

Generalized anxiety disorder

Coping and support

<http://www.mayoclinic.com/health/generalized-anxiety-disorder/DS00502/DSECTION=coping-and-support>

[By Mayo Clinic staff](#)

To cope with generalized anxiety disorder, here are some things you can do:

- **Join an anxiety support group.** Here, you can find compassion, understanding and shared experiences. You may find support groups in your community, and there are also several available on the Internet.
- **Take action.** Work with your mental health provider to figure out what's making you anxious and address it. For example, if finances are your concern, work toward drawing up a budget.
- **Let it go.** Don't dwell on past concerns. Change what you can and let the rest take its course.
- **Break the cycle.** When you feel anxious, take a brisk walk or delve into a hobby to refocus your mind away from your worries.
- **Stick to your treatment plan.** Take medications as directed. Keep therapy appointments. Consistency can make a big difference, especially when it comes to taking your medication.
- **Socialize.** Don't let worries isolate you from loved ones or enjoyable activities. Social interaction and caring relationships can lessen your worries.