



Anxiety Awareness Chart

Being mindful of and paying attention to anxiety/stress, when it peaks & troughs, and what's happening at the time.

***** Scaling: 0 = No Anxiety 10 = High Anxiety**

Anxiety Scale (0-10)	Example	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Morn – 2	Morn -	Morn -	Morn -	Morn -	Morn -	Morn -	Morn -
	Afternoon – 4	Afternoon -	Afternoon -	Afternoon -	Afternoon -	Afternoon -	Afternoon -	Afternoon -
	Night – 10	Night -	Night -	Night -	Night -	Night -	Night -	Night -
Thoughts	Overwhelmed, won't get it done							
Feelings	Tightness in chest							
Behaviour	Irritable							
Additional Notes	Particularly stressful afternoon with the children							