

Rate Your Anxiety/Worry

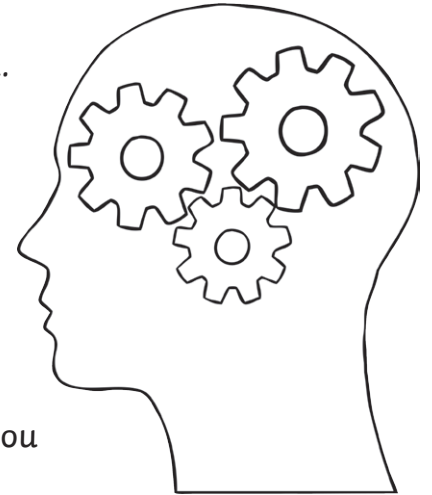
We all have difficult days where we are worried or anxious about something that has happened, is happening, or is about to happen.

If this anxiety or worry becomes too much and it starts to affect your ability to do things and feel happy, you need to ask someone you trust to help you.

It is much better to ask someone to help you than to leave it, say nothing and become even more anxious and worried.

Always ask for help!

Can you answer the questions on the next page? Be as honest as you can be. There are no right or wrong answers.



Question	Not at All	Some Days	Most Days	Every Day
I feel worried when I have to take a test/exam.				
When I wake up, I worry about what is going to happen.				
I worry about what people think about me.				
I worry I might do the wrong thing.				
I don't like trying new things.				
I don't like leaving the room during/in class.				
I find it hard to sleep.				
I find relaxing difficult.				
I struggle when something changes and I don't know what to do.				

Rate Your Anxiety/Worry Adult Guidance

If the majority of answers are 'most days' or 'every day', then the young person would benefit from an intervention.

An intervention to support a young person could be teaching them mindfulness techniques, learning how to relax, tips on getting a good night's sleep and coping strategies to help them deal with worry, for example, creating a worry doll or using a worry box.

If a young person needs more than this level of intervention, always seek further support from other trained professionals.