
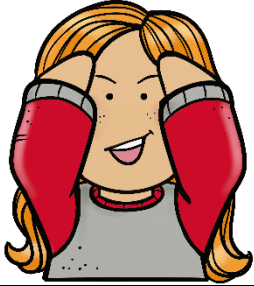




1. Calm 2. Bothered 3. Annoyed 4. Frustrated 5. Angry

5-Point Anxiety Scale

	<u>What it Looks Like</u>	<u>What it Feels Like</u>	<u>What I can Do</u>	<u>How Others Can Support Me</u>
5				
4				
3				
2				
1	