**Symptoms - Generalised Anxiety Disorder in adults**

**Generalised anxiety disorder (GAD) can affect you both physically and mentally.**

The severity of symptoms can vary from person to person. Some people have only a few symptoms, while others have many more. People are advised to see a GP if anxiety is affecting their daily life or is causing distress.

**Psychological symptoms of GAD**

GAD can cause a change in your behaviour and the way you think and feel about things, resulting in symptoms such as:

* restlessness
* a sense of dread or fear
* feeling constantly "on edge"
* difficulty concentrating
* irritability

Your symptoms may cause you to withdraw from social contact (seeing your family and friends) to avoid feelings of worry and fear.

You may also find going to work difficult and stressful and may take time off sick. These actions can make you worry even more about yourself and increase your lack of self-esteem.

**Physical symptoms of GAD**

GAD can also have a number of physical symptoms, including:

* [dizziness](https://www.nhs.uk/conditions/dizziness/)
* tiredness
* a noticeably strong, fast or irregular heartbeat [(palpitations)](https://www.nhs.uk/conditions/heart-palpitations/)
* muscle aches and tension
* trembling or shaking
* [dry mouth](https://www.nhs.uk/conditions/dry-mouth/)
* excessive sweating
* shortness of breath
* stomach ache
* feeling sick
* [headache](https://www.nhs.uk/conditions/headaches/)
* [pins and needles](https://www.nhs.uk/conditions/pins-and-needles/)
* difficulty falling or staying asleep [(insomnia)](https://www.nhs.uk/conditions/insomnia/)

**More in**[**Generalised anxiety disorder in adults**](https://www.nhs.uk/mental-health/conditions/generalised-anxiety-disorder/)**:**

* [Overview - Generalised anxiety disorder in adults](https://www.nhs.uk/mental-health/conditions/generalised-anxiety-disorder/overview/)
* Symptoms - Generalised anxiety disorder in adults
* [Diagnosis - Generalised anxiety disorder in adults](https://www.nhs.uk/mental-health/conditions/generalised-anxiety-disorder/diagnosis/)
* [Treatment - Generalised anxiety disorder in adults](https://www.nhs.uk/mental-health/conditions/generalised-anxiety-disorder/treatment/)
* [Self-help - Generalised anxiety disorder in adults](https://www.nhs.uk/mental-health/conditions/generalised-anxiety-disorder/self-help/)

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[Symptoms - Generalised anxiety disorder in adults - NHS (www.nhs.uk)](https://www.nhs.uk/mental-health/conditions/generalised-anxiety-disorder/symptoms/)