

Meet Adam who experienced Generalised Anxiety Disorder (GAD)

Adam worked as an office manager in a large company. He had always been a worrier since he was younger. His worrying had got much worse over the past 7 months since finding out his wife was pregnant and then leading up to the birth of his first son. He had daily headaches and nearly always felt tense.

Adam liked to be organised and prepared and would find it difficult to delegate tasks to his colleagues in case they made a mistake. He would take their work home and check it was correct. He began to struggle with his own concentration, was restless and wasn't sleeping well. He worried about becoming a Dad and what could go wrong with the baby and also about their finances. He also worried about his Parents health as they were getting older. Adam was concerned he was worrying so much and couldn't stop. Adam used a treatment called Cognitive Behavioural Therapy (CBT) which helped him learn to manage his worries more effectively.

Adam's physical symptoms

Tension in his muscles
Reduced concentration
Headaches
Restlessness
Sleep problems

Adam's behaviours

Taking control of other people's work in his team so they don't make a mistake, checking his own and others work, avoiding preparing for the baby coming, avoiding things without planning ahead and preparing

Adam's altered thoughts

"What if I lose my job"
"What if there is something wrong with the baby or I won't cope as a Dad"
"What if my parents don't live to see their grandchild"