

# Parental anxiety scale

Thriving "I'm good"	Surviving "Something isn't right"	Struggling "I can't keep this up"	In Crisis "I can't survive this"
Calm and steady with only minor mood fluctuations	Nervous, sad, increasing mood fluctuations	Persistent anxiety, sadness or hopelessness	Panic attacks, disabling stress, easily enraged or aggressive
Able to focus	More easily overwhelmed or irritated	Exhaustion, aches and pains	Feeling numb, lost or out of control
Able to adjust to changes in plans	Increased need to control and difficulty adjusting to change	Avoiding interactions with family and friends	Withdrawal from relationships
Able to communicate effectively	Trouble sleeping or eating	Restless disturbed sleep	Unable to fall or stay asleep
Normal sleep patterns and appetite	Activities and relationships your used to enjoy are less interesting or stressful	Using food or substances to make you feel better	Dependence on food, substances or numbing activities to cope
	Muscle tension, low energy, headaches	Numbing activities	Thoughts of self-harm
<b>Action:</b> Keep doing what you're doing	<b>Action:</b> Prioritise self-care, get exercise, eat well, consider yoga or meditation.	<b>Action:</b> Let someone know that you are struggling, stop everything you are doing and focus on your wellbeing, <u>consider professional help.</u>	<b>Action:</b> <u>Get professional help</u> today. Nothing else is more important right now.