

Mindful Work

Anxiety test

Mental symptoms	not at all	moderately	very
I often feel worried and apprehensive, or have a sense of impending doom			
I feel nervous about doing things			
I have some phobias, or obsessions			
I have rituals which help me cope			
I have had suicidal thoughts			
I have repeated negative thoughts about the future or the past			
Other comments (write in box)			
Physical symptoms	not at all	moderately	very
I have shortness of breath, palpitations or dizziness at times, or feel unusually cold			
I have regular headaches, sweating, feel very tired, and often suffer nausea or diarrhea			
I bite my nails or have other similar habits			
I rely on alcohol or other substances to relax and get by			
I am not sleeping well			
Other comments (write in box)			

Social symptoms	not at all	moderately	very
I am easily irritated, impatient and intolerant with others			
I have a fear of embarrassing myself or a major concern about how others judge me			
I don't have anyone I am able to talk to openly about my worries			
Other comments (write in box)			
What strategies do you use to cope with any of your anxieties (write in box)			

What to do with your anxiety test

This quick check may help you to articulate your anxiety and to have more clarity about how it's affecting you. The key steps now are:

- first, congratulate yourself for taking the first step to do something about it
- be confident that things can change if you take responsibility for your own wellbeing
- know that you're not alone – one in four of us suffer anxiety or other mental problems every year - and that help is at hand
- the underlying causes of your symptoms can be addressed through diverse medical and therapeutic interventions, so you may need to put aside any trepidation (for whatever reason) and do something to help yourself, today!
- it's important that you share what you've written in this test with your doctor and employer