-coach/id655918660?mt=8>

Android: <https://play.google.com/store/apps/details?id=com.t2.cbti&hl=en>

**Calm** (Free) (iOS, Android)

[www.calm.com](http://www.calm.com)

Mindfulness and meditation app.

**Headspace** (Free; in-app purchases) (iOS, Android)

[www.headspace.com](http://www.headspace.com)

**Pacifica** (Free; in-app purchases) (iOS, Android, web)

[www.thinkpacifica.com](http://www.thinkpacifica.com)

Cognitive-Behavioural Therapy (CBT) and meditation skills for anxiety disorders, mood disorders and stress.



## Videos/Audio Clips

**Exercise Against Anxiety and Depression** / Otto, M. (2015). (Webinar)  
[https://adaa123.sharepoint.com/Public%20Ed%20Webinars/\\_layouts/15/guestaccess.aspx?guestaccess\\_token=RizZ3eygp3xPLz6R6o2roczWgGAXapVDCW1Y2mlkl0M%3d&docid=19981a32643ae468bb7e8384fcfd5ffbc&rev=1](https://adaa123.sharepoint.com/Public%20Ed%20Webinars/_layouts/15/guestaccess.aspx?guestaccess_token=RizZ3eygp3xPLz6R6o2roczWgGAXapVDCW1Y2mlkl0M%3d&docid=19981a32643ae468bb7e8384fcfd5ffbc&rev=1)

**Guided Mindfulness Meditation Practice CDs** / Kabat-Zinn, J. (2005).  
[www.mindfulnesscds.com](http://www.mindfulnesscds.com)

**Let go: Empowered Breathing and Progressive Muscle Relaxation** / Bay, E. (CD)

**Mind Over Mood** / Greenberger, D. (2016). (Webinar on self-help strategies for anxiety & depression)  
[https://adaa123.sharepoint.com/Public%20Ed%20Webinars/\\_layouts/15/guestaccess.aspx?guestaccess\\_token=S8ByG3rlv5Ts5FVIN40C%2bxnpCn%2bn88ShdVlfHfPfbM8%3d&docid=1c3b3a0c0e11445e1be6c5361ed77603a&rev=1](https://adaa123.sharepoint.com/Public%20Ed%20Webinars/_layouts/15/guestaccess.aspx?guestaccess_token=S8ByG3rlv5Ts5FVIN40C%2bxnpCn%2bn88ShdVlfHfPfbM8%3d&docid=1c3b3a0c0e11445e1be6c5361ed77603a&rev=1)

**Mindful Breathing and Meditation Audio Clips** / Centre for Clinical Interventions (2008).  
[www.cci.health.wa.gov.au/resources/infopax.cfm?Info\\_ID=56](http://www.cci.health.wa.gov.au/resources/infopax.cfm?Info_ID=56)

**The Mindful Way Workbook** (Audio downloads - must register first)  
[www.guilford.com/MBCT\\_audio](http://www.guilford.com/MBCT_audio)

**Mindful Way through Anxiety** (Audio downloads)  
[mindfulwaythroughanxiety.com/exercises/](http://mindfulwaythroughanxiety.com/exercises/)

**The Mindfulness Solution**  
[www.mindfulness-solution.com/DownloadMeditations.html](http://www.mindfulness-solution.com/DownloadMeditations.html)

**Relaxation Audio** / Centre for Applied Research in Mental Health & Addiction (2009).  
[www.sfu.ca/carmha/publications/relaxation-audio.html](http://www.sfu.ca/carmha/publications/relaxation-audio.html)

**Serenity breathing: Learn to quickly calm, balance and revitalize your mind** / Bay, E. (2007). (DVD)



## Books (Self-Help/Workbooks/e-Books)

**10 Simple Solutions to Worry: How to calm your mind, relax your body, & reclaim your life** / Gyoerkoe, K.L., Wiegartz, P.S. (2006).

**The Anti-Anxiety Workbook: Includes the most effective, science-based methods to help you identify your anxiety triggers** / Antony, M.M., Norton, P.J. (2008).

