

# Generalized Anxiety Disorder and Worry

Resources and Support for You

## Did you know?

- Generalized Anxiety Disorder (GAD) involves worry that is excessive and uncontrollable. Often the things you worry about are minor matters and unlikely future events.
- People diagnosed with GAD worry daily and these feelings have lasted for at least 6 months.
- Many people who have GAD have physical symptoms such as:
  - Tense muscles
  - Inability to relax
  - Restlessness
  - Irritability
  - Being easily fatigued
  - Difficulty concentrating
  - Sleep disturbed by worry.



## Web sites/Online Resources

### Anxiety and Depression Association of America

[www.adaa.org](http://www.adaa.org)

### Dr. Martin Antony, Clinical Psychologist

[www.martinantony.com](http://www.martinantony.com)

### Eli Bay

[www.elibay.com](http://www.elibay.com)

### Mood Disorders Association of Ontario

[www.mooddisorders.ca](http://www.mooddisorders.ca)

### Mood Disorders Society of Canada

[mdsc.ca](http://mdsc.ca)

## Apps



### **MindShift** (Free) (iOS, Android)

[www.anxietybc.com/resources/mindshift-app](http://www.anxietybc.com/resources/mindshift-app)

Strategies for managing social anxiety, panic and perfectionism (often related to depression).

### **Worry Box - Anxiety Self-Help** (Free) (Android)

<https://www.excelatlife.com/apps.htm#worryapp>

### **MoodKit** and **Moodnotes** (\$\$) (iOS only)

[thriveport.com](http://thriveport.com)

Apps based on cognitive-behavioral therapy methods for improving moods (for example, depression, anxiety). Provide tools for monitoring and changing thoughts and behaviors that contribute to negative moods.

### **CBT-i Coach** for Insomnia (Free) (iOS, Android)

iOS: <https://itunes.apple.com/ca/app/cbt-i-coach/id655918660?mt=8>

Android: <https://play.google.com/store/apps/details?id=com.t2.cbti&hl=en>

### **Calm** (Free) (iOS, Android)

[www.calm.com](http://www.calm.com)

Mindfulness and meditation app.

### **Headspace** (Free; in-app purchases) (iOS, Android)

[www.headspace.com](http://www.headspace.com)

### **Pacifica** (Free; in-app purchases) (iOS, Android, web)

[www.thinkpacifica.com](http://www.thinkpacifica.com)

Cognitive-Behavioural Therapy (CBT) and meditation skills for anxiety disorders, mood disorders and stress.



## Videos/Audio Clips

**Exercise Against Anxiety and Depression** / Otto, M. (2015). (Webinar)

[https://adaa123.sharepoint.com/Public%20Ed%20Webinars/\\_layouts/15/guestaccess.aspx?guestaccesstoken=RizZ3eygp3xPLz6R6o2rocZWgGAXapVDCW1Y2mkl0M%3d&docid=19981a32643ae468bb7e8384cfd5ffbc&rev=1](https://adaa123.sharepoint.com/Public%20Ed%20Webinars/_layouts/15/guestaccess.aspx?guestaccesstoken=RizZ3eygp3xPLz6R6o2rocZWgGAXapVDCW1Y2mkl0M%3d&docid=19981a32643ae468bb7e8384cfd5ffbc&rev=1)

**Guided Mindfulness Meditation Practice CDs**

/ Kabat-Zinn, J. (2005).

[www.mindfulnesscds.com](http://www.mindfulnesscds.com)

**Let go: Empowered Breathing and Progressive Muscle Relaxation** / Bay, E. (CD)

**Mind Over Mood** / Greenberger, D. (2016). (Webinar on self-help strategies for anxiety & depression)

[https://adaa123.sharepoint.com/Public%20Ed%20Webinars/\\_layouts/15/guestaccess.aspx?guestaccesstoken=S8ByG3rlv5Ts5FVIN40C%2bnpCn%2bn88ShdVlfHfPfbM8%3d&docid=1c3b3a0c0e11445e1be6c5361ed77603a&rev=1](https://adaa123.sharepoint.com/Public%20Ed%20Webinars/_layouts/15/guestaccess.aspx?guestaccesstoken=S8ByG3rlv5Ts5FVIN40C%2bnpCn%2bn88ShdVlfHfPfbM8%3d&docid=1c3b3a0c0e11445e1be6c5361ed77603a&rev=1)

