

Anxiety Scales

How's Your Anxiety?

	I feel calm and relaxed.
	I feel a little worried or nervous, but it's okay.
	I'm not sure how I feel.
	I feel quite worried or scared.
	I feel very worried or scared, and I need help.

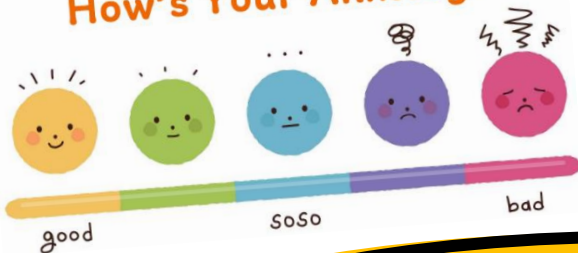
How's Your Anxiety Today?



Anxiety Scale

	You worry a little now and then. It doesn't get in the way of what you need to do. You feel physically fine.
	You worry at times during the day. It might make it hard to focus or sleep well. You could feel a bit sick or tense.
	You worry often throughout the day. It can affect your sleep, appetite, and focus. You might avoid things that make you worry more. Sometimes, you might feel sudden fear, headaches, or tiredness.
	Worry is with you most of the day. You might struggle to breathe or have a tight chest. It's tough to concentrate. Sometimes, you might want to be alone.
	The worry is intense and constant. You might have panic attacks, sudden overwhelming fear. Daily tasks can feel impossible. You might feel trapped, have strong emotions, or want to escape. Your body might react strongly, showing symptoms like shaking, sweating, feeling dizzy, having a racing heart, or feeling sick. This can make it hard to move or think clearly.

How's Your Anxiety?



How's Your Anxiety?

	<p>I feel calm and relaxed.</p>
	<p>I feel a little worried or nervous, but it's okay.</p>
	<p>I'm not sure how I feel.</p>
	<p>I feel quite worried or scared.</p>
	<p>I feel very worried or scared, and I need help.</p>

Anxiety Scale

1	Very low	You worry a little now and then. It doesn't get in the way of what you need to do. You feel physically fine.
2	Low	You worry at times during the day. It might make it hard to focus or sleep well. You could feel a bit sick or tense.
3	Moderate	You worry often throughout the day. It can affect your sleep, appetite, and focus. You might avoid things that make you worry more. Sometimes, you might feel sudden fear, headaches, or tiredness.
4	High	Worry is with you most of the day. You might struggle to breathe or have a tight chest. It's tough to concentrate. Sometimes, you might want to be alone.
5	Extremely High	The worry is intense and constant. You might have panic attacks, sudden overwhelming fear. Daily tasks can feel impossible. You might feel trapped, have strong emotions, or want to escape. Your body might react strongly, showing symptoms like shaking, sweating, feeling dizzy, having a racing heart, or feeling sick. This can make it hard to move or think clearly.

Anxiety Scale

	<p>You worry a little now and then. It doesn't get in the way of what you need to do. You feel physically fine.</p>
	<p>You worry at times during the day. It might make it hard to focus or sleep well. You could feel a bit sick or tense.</p>
	<p>You worry often throughout the day. It can affect your sleep, appetite, and focus. You might avoid things that make you worry more. Sometimes, you might feel sudden fear, headaches, or tiredness</p>
	<p>Worry is with you most of the day. You might struggle to breathe or have a tight chest. It's tough to concentrate. Sometimes, you might want to be alone.</p>
	<p>The worry is intense and constant. You might have panic attacks, sudden overwhelming fear. Daily tasks can feel impossible. You might feel trapped, have strong emotions, or want to escape. Your body might react strongly, showing symptoms like shaking, sweating, feeling dizzy, having a racing heart, or feeling sick. This can make it hard to move or think clearly.</p>

How's Your Anxiety Today?



