



ISD Virtual Learning

Psychology

April 16, 2020



Grade/Course

Lesson: April 16, 2020

Objective/Learning Target:

Students will identify General Anxiety Disorder

Warm Up

Generalized Anxiety Disorder (GAD) Symptoms



Excessive anxiety and worry



Increased muscle aches or soreness



Impaired concentration



Fatigue



Irritability



Restlessness



Difficulty sleeping

The image on the left shows some of the symptoms associated with GAD. Think of a time in your life you might have experienced some of these symptoms. What was causing it? Was there a reason? How did you relieve these symptoms? Over the next few slides, we'll discuss how GAD is different from other types of anxiety.

Lesson Activity

Use the slide show and the links in the slides to help you answer the questions about GAD.

[GAD Notes](#)

Really look at the link on the second slide to help answer questions

Practice

1. What are some signs and symptoms of GAD?
2. Who is more likely to get GAD, men or women?
3. What are some risk factors that can cause GAD?
4. How can GAD lead to worsening physical problems?
5. How can GAD be prevented?

Answer Key:

1. Sleeplessness, excessive worry, fatigue, muscle tension etc
2. Women
3. Personality, genetics, experiences
4. Chronic pain, migraines, bowel issues, heart health issues
5. Early help, journaling, prioritizing issues, avoid substance abuse

Reflection

Use the crash course as an extra resource and practice for anxiety disorders.

[Crash Course #29](#)