

This can affect your day to day life. For example, you might find that it affects your ability to work, travel places or even leave the house. You might also get tired easily or have trouble sleeping or concentrating. You might also experience physical symptoms, such as muscle tension, sweating, feeling sick, stomach cramps (or 'butterflies') and a fear of fainting.

It is common to have other conditions such as depression or other anxiety disorders if you have GAD.

It can be difficult to diagnose because it does not have some of the more noticeable symptoms of other anxiety disorders, however if you have felt worried and anxious about a variety of things for most days over six months you may have GAD.