TERRIBLE



BAD



NORMAL

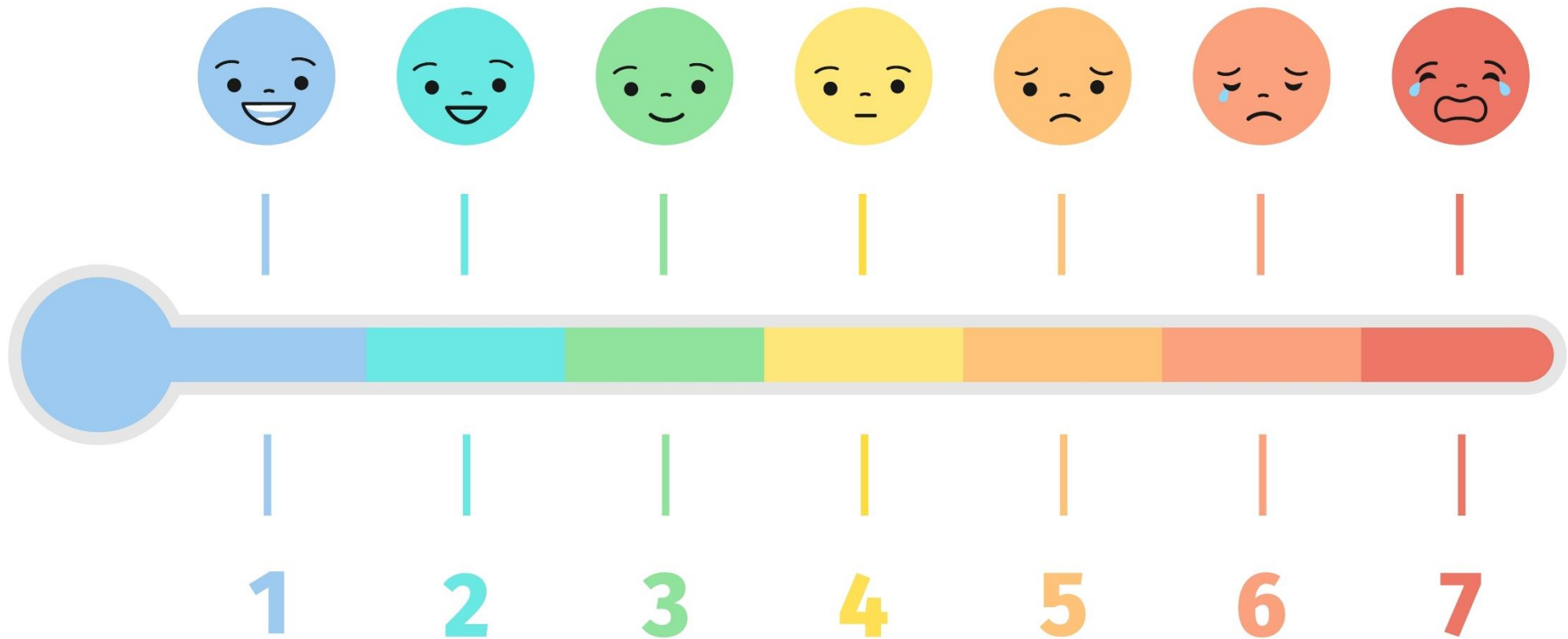


GOOD



EXCELLENT

How's Your Anxiety Today?



