

GAD-7 Anxiety

Over the <u>last two weeks</u> , how often have you been bothered by the following problems?	Not at all	Several days	More than half the days	Nearly every day
1. Feeling nervous, anxious, or on edge	0	1	2	3
2. Not being able to stop or control worrying	0	1	2	3
3. Worrying too much about different things	0	1	2	3
4. Trouble relaxing	0	1	2	3
5. Being so restless that it is hard to sit still	0	1	2	3
6. Becoming easily annoyed or irritable	0	1	2	3
7. Feeling afraid, as if something awful might happen	0	1	2	3

Column totals + + + =

Total score

If you checked any problems, how difficult have they made it for you to do your work, take care of things at home, or get along with other people?

Not difficult at all

☐

Somewhat difficult

☐

Very difficult

☐

Extremely difficult

☐

Source: Primary Care Evaluation of Mental Disorders Patient Health Questionnaire (PRIME-MD-PHQ). The PHQ was developed by Drs. Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke, and colleagues. For research information, contact Dr. Spitzer at ris8@columbia.edu. PRIME-MD® is a trademark of Pfizer Inc. Copyright© 1999 Pfizer Inc. All rights reserved. Reproduced with permission

Scoring GAD-7 Anxiety Severity

This is calculated by assigning scores of 0, 1, 2, and 3 to the response categories, respectively, of "not at all," "several days," "more than half the days," and "nearly every day."

GAD-7 total score for the seven items ranges from 0 to 21.

0–4: minimal anxiety

5–9: mild anxiety

10–14: moderate anxiety

15–21: severe anxiety

Distress Tolerance

DBT skills

Radical Acceptance

When you face problems out of your control, it's natural to think "This isn't fair" or "I shouldn't have to deal with this." But these ways of thinking only make the pain worse and add frustration.

Radical acceptance means accepting something fully, both mentally and emotionally. It does not require liking or approving of something. You're just accepting the facts of the situation.

Learning to accept problems that are out of your control softens their emotional impact.

Situation	Typical thinking	Radical acceptance
You didn't get a job you wanted.	"This isn't fair—I did everything right. I was the best candidate for the job."	"I'm frustrated, but there's nothing I can do now. They felt someone else was a better fit."
You receive an untreatable medical diagnosis.	"I'm too young for this. Everyone else gets to go about their lives and I have to deal with this."	"I have to play the cards I'm dealt. This is awful, but I'll push forward."

Self-Soothe with Senses

Imagine spending an hour in a room that's too bright, hot, loud, and smelly. It wouldn't be long before it grates on your nerves! Unpleasant sensory experiences have a direct impact on mood.

It might be less obvious, but the reverse is also true. You can **self-soothe with your senses** by finding pleasurable ways to engage them. Doing so will help soothe your distressing emotions.

Vision	Go for a walk somewhere nice and pay attention to the sights.
Hearing	Listen to something enjoyable such as music or nature.
Touch	Take a warm bath or get a massage.
Taste	Have a small treat—it doesn't have to be a full meal.
Smell	Find some flowers or spray a perfume or cologne you like.

Distress Tolerance

DBT skills

Distraction (ACCEPTS)

