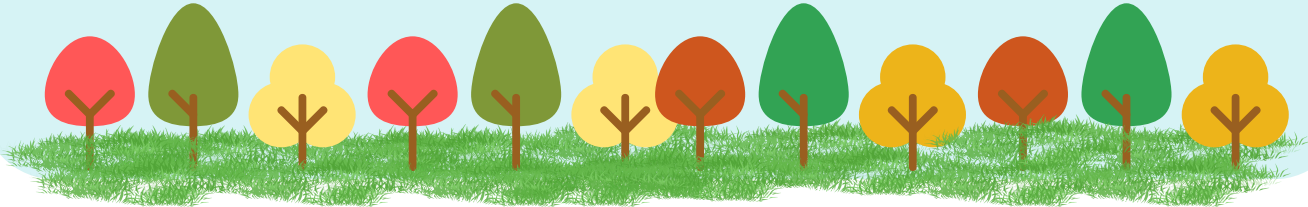


# ANXIETY SPECTRUM

*Imagine that you're walking in a forest and you come across a tree. This tree has leaves with various shades of red, green and yellow. This tree represents the anxiety spectrum and the colourful leaves represent a range of experiences that people can have when they feel anxious.*



Anxiety is a normal emotion that we all experience from time to time, in varied intensities. It can also become overwhelming and interfere with daily life which makes it essential to become aware of the intensity of your anxiety, i.e., where it falls on the anxiety spectrum so you can take steps to manage it and improve your well-being.

Just like the tree in the forest, the anxiety spectrum has many shades and colors showcasing different levels of anxiety. Some people may feel minor anxiety or uneasiness, while others may suffer more intense anxiety or even panic attacks that can affect their day-to-day functioning

By using tools like the [anxiety thermometer](#), you can better understand where you fall on the anxiety spectrum and take steps to manage your anxiety. After all, you can take the first step towards managing your anxiety only when you become aware of how deep your anxiety is and how it's affecting you.

Remember, anxiety is a part of the human experience, and there's no shame in seeking help if you need it.

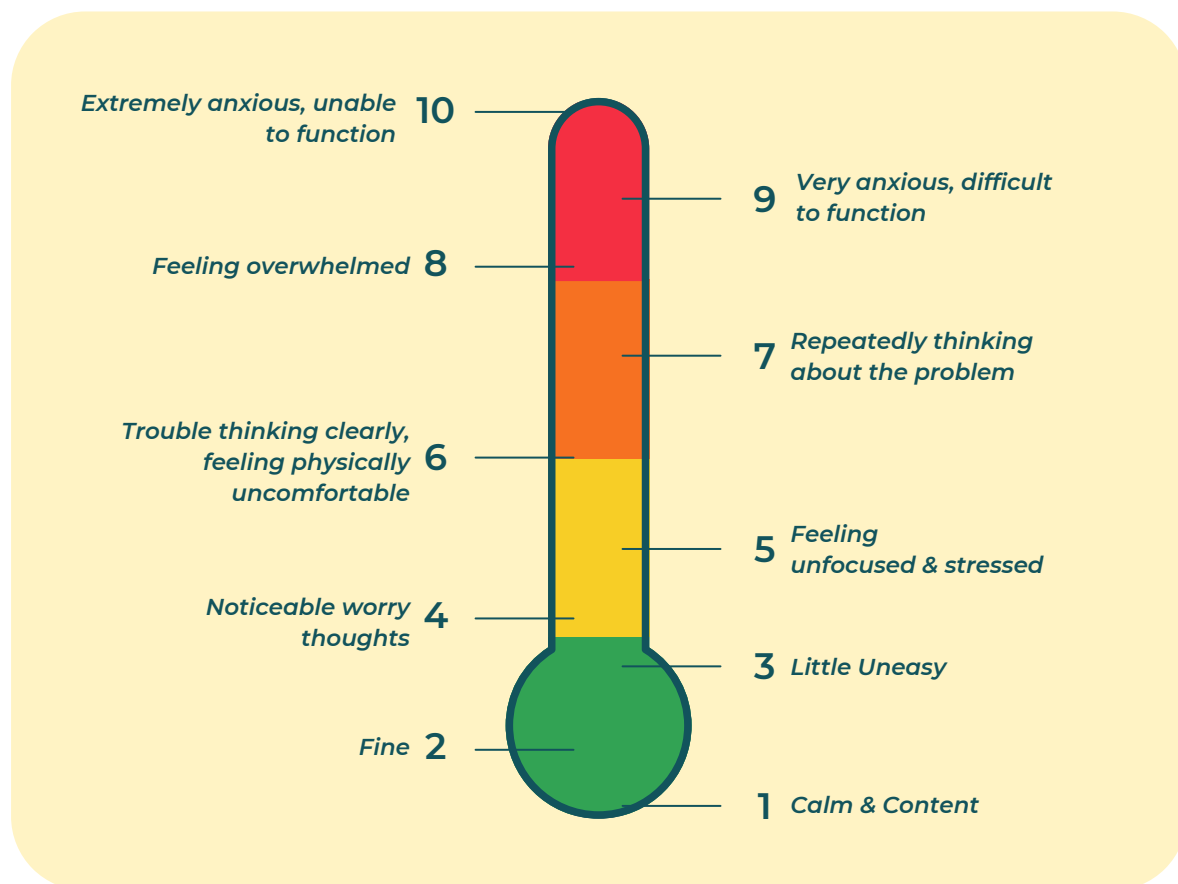
To help you understand where you might lie on the anxiety spectrum, we're going to use an anxiety thermometer. This is a tool that can help you identify how intense your anxiety is at any given moment.

