



Name: _____ Date: _____

Generalized Anxiety Disorder Questionnaire (GAD-7)

Over the last 2 weeks, how often have you been bothered by any of the following problems?

- | | |
|---|---|
| 1. Feeling nervous, anxious or on edge? | <input type="checkbox"/> Not at all
<input type="checkbox"/> Several days
<input type="checkbox"/> More than half the days
<input type="checkbox"/> Nearly every day |
| 2. Not being able to stop or control worrying? | <input type="checkbox"/> Not at all
<input type="checkbox"/> Several days
<input type="checkbox"/> More than half the days
<input type="checkbox"/> Nearly every day |
| 3. Worrying too much about different things? | <input type="checkbox"/> Not at all
<input type="checkbox"/> Several days
<input type="checkbox"/> More than half the days
<input type="checkbox"/> Nearly every day |
| 4. Trouble relaxing? | <input type="checkbox"/> Not at all
<input type="checkbox"/> Several days
<input type="checkbox"/> More than half the days
<input type="checkbox"/> Nearly every day |
| 5. Being so restless that it is hard to sit still? | <input type="checkbox"/> Not at all
<input type="checkbox"/> Several days
<input type="checkbox"/> More than half the days
<input type="checkbox"/> Nearly every day |
| 6. Becoming easily annoyed or irritable? | <input type="checkbox"/> Not at all
<input type="checkbox"/> Several days
<input type="checkbox"/> More than half the days
<input type="checkbox"/> Nearly every day |
| 7. Feeling afraid as if something awful might happen? | <input type="checkbox"/> Not at all
<input type="checkbox"/> Several days
<input type="checkbox"/> More than half the days
<input type="checkbox"/> Nearly every day |

The GAD-7 score is calculated by assigning scores of 0, 1, 2, and 3, to the response categories of 'not at all', 'several days', 'more than half the days', and 'nearly every day', respectively, and adding together the scores for the seven questions.

- | | |
|----------|-------------------------|
| 0 Points | Not at all |
| 1 Point | Several days |
| 2 Points | More than half the days |
| 3 Points | Nearly every day |

TOTAL SCORE

Desiderata

by Max Ehrmann

Go placidly amid the noise and the haste,
and remember what peace there may be in silence.

As far as possible without surrender
be on good terms with all persons.

Speak your truth quietly and clearly;
and listen to others,
even to the dull and the ignorant;
they too have their story.

Avoid loud and aggressive persons,
they are vexatious to the spirit.
If you compare yourself with others,
you may become vain or bitter,
for always there will be greater and lesser persons than yourself.

Enjoy your achievements as well as your plans.
Keep interested in your own career, however humble;
it is a real possession in the changing fortunes of time.

Exercise caution in your business affairs,
for the world is full of trickery.
But let this not blind you to what virtue there is;
many persons strive for high ideals,
and everywhere life is full of heroism.

Be yourself.
Especially do not feign affection.

Neither be cynical about love;
for in the face of all aridity and disenchantment
it is as perennial as the grass.

Take kindly the counsel of the years,
gracefully surrendering the things of youth.

Nurture strength of spirit to shield you in sudden misfortune.
But do not distress yourself with dark imaginings.
Many fears are born of fatigue and loneliness.

Beyond a wholesome discipline,
be gentle with yourself.

You are a child of the universe
no less than the trees and the stars;
you have a right to be here.

And whether or not it is clear to you,
no doubt the universe is unfolding as it should.

Therefore be at peace with God,
whatever you conceive Him to be,
and whatever your labors and aspirations,
in the noisy confusion of life keep peace with your soul.

With all its sham, drudgery, and broken dreams,
it is still a beautiful world.

Be cheerful.

Strive to be happy.

Negative Effects of Cortisol on the Human Body

- Immune system suppression – Increases vulnerability to infections and slows wound healing
- Weight gain and obesity – Promotes fat storage, especially in the abdominal area
- Muscle breakdown – Leads to muscle wasting and weakness over time
- Insulin resistance – Raises blood sugar levels, increasing the risk of type 2 diabetes
- Bone density loss – Inhibits bone formation, increasing risk of osteoporosis
- Cardiovascular strain – Elevates blood pressure and cholesterol, contributing to heart disease
- Digestive problems – Can cause or worsen acid reflux, IBS, and ulcers
- Sleep disturbances – Disrupts circadian rhythms and contributes to insomnia
- Mood disorders – Linked to anxiety, depression, and irritability
- Memory and cognitive decline – Impairs hippocampus function, affecting memory and learning
- Skin issues – Can lead to acne, thinning skin, and delayed healing
- Reproductive health disruption – Suppresses sex hormone production, affecting fertility and libido

The Restructure Group Satisfaction Survey

1. Overall, how satisfied are you with the support group?

☐ Very satisfied

☐ Satisfied

☐ Neutral

☐ Dissatisfied

☐ Very dissatisfied

2. To what extent do you feel supported in this group?

☐ Very supported

☐ Somewhat supported

☐ Neutral

☐ Not very supported

☐ Not supported at all

3. How helpful do you find the topics and discussions?

☐ Very helpful

☐ Somewhat helpful

☐ Neutral

☐ Not very helpful

☐ Not helpful at all

4. Do you feel the group is a safe and non-judgmental space?

☐ Yes, always

☐ Most of the time

☐ Sometimes

☐ Rarely

The Restructure Group Satisfaction Survey

☐ No, not at all

5. How would you rate the group facilitator(s)?

☐ Excellent

☐ Good

☐ Fair

☐ Poor

☐ Very poor

Optional: Please explain your answer:

6. Would you recommend this group to someone struggling with anxiety?

☐ Yes

☐ No

☐ Not sure

7. Any additional comments, suggestions, or feedback?