



मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

# Am I Anxious? Quick Self-Screener

A 10-question evidence-based anxiety check

**Dr. Priya Dubey Sharma**

Founder & Consulting Psychologist  
Applied, Organizational & Behavioural Psychologist | PhD | 18+ Years Experience



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Dr. Priya Dubey Sharma is an Applied, Organizational & Behavioural Psychologist with a PhD in Psychology and over 18 years of experience. As the Founder of Manas – Center for Mental Wellness & Counselling, she has guided thousands of individuals through anxiety, depression, relationship challenges, and life transitions.

Her approach combines evidence-based techniques with deep cultural understanding of the Indian lived experience.

“Anxiety is not a character flaw. It is your nervous system doing exactly what it was designed to do – protect you. What we work on together is teaching it when to stand down.”

### THE STORY

#### Manas was not built in a boardroom.

It was built in a home, watching a father heal people for forty years. Dr. Rangnath Dubey – DHB, MBHCS, AVR – spent four decades believing that no ailment is ever purely physical. Every patient carried a story, and he always made time for that story.



Dr. Rangnath Dubey  
DHB · MBHCS · AVR

“I didn’t decide to become a psychologist. I realised, quite late, that I had always been one – I just needed the training to do it properly.”

**18+**

Years of practice

**5,000+**

Lives touched

**5**

Intl memberships

**UN · SBI**

Institutional roles



## Am I Anxious? Quick Self-Screener

This brief self-assessment helps you understand your current levels of worry and tension. Please answer honestly.

### Assessment Questions

Answer yes or no to each question. Focus on your experience over the past 2 weeks.

- Do you often find yourself worrying excessively about various things?
- Do you experience muscle tension or restlessness frequently?
- Do you tend to avoid situations or activities that trigger your worry?
- Do you have trouble falling asleep, staying asleep, or do you wake up feeling unrested?
- Do you find it difficult to concentrate or focus on tasks?
- Do you often feel irritable or on edge?
- Do you tend to imagine the worst possible outcomes in situations?
- Do you feel uncomfortable or anxious in social gatherings?
- Have you experienced sudden episodes of intense fear or discomfort, with physical symptoms like heart palpitations or shortness of breath?
- Does your worry or tension significantly interfere with your daily work, studies, or relationships?

**Score:** Count the total number of 'Yes' answers to understand your current anxiety experience.



## Your Results

Find your score range below. Remember — this is a starting point, not a diagnosis.

### SCORE: 0-2

#### Minimal Concern

Your responses suggest minimal anxiety. Continue practicing healthy habits to maintain this balance.

### SCORE: 3-4

#### Mild Concern

You might be experiencing mild anxiety. Consider incorporating relaxation techniques like deep breathing or mindfulness into your routine.

### SCORE: 5-7

#### Moderate Concern

Your responses indicate moderate anxiety. It would be beneficial to explore strategies for managing worry and tension, perhaps with guidance.

### SCORE: 8-10

#### High Concern

Your answers suggest high anxiety. Seeking support from a mental wellness professional can provide effective tools and strategies for managing these feelings.

**Whatever your score: You took the time to check in with yourself. That takes courage.**

### DR. PRIYA'S TIP

Remember, understanding your feelings is the first step towards managing them. Explore simple relaxation exercises and consider reaching out if you feel overwhelmed.

[Book a Session with Dr. Priya](#)



## Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. Which questions resonated most with your daily experiences?

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2. What is one small step you can take this week to address your worry?

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3. How might focusing on the present moment help manage your tension?

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How are you feeling right now? Circle one:



Very difficult



A bit low



Okay



Feeling good



Very well

## Continue Your Journey

Recommended resources based on your results:

1

### Mindfulness for Beginners

Learn simple techniques to stay present and reduce stress.

₹199

2

### Stress Management Toolkit

Practical strategies to cope with daily pressures effectively.

₹99

3

### Building Resilience

Develop inner strength to navigate life's challenges.

₹199

### TAKE A FULL ASSESSMENT

For a comprehensive, clinically validated evaluation, take the full assessment — plus 270+ validated tools — at [manas365.com/assessments](https://manas365.com/assessments)



### Audio Companion

Scan for a free 3-minute guided breathing exercise with Dr. Priya's voice.



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**"You are not your anxiety. Anxiety is just a very loud roommate who has overstayed their welcome. You have the tools to ask them to quiet down."**

— Dr. Priya Dubey Sharma

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**Disclaimer:** This resource has been prepared by Dr. Priya Dubey Sharma — Founder & Consulting Psychologist (Applied, Organizational & Behavioural Psychologist, PhD, 18+ years), Manas – Center for Mental Wellness & Counselling. This is a wellness education and self-help resource for educational purposes only. It does not constitute a clinical diagnosis, clinical assessment, or treatment recommendation for any mental health condition, and has no relevance or admissibility in any court of law, legal proceeding, or official dispute resolution process. It is not a substitute for professional psychological, medical, or legal advice. For personalised support, reach out to the Manas Team for guidance, or consult a qualified Psychiatrist or licensed mental health professional. © 2026 Manas – Center for Mental Wellness & Counselling. All rights reserved. For queries: [priya@manas365.com](mailto:priya@manas365.com) | +91 99818 13224