

90 Days of Calm Pre-Assessment

Check all that apply:

- ☐ I feel rushed and pressured a lot.
- ☐ I find it difficult to relax.
- ☐ I have a paralyzing fear of specific things (bridges, heights, small spaces, spiders, etc.).
- ☐ I often feel a sense of dread or impending doom.
- ☐ I worry excessively.
- ☐ I have difficulty being still (fidgeting, squirming).
- ☐ I have trouble falling asleep (can't turn my mind off).
- ☐ I think about the same thing, over and over, ruminating about it.
- ☐ I have difficulty concentrating due to obsessive thoughts.
- ☐ I am hypervigilant (always waiting for something to happen).
- ☐ I sometimes have shortness of breath or rapid heartbeat.
- ☐ I am afraid to enter a room or interact with people.
- ☐ I don't like to leave my home.
- ☐ I have trouble making decisions for fear of making the wrong choice.
- ☐ I feel nervous much of the time.

Have you experienced any of these issues? Do you feel this way now? Are you physically dealing with any of these symptoms?

*If you're experiencing four or more of these symptoms, the [American Psychological Association](#) suggests that you may be experiencing anxiety. I know exactly what it's like to live with anxiety. If you are feeling triggered or in crisis, please reach out to me. I'd be glad to connect you with professional resources when you're ready.

Coping Skills

Check any that apply to you:

- ☐ I have effective skills for calming myself when I am anxious.
- ☐ I know how to get my anger under control when things escalate.
- ☐ I know what to do to soothe myself when I am sad.
- ☐ When I am afraid, I know how to overcome it.
- ☐ I do not allow my sadness to spiral into untreated depression.
- ☐ I recognize the signs of anxiety before it gets too bad.
- ☐ When I feel frustrated, I know how to shake it off before I get agitated.
- ☐ I know how to resolve conflict without avoidance or aggression.
- ☐ I can relax my body to calm myself.
- ☐ I am good at recognizing the signs when I begin to feel anger.
- ☐ I use exercise or movement to manage my emotions.

- ☐ Deep breathing is one of my coping skills.
- ☐ When my thoughts are racing, I know how to slow things down.
- ☐ I recognize feelings of shame and confront them immediately.
- ☐ I use guilt as a signal that something needs to be addressed.

Scoring: Count the check marks.

10-15 – You manage your feelings pretty well most of the time.

5-9 – You could benefit from learning some new skills.

8 or less – You could be in trouble – I'd love to connect you with further resources.

Your Happiness IQ

Check any that apply to you:

- ☐ I look for the best in everyone.
- ☐ I can find the 'silver lining' in most bad situations.
- ☐ I give people the benefit of the doubt.
- ☐ I generally see the glass as half full.
- ☐ I can name three things I am grateful for most days.
- ☐ I practice some form of spirituality or religion.
- ☐ I believe that past hurts should remain in the past.
- ☐ I try to forgive and forget, but learn from my experiences.
- ☐ I do my best not to overthink things.
- ☐ I take care of my physical needs regularly.
- ☐ I have plenty of social support.
- ☐ I reach out to others to connect (not only when I need something).
- ☐ I am kind to people most of the time.
- ☐ I know how to calm and soothe myself when needed.
- ☐ I engage in things that I enjoy regularly.
- ☐ If I offend or hurt someone, I make amends as soon as possible.

Scoring: Count the number of check marks.

12 –16 –Your happiness IQ is above average –good job!

7 –11 –Your happiness IQ is average – let's talk about how to raise your score.

Below 7 –Your happiness IQ is below average –contact me ASAP to discuss this.

While *90 Days of Calm* isn't designed specifically to diagnose or treat anxiety or any other mental illness (as I am not a doctor or mental health professional), I believe that over the next 90 days, you are going to discover some great resources that just may lead to an overall sense of better mental *wellness*. The best news? We're on this journey together. I can't wait to see your progress!