Anxiety Scale



NO



LOW



MEDIUM



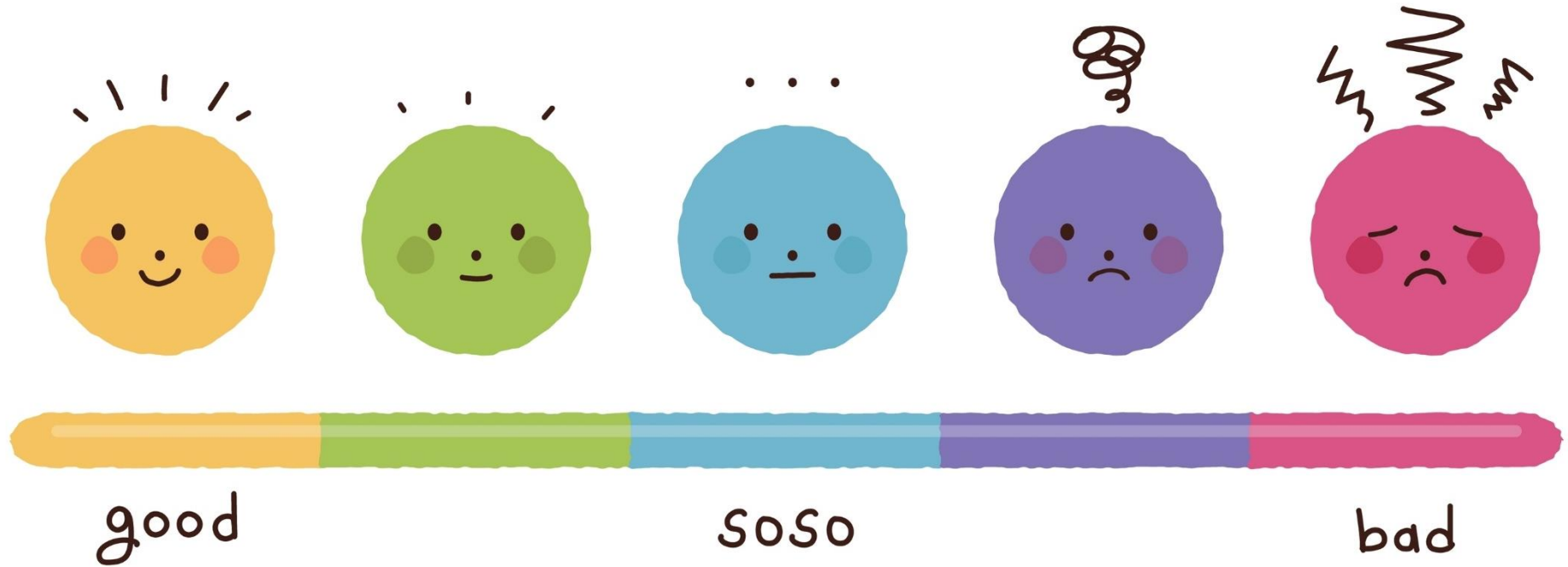
HIGH



MAX



How's Your Anxiety?



About this Free Printable Resource

This document presents a collection of anxiety assessment tools designed to help individuals gauge their anxiety levels through a variety of scales and visual aids. Each page offers a unique approach to self-assessment, incorporating both textual descriptions and relevant imagery to assist adults, teens and young children in identifying their current state of anxiety. These tools are especially useful for professionals working in mental health or education as well as for individuals seeking to understand their emotional well-being.

Scales description:

- "How's Your Anxiety?" - This page features visual cues alongside descriptions ranging from feeling calm and relaxed to very worried or scared, needing help. It's an initial check-in tool to help users articulate their anxiety levels in a relatable manner.
- Anxiety Scale 1 - Presents a 5-point scale from "Very Low" to "Extremely High" anxiety, with each level described in terms of worry frequency, physical symptoms, and impact on daily life. Useful for self-assessment and identifying the need for further support.
- Anxiety Scale 2 - Another Anxiety Scale
- "How's Your Anxiety Today?" with Cats - Uses images of cats to visually represent anxiety levels from "terrible" to "excellent." A more light-hearted, engaging approach that can appeal to users who prefer visual and animal-themed aids in expressing feelings.
- Anxiety Level Scale 1-7 - Incorporates pictures of emotions to depict a range of anxiety levels, offering a broader spectrum for evaluation. This scale adds nuance to the assessment, accommodating a wider array of emotional states.
- 0-10 Anxiety Scale - Extends the granularity of self-assessment with a 0-10 scale, from no anxiety to maximum anxiety. This scale allows for better measurement and tracking over time, suitable for monitoring changes in anxiety levels.
- Good to Bad Anxiety Scale with Faces - Utilises facial expressions to depict anxiety levels from good to bad. This visual and intuitive

method makes it easy for users to identify and communicate their feelings.

Intended Use:

These scales are designed for both personal reflection and professional use for working with adults, teens and young children, aiding in the early identification of anxiety and facilitating discussions around mental health. They can be particularly beneficial in settings requiring quick, accessible tools for emotional check-ins or in therapeutic contexts where visual aids can enhance communication.

For more **free resources on anxiety** visit www.AnxietyHelpBox.com.



©Edita Stiborova (2024) This document can be used at no charge by individuals and not-for-profit organisations for their work with families and/or training as well as uploaded to other websites in its entirety, providing that no changes are made to its content.