

anxiety & stress

Learning Objective: Each student will learn how to self-identify symptoms of stress and anxiety, and learn skills and techniques to reduce anxiety and stress.

Quiz Reflection:

Video Reflection:

Podcast Reflection:

Goals:

1.

What? _____

Why? _____

How? _____

2.

What? _____

Why? _____

How? _____

3.

What? _____

Why? _____

How? _____

Make sure your goals are:

1. Obvious
2. Attractive
3. Easy
4. Satisfying

Final Thoughts:



Access your Online Dashboard

Login at my.schoolpulse.org

Not signed up?

See your instructor for an opt-in code.

anxiety & stress quiz

This quiz is for your personal awareness. Your answers will be kept completely anonymous.

1. Do you worry about lots of different things?

- Never Rarely Sometimes
 Often Very often

2. Do you have trouble controlling your worries?

- Never Rarely Sometimes
 Often Very often

3. Do you get irritable and/or easily annoyed when anxious?

- Never Rarely Sometimes
 Often Very often

4. Does worry or anxiety make you feel fatigued or worn out?

- Never Rarely Sometimes
 Often Very often

5. Does worry or anxiety interfere with falling and/or staying asleep?

- Never Rarely Sometimes
 Often Very often

6. Does worry or anxiety make it hard to concentrate?

- Never Rarely Sometimes
 Often Very often

7. Do you feel jumpy?

- Never Rarely Sometimes
 Often Very often

8. Do you worry about how well you do things?

- Never Rarely Sometimes
 Often Very often

9. Do you worry about things working out in the future?

- Never Rarely Sometimes
 Often Very often

10. Do you worry about things that have already happened in the past?

- Never Rarely Sometimes
 Often Very often

11. Do your muscles get tense when you are worried or anxious?

- Never Rarely Sometimes
 Often Very often

12. Do you experience repetitive and persistent thoughts that are upsetting/unwanted?

- Never Rarely Sometimes
 Often Very often

13. Do you experience strong fear that causes panic, shortness of breath, chest pains, a pounding heart, sweating, shaking, nausea, dizziness and/or fear of dying?

- Never Rarely Sometimes
 Often Very often

14. Do you ever avoid places or social situation for fear of this panic?

- Never Rarely Sometimes
 Often Very often

15. Do you ever engage in repetitive behaviors to manage your worry? (For example, checking that the oven is off, locking doors, washing hands, counting, repeating words.)

- Never Rarely Sometimes
 Often Very often

Want to learn more about stress, anxiety, and other mental health topics?

Visit: schoolpulse.org/resources



quiz results

Use your quiz answers to add up your points.

Never = 1 point
Rarely = 2 points
Sometimes = 3 points
Often = 4 points
Very Often = 5 points

Total Points: _____

15-30 - little to no indication of an anxiety disorder	31-45 - mild indication of an anxiety disorder	46-60 - moderate indication of an anxiety disorder	61-75 - strong indication of an anxiety disorder
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These results are not a diagnosis, if you have questions text us at SchoolPulse.

confidentiality agreement

This class should be a safe place for participants. Participants are expected to keep anything said during this class by other class members confidential. This is not meant to encourage secret-keeping, but rather to protect everyone's privacy and ensure that this class is a safe place to share feelings. Class members are expected to treat one another with respect.

Confidentiality within this class is based on mutual trust. Legal exceptions to confidentiality include a clear or present danger to harm yourself or another, knowledge or suspicion of the abuse or neglect of a minor or incapacitated adult, or any other information legally required to be reported to social services.

I _____, agree to not disclose to anyone outside this class any information that may help to identify another class member. This includes, but is not limited to, names, physical descriptions, biological information, and other specifics about interactions with other group members.

Student Signature

Date