**AnxietyBC**  
<https://www.anxietybc.com/adults/self-help-strategies-gad>

**Becoming a Calm Mom: How to manage stress and enjoy the first year of motherhood** / Ledley, D.R. (2008).

**The Cognitive Behavioral Workbook for Menopause: A step-by-step program for overcoming hot flashes, mood swings, insomnia, anxiety, depression, and other symptoms** / Green, S., McCabe, R., Soares, C. (2012).

**Dr. Rami Nader, C.Psych**  
[www.raminader.com/gad\\_resources.htm](http://www.raminader.com/gad_resources.htm)

**Embracing Uncertainty: Breakthrough methods for achieving peace of mind when facing the unknown** / Jeffers, S. (2003).



## Books (Self-Help/Workbooks/e-Books) (continued)

**Generalized Anxiety Disorder workbook: A comprehensive CBT guide for coping with uncertainty, worry and fear** / Robichaud, M., Dugas, M. (2015).

**Goodnight Mind: Turn off your noisy thoughts and get a good night's sleep** / Carney, C., Manber, R. (2013).

**Improving Your Self-Esteem: Overcoming low self-esteem** / Centre for Clinical Interventions (2005).  
[www.cci.health.wa.gov.au/resources/infopax.cfm?InfoID=47](http://www.cci.health.wa.gov.au/resources/infopax.cfm?InfoID=47)

**It's Not all in your Head: How worrying about your health could be making you sick -- and what you can do about it** / Asmundson, G.J.G., Taylor, S. (2005).

**Mind Over Mood: Change how you feel by changing the way you think** / Greenberger, D., Padesky, C. (2016).

**The Mindful Path Through Worry and Rumination: Letting go of anxious and depressive thoughts** / Kumar, S.M. (2009).

**The Mindful Path Through Shyness** / Flowers, S. (2009).

**The Mindful Way Workbook: An 8-week program to free yourself from depression and emotional distress** / Teasdale, J., Williams, M., Segal, Z. (2014).

**The Mindfulness and Acceptance Workbook for Anxiety: A guide to breaking free from anxiety, phobias, and worry using acceptance and commitment therapy** / Forsyth, J.P., Eifert, G.H. (2008).

**Overcoming Health Anxiety: Letting go of your fear of illness** / Owens, K., Antony, M. (2011).

**Overcoming Worry: A self-help guide using cognitive behavioral techniques** / Meares, K., Freeston, M. (2008).

**Perfectionism in Perspective: Overcoming perfectionism** / Centre for Clinical Interventions (2009).  
[www.cci.health.wa.gov.au/resources/infopax.cfm?InfoID=52](http://www.cci.health.wa.gov.au/resources/infopax.cfm?InfoID=52)

**The Pregnancy and Postpartum Anxiety Workbook: Practical skills to help you overcome anxiety, worry, panic attacks, obsessions and compulsions** / Wiegartz, P., Gyoerkoe, K.L. (2009).

**Quiet your Mind and Get to Sleep: Solutions to insomnia for those with depression, anxiety, or chronic pain** / Carney, C., Manber, R. (2009).

**'What? Me Worry!?: Mastering your worries** / Centre for Clinical Interventions (2016).  
[www.cci.health.wa.gov.au/resources/infopax.cfm?InfoID=46](http://www.cci.health.wa.gov.au/resources/infopax.cfm?InfoID=46)

**When Perfect isn't Good Enough: Strategies for coping with perfectionism. 2nd. ed.** / Antony, M.M., Swinson, R.P. (2009).

**Women who worry too much: How to stop worry and anxiety from ruining relationships, work, & fun** / Hazlett-Stevens, H. (2005).

**Worry less, live more: The mindful way through anxiety workbook** / Orsillo, S.M., Roemer, L. (2011).

**The worry trap: How to free yourself from worry & anxiety using acceptance & commitment therapy** / Hayes, S.C., LeJeune, C. (2007).

