



## My Anxiety: Self-Assessment Checklist

Anxiety can show up in our lives in many different ways - from our thinking and feeling, to our behaviours and bodily sensations. How do I know I need to work on my anxiety? In what areas of my life can I make positive changes? Try the following anxiety checklist to self-assess your anxiety.

### Bodily Sensations

Rarely	Sometimes	Often	Sensation
			Feeling jumpy or jittery
			Shaking of hands or limbs
			Tightness in the chest
			Light-headedness or dizziness
			Shortness of breath
			Pounding of the heart
			Upset stomach, nausea
			Headaches
			Sleep disturbances or fatigue

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## Thoughts

Rarely	Sometimes	Often	Thoughts
			Frequent worrying
			Thoughts that something terrible is about to happen
			Thinking the same anxious thoughts over and over again
			Thinking you won't be able to cope with your problems
			Thinking about what's happening in your body
			Thinking you will never succeed
			Thinking you are not good enough
			Worrying that other people do not like you

## Behaviours

Rarely	Sometimes	Often	Behaviours
			Avoiding people, places or situations out of fear
			Using alcohol or other drugs to calm your nerves
			Becoming overly attached to a safety object or person for comfort
			Frequent escaping from anxiety-producing situations
			Withdrawing socially
			Decreased ability to perform common responsibilities of daily life

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## Emotions

Rarely	Sometimes	Often	Emotions
			Fear
			Panic
			Nervousness
			Dread
			Worry
			Overwhelmed

## Now what?

Now that you've had a chance to assess and reflect on how anxiety is showing up in your life, you may have a better understanding of some areas in your life where you would like to see positive change.

To help you with this, we've developed a 4-week, self-directed online program tailored to young adults and college or university students who are suffering from anxiety or anxiety symptoms.

## Ready?

Check out our website at [www.everwellhamilton.ca](http://www.everwellhamilton.ca) for more information on Anxiety 101 or to sign up.

## Not sure yet? Have questions?

[Book your FREE 30 minute consultation](#) and we can talk about it.