Anxiety disorders affect women and men differently. Researchers are only now understanding the different biological and psychosocial factors that may impact the mental health treatment of women and men.

Some Common Assumptions People Make...

"You just need to slow down. You don't need to be superwoman."

"You're being too sensitive. It's all in your head!"

"Maybe it's just your period?"

"Maybe you're pregnant?"

"You're just stressed out. You just need to slow down. You don't need to be superwoman."

The brain system involved in the fight-or-flight response is activated more readily in women and stays activated longer than men, partly as a result of the action of estrogen and progesterone.

THE REALITY: DIFFERENCES IN BRAIN CHEMISTRY

Women are more than twice as likely as men to develop an anxiety disorder.

From puberty to age 50 women are 2x more likely than men to have an anxiety disorder.

What is General Anxiety Disorder? (GAD)

Generalized anxiety disorder (GAD) is a common anxiety disorder that involves chronic worrying, nervousness, and tension.

What is Depression?

Depression is a common but serious mood disorder. It causes severe symptoms that affect how you feel, think, and handle daily activities, such as sleeping, eating, or working.

1 in 8 women experience depression in their lifetime; twice the rate as men.

Did You Know?

Eating disorders affect both genders, although rates among women and girls are 2½ times greater than among men and boys.

1 in 5 women experience an eating disorder

You can triumph over anxiety and depression! There are many treatment options available for women of all ages. Contact your primary care or mental health provider to further discuss symptoms, diagnosis, and treatment.

Find more information and resources at: www.adaa.org