## Here's a step-by-step engaging activity for using the anxiety thermometer:

**Step 1:** Take a few deep breaths and get in touch with your body. Notice any physical sensations you're experiencing, like tension in your muscles, a racing heart, or sweaty palms, while you continue taking deep breaths.

**Step 2:** Now, think about a recent situation that made you feel anxious. It could be something small, like a difficult conversation with a friend, or something bigger, like a job interview or attending a social gathering.

**Step 3:** Rate your anxiety on a scale of 0 to 10 using the anxiety thermometer given below:



Be honest with yourself and don't worry about what other people might think. Remember, this is just for you.

If you rated your anxiety between 1-5, various methods like deep breathing exercises can help you soothe and bring yourself back to the present. However, if you rated your anxiety above 5, where your anxiety is hampering your daily functioning consistently, **seeking therapy can truly help you to ease your anxiety**, help you understand where it's coming from, and cope with it healthily.

Having said that, even if you've rated your anxiety below 5, it's always beneficial to seek support when you need it, instead of your symptoms affecting your functioning.

**Step 4:** Make a note of your rating on the thermometer.

**Step 5:** Take a moment to write down any thoughts that might be coming up for you at this point



**Step 6:** Now, imagine that you're taking a step back from your anxiety.

**Step 7:** Take a deep breath and notice the movement of your stomach while breathing so that you are able to ground yourself.

**Step 8:** Ask yourself what you need at this moment to feel more calm and centered. It might be taking a few more deep breaths, going for a walk, or talking to a friend.

**Step 9:** Finally, remind yourself that anxiety is a normal human emotion and that it's okay to feel anxious sometimes. You're not alone, and there are people available to help you manage your anxiety if it becomes overwhelming.



Remember, using the anxiety thermometer is just one tool for managing anxiety. If you find that you're struggling with anxiety and want to take a step towards coping with it healthily, it's important to seek professional help.

If you or someone you know is looking to seek professional help, reach out to us at [The Mood Space](https://www.themoodspace.com/getstarted), <https://www.themoodspace.com/getstarted>, and our Care Team will get back to you within 24 hours.

Not looking for professional help just yet? We understand, keep browsing through our Care Space tools and explore our self-help handouts and worksheets to navigate mental health-related challenges in a better manner.