

Anxiety Assessment Starter Kit



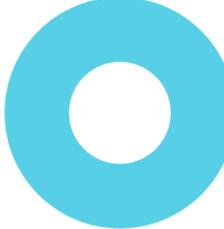
christina bell
REGISTERED PSYCHOLOGIST

Anxiety is a natural emotion that helps us respond to life's challenges.

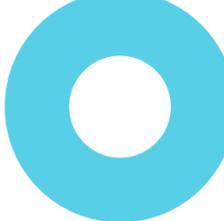
When anxiety becomes overwhelming, it can take away our enjoyment of life and hold us hostage in our own body.

This kit will help you to clarify the nature of your anxiety. Understanding your response to anxiety is a crucial step in addressing it.

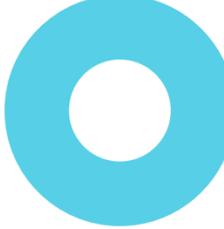
What are the sources of your
anxiety?



Future Uncertainty
e.g., "what ifs," worry



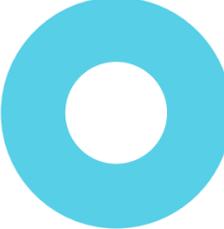
Insecurities
e.g., body image, not good enough



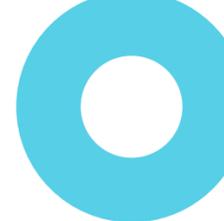
Life Demands
e.g., multitasking, always busy



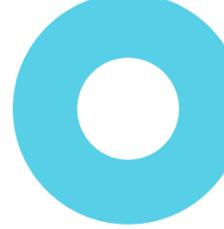
Relationships
e.g., conflict with ex, children



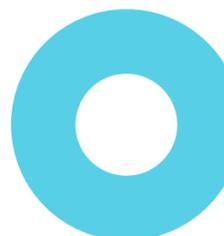
Life Changes
e.g., retirement, moving, job change



Urgency
e.g., everything feels important, rushing



Stressful Situations
e.g., public speaking, driving



Problem Mindset
e.g., something is always wrong

What is the impact of your
anxiety?

Muscle tension

Trouble sleeping

Excessive worry

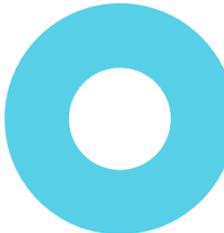
Procrastination

Shortness of breath

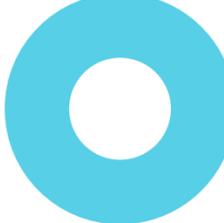
Frequent urination

Feelings of dread

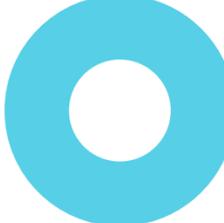
Self doubt



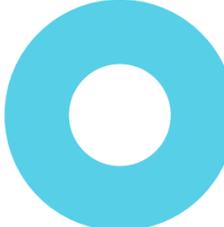
Difficulty concentrating



Digestive problems



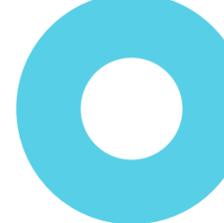
Forgetfulness



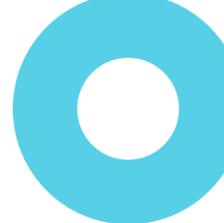
Feelings of dread



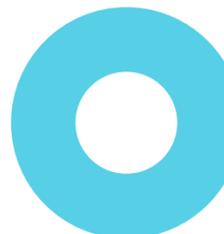
Racing thoughts



Difficulty relaxing



Restlessness



Irritability

How have you coped with your
anxiety?

Ramping up

- Finding distractions
- Working harder
- Rushing
- Taking on more responsibilities
- Excessive information gathering

Dialing down

- Avoiding situations
- Isolating
- Doing less
- Using substances (e.g., alcohol)
- Excessive sleeping

Reaching out

- Talking
- Exercise
- Humour
- Meditation
- Sleep
- Learning about anxiety

When should you seek help for
your anxiety?

Here's my 5/5/50 guideline for anxiety:



Have you selected
> 5 of the
symptoms listed?
yes / no

Would you rate the
intensity of your
anxiety 5/10 or
higher?
yes / no

Have you
experienced these
symptoms at least
50% of the time?
yes / no

Remember: Anxiety is a natural emotion that we don't want to eliminate!

If you have answered yes to the three questions above, you might find it helpful to seek support for your anxiety.

For resources on managing anxiety, check out my blog, or call me at 780.239.3344 to book an appointment (Edmonton area).

Anxiety is a very treatable issue and there are many approaches that are beneficial.

Christina Bell

