



November 2007

Anxiety: "A painful uneasiness of mind. An abnormal apprehension and fear often accompanied by physiological signs." (Article: Attacking Anxiety and Depression)

Everyone experiences anxiety at some point in their lives; however, anxiety disorders are different from the ordinary and periodic feelings of uneasiness one may have.

What is Generalized Anxiety Disorder (GAD)

Generalized Anxiety Disorder (GAD) is a disease that affects the way an individual thinks and feels. It is a medical illness that causes a person to worry excessively all the time. Everyday problems become a source of constant anxiety and the sufferer usually expects the worst to occur. Some people suffer from insomnia and have difficulty keeping a job, and maintaining relationships.

Physical symptoms of GAD include: trembling, twitching, headaches, irritability, sweating, hot flashes, tightness of the throat or choking sensations.



The exact cause of Generalized Anxiety Disorder is unknown but researchers have focused their efforts on a combination of risk factors including genetics/biology, environmental factors, and personality characteristics.

People who suffer from GAD may often suffer from other illnesses. It is not unusual for a person to also suffer from Depression, Social Anxiety Disorder, and/or Panic Disorder.

Depression can seriously affect sleep patterns, appetite, energy levels and physical well-being. Depression will affect changes in mood, and changes in thought patterns.

Individuals with Social Anxiety Disorder feel an unreasonable amount of fear and anxiety in social situations. The fear and nervousness can negatively affect their ability to develop friendships. As a result, feelings of isolation and low self-esteem can develop. Symptoms of Social Anxiety Disorder may be overlooked and sufferers may be seen as being shy.

A panic attack is a sudden and unexpected episode of intense and over-whelming fear that has a distinct beginning and an end point. There is specific criteria for the diagnosis of Panic Disorder. A person with Panic Disorder may experience heart palpitations, chest pains, dizziness or chills.

- 1.5 million Canadians suffer from GAD
- 1 in 7 people have Social Anxiety Disorder
- 4% of the population will experience at least one panic attack in their lifetime

BROTHERLY LOVE by Kostya Kennedy

October 22, 2001 issue of "Sports Illustrated"

TWO WEEKS ago, in an otherwise empty dressing room at the Toronto Maple Leafs' practice facility, right wing Shayne Corson sat down and spoke candidly about his life. He is a fearless and ornery power forward who has played 15 distinguished NHL seasons, during which he has won a Stanley Cup and been a member of Canada's 1998 Olympic team. His former teammate on the Montreal Canadiens, Mark Recchi, has called him "the bravest player I know." Corson was happy to discuss any aspect of his career, but mainly he wanted to talk about last season and the times he cried.

"Much too often I'd wake up in the middle of the night panicking — my heart pounding, tears in my eyes," he said. "I wouldn't know what to do. I don't think I'd have made it if Tucksie hadn't been my roommate. Who knows how another teammate would have handled it".

To find out what happened to Shayne Corson and how he managed to cope with his challenges, please see Special Education Resource Teacher Mrs. Schillaci-Marini.

Professional Development

"Education for All"- The Report of the Expert Panel on Literacy and Numeracy Instruction for Students With Special Education Needs.

www.feelingblue.com

An online resource for The Spectrum of Depression and Anxiety Disorders

www.macanxiety.com
