

Post-Survey: Anxiety & Stress

Please answer all of the following questions by choosing Yes, No, or Unsure. The last question is open ended, please answer according to how you feel This is confidential. Thanks again for participating.

* Indicates required question

1. Email *

2. I can identify at least 3 of my anxiety triggers? *

Mark only one oval.

☐ 3. Yes

☐ 2. Unsure

☐ 1. No

3. I can identify at least 3 healthy coping skills to use when I am feeling overwhelmed? *

Mark only one oval.

☐ 3. Yes

☐ 2. Unsure

☐ 1. No

4. The last time I felt anxious, I remembered to use a healthy self-calming technique? *

Mark only one oval.

☐ 3. Yes

☐ 2. Unsure

☐ 1. No

5. I understand how "avoidance" can make my anxiety worse over time? *

Mark only one oval.

☐ 3. Yes

☐ 2. Unsure

☐ 1. No

6. I know what mindfulness is? *

Mark only one oval.

☐ 3. Yes

☐ 2. Unsure

☐ 1. No

7. I intentionally practiced self-care in the past week? *

Mark only one oval.

☐ 3. Yes

☐ 2. Unsure

☐ 1. No

8. I went to school consistently in the past month, regardless of my stress or anxiety? *

Mark only one oval.

☐ 3. Yes

☐ 2. Unsure

☐ 1. No

9. I understand how drugs and alcohol can negatively impact my mental health? *

Mark only one oval.

☐ 3. Yes

☐ 2. Unsure

☐ 1. No

10. What growth have you seen in yourself since starting this group a few weeks ago? *

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