



What Impacts Anxiety (WIA) helps capture information about anxiety in a format that lets us see the daily pattern of how the symptoms of anxiety show up in our lives. The focus is on learning how food, sleep, exercise, and nutrition improve fatigue and anxiety.

It's a tool that you can use before and after an intervention to see if and how what you did influenced your anxiety level. When filling out the worksheet, it's important to understand that identifying your anxiety level is subjective and I intended to reflect how *you* are experiencing it. As a general guideline:

- **Low Anxiety (levels 1-4)** indicates that you are managing your anxiety with little effort. As you move from levels 1 up to 4, you may be increasingly aware of it, but are still in control of how you are managing yourself.
- **Medium Anxiety (levels 5-7)** is when the symptoms of anxiety draw your attention and becomes part of your general awareness and may begin impacting the decisions and actions you take. This is when you need to start pulling out your tools. This worksheet helps you develop and refine your tools to manage anxiety. It's normal to have medium levels of anxiety on and off through life, for example, when you start a new job.
- **High Anxiety (levels 8-10)** is when you start feeling really uncomfortable. The anxiety may no longer feel manageable, or you may feel like you are just holding on. Left unchecked, you may experience a panic attack or total shutdown. This is where decision making and behavior begin to be heavily influenced by the anxiety.

In the worksheet, each day has seven times for you to check-in with your anxiety. You can take note of what's going on for you throughout the day, or you use the worksheet only a few times during the day and reflect back at what has happened since you last took note. Write down notes for however many times as make sense for you. The idea is to increase your awareness of what's going on throughout the day – both the highs and the lows – to give you a better idea of your patterns and how these may be influenced by both the accelerators and resilience factors.

Snapshot of Anxiety Assessment (Version 5 September 2017)

Directions: Part 1: Use the rating scale in the table to answer the GAD-7 questions. Add the totals from each column to get your total score.

Part 2: If any part of the in the Mind-Brain-Body symptom description fits you, check the box and circle the part you relate to (not all have to apply).

There are 20 Mind-Brain-Body symptoms (20 boxes). After going through the symptoms, add up the number of boxes that you checked (1 point / box).

Part 1: GAD-7

GAD-7	Not at all	Several days	More than half the days	Nearly every day
1. Feeling nervous, anxious, or on edge	0	1	2	3
2. Not being able to stop or control worrying	0	1	2	3
3. Worrying too much about different things	0	1	2	3
4. Trouble relaxing	0	1	2	3
5. Being so restless that it's hard to sit still	0	1	2	3
6. Becoming easily annoyed or irritable	0	1	2	3
7. Feeling afraid, as if something awful might happen	0	1	2	3
Sub-Total Score:				
Total Score (add the scores from the 4 columns above):				

If the total of the numbers is greater than 10, talk to a professional

(Primary Care Provider, Medical Doctor, Naturopathic Doctor, Osteopathic Doctor, Nurse Practitioner, Physician Assistant, or Mental Health Practitioner) for assistance.

A score of:

5-9 is mild anxiety

10-14 is moderate anxiety

15 and above is severe anxiety

Part 2: Mind – Brain – Body Symptoms

MIND SYMPTOMS

- Moodiness, anxiety, depression, crying, fear of dying, suicidal thoughts
- Negative, irritable, controlling, defensive rage
- Shutdown, withdrawn, hyper-focused
- Confusion or abnormal behavior

BRAIN SYMPTOMS

- Racing thoughts, repetitive thought patterns
- Emotional outbursts that are larger than necessary
- Doing old behaviors that you don't want to do again, such as eating sugar, drinking alcohol or using other addictive substances

BODY SYMPTOMS

- Shaky or trembling hands
- Heart palpitations, racing heart rate
- Hungry, craving sugar, sweets, carbohydrates (breads, pasta, candy)
- Not hungry for meals or not able to eat
- Pale skin
- Shakiness, vibrating body, physically agitated, or fidgety
- Sweating
- Dizziness (lightheadedness, feeling off balance)
- Vertigo (feeling like the room is spinning)
- Visual disturbance
- Nausea
- Extreme fatigue
- Seizures or loss of consciousness

Total number of boxes checked: / 20



Snapshot of Anxiety Assessment (Version 5 September 2017)

Directions: Part 3: Use the rating scale to answer the Global Symptoms questions. Add the totals from each column to get your score.

Part 4: Write in the totals from Parts 1 (questions 1, 4, 5, and 6 only), 2, and 3 to get your Functional Hypoglycemia Score

Part 3: Global Symptoms: The physiological process that increases anxiety can also increase other symptoms.

Please rate these symptoms	Not at all	Some days	Most days	Nearly every day
Fatigue	0	1	2	3
Afternoon fatigue	0	1	2	3
Moodiness, including emotions of anger, sadness and manic	0	1	2	3
Lack of mental clarity	0	1	2	3
Morning insomnia / waking too early	0	1	2	3
Inability to wake up in morning	0	1	2	3
PTSD nightmares	0	1	2	3
Brain fog / Harder to think	0	1	2	3
Increased physical pain from any cause	0	1	2	3
Distraction and/or ADHD symptoms	0	1	2	3
Dysregulated bowel symptoms (constipation, diarrhea, bloating)	0	1	2	3
Worry about weight gain	0	1	2	3
Sugar/Carb cravings	0	1	2	3
Worry about the use alcohol or pot to regulate your emotions and symptoms	0	1	2	3
Sub-Total Score:				
Total Score (add the scores from the 4 columns above):				

Part 4: Functional Hypoglycemia Score or the “It’s not in your head – it’s in your body” Score

	Points
From Part 1: GAD-7 Total points from questions 1, 4, 5, and 6	
From Part 2: Mind – Brain – Body Symptoms Total points	
From Part 3: Global Symptoms Total points from all columns	
Functional Hypoglycemia Score:	

There is not a standard total. We will use this to see if these ratings improve when we do an experiment to lower adrenaline and other hormones that cause anxiety.

Identify what's most important to you about reducing anxiety:

Benefits	Not important	Somewhat important	Mostly important	Very important
Feel better				
More time (anxiety consumes a lot of time)				
More confident at work				
Better connections and/or boundaries with friends and family				
Better connection with self				
Willing to try new things				
Better able to take care of important projects				
Better sleep				
Other:				

