**GENERALIZED ANXIETY SELF-ASSESSMENT**

**If you answer “yes” to 1 or more of these statements it may be beneficial for you to schedule an appointment with an OTC counselor and to utilize our community resources that we have included in the links below.**

Excessive, exaggerated [anxiety](https://www.webmd.com/anxiety-panic/default.htm). May consistently expect disaster and can't stop [worrying](https://www.webmd.com/balance/guide/how-worrying-affects-your-body) about health, money, family, work, or school (apprehensive expectation)

1. The person finds it difficult to control the worry.
2. Worry is often unrealistic or out of proportion for the situation
3. Restlessness or feeling keyed up or on edge
4. Being easily fatigued
5. Difficulty concentrating or mind going blank
6. Irritability
7. Muscle tension
8. Sleep disturbance (difficulty falling or staying asleep, or restless unsatisfying sleep)

<https://students.otc.edu/counselingservices/appointment-request/>

<https://students.otc.edu/counselingservices/community-referral-guides/>