

Rate your Anxiety

Anxiety is experienced on a spectrum. Optimal levels of anxiety can allow us to focus and perform while extreme levels of anxiety can be harmful.

Calm/ At Peace

- able to be present
- enjoy the moment
- everything is okay, not anxious at all
- smooth and steady breathing

Slight

- a little frustrated
- a bit anxious
- able to cheer up quickly
- able to utilize coping skills

Mild

- feelings of worry most of the day
- changes in concentration and sleep
- start of physical symptoms such as stomach ache or muscle tension

Moderate

- feeling anxious almost all day
- avoidance
- feeling panicked
- changes in sleep and appetite
- physical symptoms present

Severe

- feelings of worry all day
- functioning impaired
- breathing shallow or breathless
- inability to concentrate or focus
- withdrawing or isolating
- sensory overload

Debilitating

- unbearable feelings of worry and anxiety all day
- inability to function
- panic attacks
- obsessive thoughts
- severe physical symptoms
- paralyzed
- unable to continue the day

Example: It's the first day of fall semester classes and you are feeling mild anxiety about what to expect. Then mid semester you have a presentation in front of the class and start to experience moderate anxiety.

*this is not a clinical way of describing anxiety but meant to be a conceptualization for better understanding.