**Mindful Breathing and Meditation Audio Clips** / Centre for Clinical Interventions (2008).

[www.cci.health.wa.gov.au/resources/infopax.cfm?Info\\_ID=56](http://www.cci.health.wa.gov.au/resources/infopax.cfm?Info_ID=56)

**The Mindful Way Workbook** (Audio downloads - must register first)

[www.guilford.com/MBCT\\_audio](http://www.guilford.com/MBCT_audio)

**Mindful Way through Anxiety** (Audio downloads)

[mindfulwaythroughanxiety.com/exercises/](http://mindfulwaythroughanxiety.com/exercises/)

**The Mindfulness Solution**

[www.mindfulness-solution.com/DownloadMeditations.html](http://www.mindfulness-solution.com/DownloadMeditations.html)

**Relaxation Audio** / Centre for Applied Research in Mental Health & Addiction (2009).

[www.sfu.ca/carmha/publications/relaxation-audio.html](http://www.sfu.ca/carmha/publications/relaxation-audio.html)

**Serenity breathing: Learn to quickly calm, balance and revitalize your mind** / Bay, E. (2007). (DVD)

## Books (Self-Help/Workbooks/e-Books)



**10 Simple Solutions to Worry: How to calm your mind, relax your body, & reclaim your life** / Gyoerkoe, K.L., Wiegartz, P.S. (2006).

**The Anti-Anxiety Workbook: Includes the most effective, science-based methods to help you identify your anxiety triggers** / Antony, M.M., Norton, P.J. (2008).

**AnxietyBC**

<https://www.anxietybc.com/adults/self-help-strategies-gad>

**Becoming a Calm Mom: How to manage stress and enjoy the first year of motherhood** / Ledley, D.R. (2008).

**The Cognitive Behavioral Workbook for Menopause: A step-by-step program for overcoming hot flashes, mood swings, insomnia, anxiety, depression, and other symptoms** / Green, S., McCabe, R., Soares, C. (2012).

**Dr. Rami Nader, C.Psych**

[www.raminader.com/gad\\_resources.htm](http://www.raminader.com/gad_resources.htm)

**Embracing Uncertainty: Breakthrough methods for achieving peace of mind when facing the unknown** / Jeffers, S. (2003).

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## Books (Self-Help/Workbooks/e-Books) *(continued)*

**Generalized Anxiety Disorder workbook: A comprehensive CBT guide for coping with uncertainty, worry and fear** / Robichaud, M., Dugas, M. (2015).

**Goodnight Mind: Turn off your noisy thoughts and get a good night's sleep** / Carney, C., Manber, R. (2013).

**Improving Your Self-Esteem: Overcoming low self-esteem** / Centre for Clinical Interventions (2005).  
[www.cci.health.wa.gov.au/resources/infopax.cfm?Info\\_ID=47](http://www.cci.health.wa.gov.au/resources/infopax.cfm?Info_ID=47)

**It's Not all in your Head: How worrying about your health could be making you sick -- and what you can do about it** / Asmundson, G.J.G., Taylor, S. (2005).

**Mind Over Mood: Change how you feel by changing the way you think** / Greenberger, D., Padesky, C. (2016).

**The Mindful Path Through Worry and Rumination: Letting go of anxious and depressive thoughts** / Kumar, S.M. (2009).

**The Mindful Path Through Shyness** / Flowers, S. (2009).

**The Mindful Way Workbook: An 8-week program to free yourself from depression and emotional distress** / Teasdale, J., Williams, M., Segal, Z. (2014).

**The Mindfulness and Acceptance Workbook for Anxiety: A guide to breaking free from anxiety, phobias, and worry using acceptance and commitment therapy** / Forsyth, J.P., Eifert, G.H. (2008).

