

Your anxiety self-check

What your result means, and what to do next

Thank you for taking the anxiety self-check (GAD-7). It looks at worry and tension over the last two weeks. Scores run from 0 to 21.

What your result means

Score	Range	What it suggests
0–4	Minimal	Little anxiety right now
5–9	Mild	Some anxiety. Worth keeping an eye on
10–14	Moderate	Anxiety is likely affecting daily life
15–21	Severe	High anxiety. Reach out to a counsellor or your doctor soon

Why this happens

Anxiety is your alarm system working too hard. It often grows from stress that has nowhere to go, or from past experiences that taught your body to stay on guard. Understanding it rarely switches it off on its own.

Three things to try this week

- 1 Schedule your worry.** Give worry 15 minutes at the same time each day. When it shows up at other times, tell yourself, "Not now, at 6 pm."
- 2 Breathe out longer than in.** In for 4, out for 6, for two minutes, twice a day. Practise when calm, so it works when you're not.
- 3 Cut one stimulant.** Try cutting caffeine after noon for one week and notice what changes in your sleep and your body.

When to reach out

- ◆ Your score was 10 or higher.
- ◆ Anxiety is affecting sleep, work, school or relationships.
- ◆ You avoid places, people or situations because of how they make you feel.
- ◆ Your anxiety seems tied to something that happened in the past.

When anxiety is rooted in past experiences, EMDR and Emotionally Focused Therapy work on the source, not just the symptoms.

Book your free 30-minute consultation

A relaxed call by phone or video to see if we're a good fit. No pressure to book anything after.

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This self-check is a screening tool, not a diagnosis. Only a qualified health professional can assess you properly.

In crisis? Call or text 9-8-8 any time, or call 911 in an emergency.

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