



Dr. Tracy's Counseling Services

20 years of experience

Q: I have noticed that my worrying seems to increase every year. It is starting to impact my job and relationships and I am not sure what I should do.

A: What you may be describing is called Generalized Anxiety Disorder (GAD). People with GAD feel a sense of on-going tension caused by their worrying, even though there may be no obvious reason for it. They can't relax and have trouble concentrating. They may not be able to fall asleep at night. Physical symptoms can include fatigue and headaches.

GAD is different than time-limited anxiety caused by a stressful event such as public speaking because anxiety disorders last at least 6 months. They tend to get worse if they are not treated. Anxiety disorders commonly co-occur with other mental illnesses, such as depression and alcohol abuse. The use of alcohol may cover up anxiety symptoms or make them worse. The best treatment for many people who suffer from GAD is a combination of counseling and medication.

However, not everyone who worries a lot has an anxiety disorder. You may be anxious because of an overly demanding schedule, lack of exercise or sleep, pressure at home or work, or even from too much coffee. If your lifestyle is unhealthy and stressful, you're likely to feel anxious whether or not you have an anxiety disorder.

If your stress levels are very high, you need to get your life back into balance. There may be responsibilities you can give up or delegate to others. Just talking about your worries can make them seem less overwhelming. An evaluation with a professional can help you determine whether or not you have an anxiety disorder.

OPEN HOUSE FRIDAY, SEPT. 17
from 4:30-7:30pm

Specializing in the treatment of:

Anxiety and Depression ~ Addictions

Trauma and Grief ~ Relationship Issues General

State of Iowa approved DUI Assessor

Parenting a Special Needs Child ~ Coping Issues

Women's Issues ~ Workplace Stress

EVENING APPOINTMENTS AVAILABLE

Most insurance accepted.

The goal of counseling is to increase the zest and enthusiasm for living and to strengthen a person's ability to make healthy choices.

We work together as a team to meet your goals.

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www.DocTracysCounseling.com