**Overcoming Health Anxiety: Letting go of your fear of illness** / Owens, K., Antony, M. (2011).

**Overcoming Worry: A self-help guide using cognitive behavioral techniques** / Meares, K., Freeston, M. (2008).

**Perfectionism in Perspective: Overcoming perfectionism** / Centre for Clinical Interventions (2009).

[www.cci.health.wa.gov.au/resources/infopax.cfm?Info\\_ID=52](http://www.cci.health.wa.gov.au/resources/infopax.cfm?Info_ID=52)

**The Pregnancy and Postpartum Anxiety Workbook: Practical skills to help you overcome anxiety, worry, panic attacks, obsessions and compulsions** / Wiegartz, P., Gyoerkoe, K.L. (2009).

**Quiet your Mind and Get to Sleep: Solutions to insomnia for those with depression, anxiety, or chronic pain** / Carney, C., Manber, R. (2009).

**'What? Me Worry!?: Mastering your worries** / Centre for Clinical Interventions (2016).  
[www.cci.health.wa.gov.au/resources/infopax.cfm?Info\\_ID=46](http://www.cci.health.wa.gov.au/resources/infopax.cfm?Info_ID=46)

**When Perfect isn't Good Enough: Strategies for coping with perfectionism. 2nd. ed.** / Antony, M.M., Swinson, R.P. (2009).

**Women who worry too much: How to stop worry and anxiety from ruining relationships, work, & fun** / Hazlett-Stevens, H. (2005).

**Worry less, live more: The mindful way through anxiety workbook** / Orsillo, S.M., Roemer, L. (2011).

**The worry trap: How to free yourself from worry & anxiety using acceptance & commitment therapy** / Hayes, S.C., LeJeune, C. (2007).

### Insomnia and Depression

**Free Cognitive Behaviour Therapy for Insomnia (Insomnia Treatment study) Sleep and Depression (SAD) Laboratory Ryerson University**

(416) 979-5000 ext. 2185

[psychlabs.ryerson.ca/carney/be-a-participant](http://psychlabs.ryerson.ca/carney/be-a-participant)

## Mindfulness-Based Group Programs

### Humber River Health

(416) 242-1000 ext. 43000

[www.hrh.ca/uploads/MentalHealthandAddictions/000563-MH-Referral-Form-print.pdf](http://www.hrh.ca/uploads/MentalHealthandAddictions/000563-MH-Referral-Form-print.pdf)

### The Centre for Mindfulness Studies (\$)

(647) 524-6216

[www.mindfulnessstudies.com](http://www.mindfulnessstudies.com)

### The Mindful Mood Centre

(416) 686-2138

[www.mindfulmood.com](http://www.mindfulmood.com)

### North York General Hospital

(416) 483-3778

[www.nygh.on.ca/Default.aspx?cid=1210&lang=1](http://www.nygh.on.ca/Default.aspx?cid=1210&lang=1)

### University Health Network

(Catchment area: South of Eglinton Ave., from Yonge St. to Keele St.)

Toronto Western: (416) 603-5738

UHN: (416) 340-4452

[www.uhn.ca/MOT/PatientsFamilies/Kidney\\_Transplant\\_Program/Transplant\\_Surgery/Kidney\\_Transplant\\_Guide/Documents/Mindfulness\\_application\\_form.pdf](http://www.uhn.ca/MOT/PatientsFamilies/Kidney_Transplant_Program/Transplant_Surgery/Kidney_Transplant_Guide/Documents/Mindfulness_application_form.pdf)

*Please note: You need a doctor's referral to enrol in any of these programs.*

The **Patient & Family Resource Centre** offers staff and residents in the community free access to our electronic, print and audiovisual collection on health and wellness matters. The items listed in this resource are a selection of some of the materials available to you.

To reserve any of the print items from the list, please contact us.

Patient & Family Resource Centre  
Humber River Health  
1235 Wilson Ave., Toronto, Ont. M3M 0B2  
Tel: (416) 242-1000 ext. 81200 | Fax: (416) 242-1047  
Web: <https://www.hrh.ca/resources/patient-family-resource-centre>  
Email: [pfrc@hrh.ca](mailto:pfrc@hrh.ca)  
Hours: Monday to Friday, 8:00 a.m. - 4:00 p.m.  
*We are located on Level 0, in front of the Food Court.*