

## Anxiety Rating with Stars

### Rate your anxiety level using stars!

On a scale of 1 to 7 stars, with 1 being "low anxiety" and 7 being "high anxiety," draw the number of stars representing how you're feeling right now. The more stars you draw, the higher your anxiety.

#### 1 Star (Low Anxiety)

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- Your anxiety is low. How do you feel physically and emotionally when you're at this level?
- **What is helping you feel calm right now?**

#### 2-3 Stars (Moderate Anxiety)

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- Your anxiety is starting to rise. You may feel tense or distracted.
- **What small changes can you make to bring this down?** (e.g., take a break, breathe deeply)

#### 4-5 Stars (Elevated Anxiety)

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- Your anxiety is getting harder to manage. You might feel overwhelmed.
- **What would help you feel more in control?**
  - Try grounding techniques or a quick walk.
  - **Write down what you could do differently to shift your thinking.**

#### 6-7 Stars (High Anxiety)

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- Your anxiety is at its peak. You're likely feeling very anxious and tense.
- **What small action could you take to lower your anxiety?**
  - Take a few deep breaths, stretch, or talk to someone you trust.
  - **Think about what positive change you can make to ease this feeling.**

### Reflection

- After you've rated your anxiety, think about **what you could do differently** next time to help yourself move from a higher rating to a lower one.
- **What positive steps can you take to feel better?** (e.g., change of perspective, engage in an enjoyable activity)