

Name: Jordan Smelley

My Anxiety level while at work Scale

Rating	Looks/Sounds Like	Feels Like	I can try to
5	I am either bawling or I am yelling	Extremely Overwhelmed	Call one of my supports so they can help me get to a 4 or lower Speak with my supervisor privately
4	Going from having my camera on to turning it off if in a virtual meeting at a random time for more than 30 seconds unable to focus or process information Struggle with verbal communication May raise voice level	Overwhelmed	do deep breathing or obtain assistance from coworker or supervisor
3	Showing visual signs of frustration Start having trouble with focusing and processing information stumble for words to express myself may raise voice level	Slightly Overwhelmed	obtain assistance from coworker or supervisor Take a 5 to 10 minute break listen to music do deep breathing get up and walk around the office
2	Still have a smile on my face but I am a little less chill. I am still able to focus and process information fairly easily	I feel a little fidgety	get up and walk around the office Take a 5-10 minute break listen to music
1	I am smiling and I am chill. I am able to focus and process information easily	I am calm	I am good