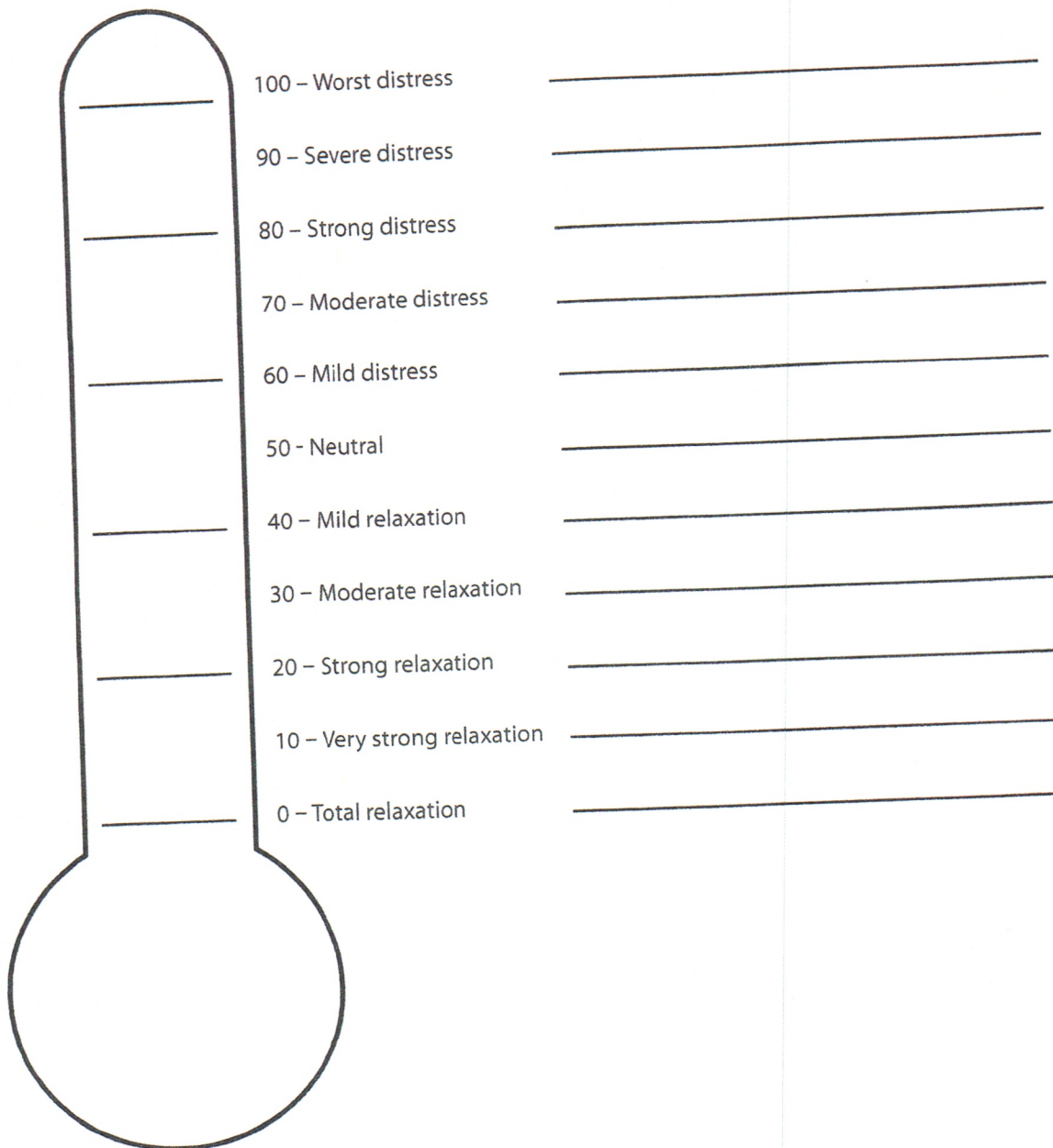
In the moment, it might feel like a painful emotion will never pass. But given time, emotions lessen in intensity until they disappear. Sometimes you just need to get through the next few minutes or hours.

Distractions help you buy time and make it through an emotional downswing. The acronym **ACCEPTS** offers tips for how to do this.

A	Activities Engage in activities that require thought and concentration. This could be a hobby, a project, work, or school.
C	Contributing Focus on someone or something other than yourself. For example, you can volunteer or do a good deed.
C	Comparisons Look at your situation in comparison to something worse. Remember a time you were in more pain, or when someone else was going through something more difficult.
E	Emotions Do something that will create a competing emotion. Feeling sad? Watch a funny movie. Feeling nervous? Listen to soothing music.
P	Pushing away Push negative thoughts out of your mind. Imagine writing your problem on a piece of paper, crumpling it up, and throwing it away. Refuse to think about the situation until a better time.
T	Thoughts Occupy your mind so you don't have room to dwell on painful feelings. Count backwards from 1,000 by 7, recite a poem in your head, or read a book.
S	Sensations Find safe physical sensations to distract you from negative emotions. Wear a rubber band and snap it on your wrist, hold an ice cube in your hand, or eat something sour like a lime.

Distress Thermometer Worksheet

Identify situations, people, places, or memories that are distressing to varying degrees (0-100), and write them down next to the number that best represents how distressing you experience them to be. To the best of your ability, try to provide an example on every line (broken into increments of 10).



100 – Worst distress	
90 – Severe distress	
80 – Strong distress	
70 – Moderate distress	
60 – Mild distress	
50 – Neutral	
40 – Mild relaxation	
30 – Moderate relaxation	
20 – Strong relaxation	
10 – Very strong relaxation	
0 – Total relaxation	

DISTRESS TOLERANCE

AKA Crisis Survival Skills

A person's ability to manage an emotional incident without feeling overwhelmed, the ability to accept oneself and the current situation without evaluating or judging

Radical Acceptance

When you cannot avoid painful events and emotions

Remember:

- Rejecting reality does not change reality
- Rejecting reality turns pain into suffering

Practice acceptance coping statements like:

- "I cannot change what has happened."
- "This feeling will pass."
- "This situation is temporary"

STOP Skill

To help you get through a stressful situation

- S** Stop - do not just react
- T** Take a step back
- O** Observe what is going on inside and outside you
- P** Proceed mindfully - act with awareness of your and other's thoughts and feelings

TIP Skills

To calm down fast

- T** Tip the temperature of your face with cold water or ice
- I** Intense exercise
- P** Paced breathing - slow your pace of inhaling & exhaling
Paired muscle relaxation - breathe deep and tense your muscles, breath out and release the tension

ACCEPTS Skills

To distract yourself until the intensity subsides

- A** Activities that require concentration
- C** Contributing to someone or something other than yourself
- C** Comparison to something worse
- E** Emotions - do something to create a competing emotion
- P** Pushing away the painful thoughts temporarily
- T** Thoughts - count to 10, recite a poem, read a book
- S** Sensations - hold an ice cube, eat something sour

Wise Mind

Emotional Mind
(hot place)

(knowing place)

Logical Mind
(cool place)