### Insomnia and Depression

Free Cognitive Behaviour Therapy for  
Insomnia (Insomnia Treatment study)  
Sleep and Depression (SAD) Laboratory  
Ryerson University

(416) 979-5000 ext. 2185

[psychlabs.ryerson.ca/carney/be-a-participant](http://psychlabs.ryerson.ca/carney/be-a-participant)

## Mindfulness-Based Group Programs

### Humber River Hospital

(416) 242-1000 ext. 43000

[www.hrh.ca/uploads/MentalHealthandAddictions/000563-MH-Referral-Form-print.pdf](http://www.hrh.ca/uploads/MentalHealthandAddictions/000563-MH-Referral-Form-print.pdf)

### The Centre for Mindfulness Studies (\$)

(647) 524-6216

[www.mindfulnessstudies.com](http://www.mindfulnessstudies.com)

### The Mindful Mood Centre

(416) 686-2138

[www.mindfulmood.com](http://www.mindfulmood.com)

### North York General Hospital

(416) 483-3778

[www.nygh.on.ca/Default.aspx?cid=1210&lang=1](http://www.nygh.on.ca/Default.aspx?cid=1210&lang=1)

### University Health Network

(Catchment area: South of Eglinton Ave., from Yonge St. to Keele St.)

Toronto Western: (416) 603-5738

UHN: (416) 340-4452

[www.uhn.ca/MOT/PatientsFamilies/Kidney\\_Transplant\\_Program/Transplant\\_Surgery/Kidney\\_Transplant\\_Guide/Documents/Mindfulness\\_application\\_form.pdf](http://www.uhn.ca/MOT/PatientsFamilies/Kidney_Transplant_Program/Transplant_Surgery/Kidney_Transplant_Guide/Documents/Mindfulness_application_form.pdf)

*Please note: You need a doctor's referral to enrol in any of these programs.*

The **Patient & Family Resource Centre** offers staff and residents in the community free access to our electronic, print and audiovisual collection on health and wellness matters. The items listed in this resource are a selection of some of the materials available to you.

To reserve any of the print items from the list, please contact us.

Patient & Family Resource Centre

Humber River Hospital

1235 Wilson Ave., Toronto, Ont. M3M 0B2

Tel: (416) 242-1000 ext. 81200 | Fax: (416) 242-1047

Web: <http://www.hrh.ca/FindHealthInformation> | Email: [pfrc@hrh.ca](mailto:pfrc@hrh.ca)

Hours: Monday to Thursday, 8:00 a.m. - 7:00 p.m.

Friday, 8:00 a.m. - 4:00 p.m.

*We are located on Level 0, in front of the Food Court.*

This brief guide is intended to provide health information. It does not imply recommendation of any treatment and should not be substituted for the advice of a health care provider.

**English:** This information is important! If you have trouble reading this, ask someone to help you.

**Italian:** Queste informazioni sono importanti! Se ha difficoltà a leggere questo, chiedi aiuto a qualcuno.

**Spanish:** ¡Esta información es importante! Si tiene dificultad en leer esto, pida que alguien le ayude.

People with generalized anxiety disorder (GAD) display excessive anxiety or worry, most days for at least 6 months, about a number of things such as personal health, work, social interactions, and everyday routine life circumstances. The fear and anxiety can cause significant problems in areas of their life, such as social interactions, school, and work. Generalized anxiety disorder symptoms include: Feeling restless, wound-up, or on-edge. Being easily fatigued.

Generalized anxiety disorder (GAD) is more than the normal anxiety people experience day to day. It's chronic and exaggerated worry and tension, even though nothing seems to provoke it. Having this disorder means always anticipating disaster, often worrying excessively about health, money, family, or work. Sometimes, though, the source of the worry is hard to pinpoint. Simply the thought of getting through the day provokes anxiety. How generalised anxiety disorder (GAD) is treated. GAD can have a significant effect on your daily life, but several different treatments are available that can ease your symptoms. These include: psychological therapies – you can get psychological therapies like cognitive behavioural therapy (CBT) on the NHS; you do not need a referral from a GP and you can refer yourself for psychological therapies service in your area. medicine – such as a type of antidepressant called selective serotonin reuptake inhibitors (SSRIs).