

COSMIC CALM SCALE

Anxiety Scaling & Emotional Power-Up Worksheet

"Every emotion sends a signal. Learning to understand it gives you power."

EMOTIONAL STATUS SCAN






 My Name:

 Date & Time:

 What Is Happening Right Now?

COSMIC ANXIETY SCALE

Circle or colour the level that matches how you feel.

| Level | Cosmic Zone | How It Might Feel |
|-------|---|-----------------------------------|
| 1 |  Calm Orbit | Relaxed, peaceful, safe |
| 2 |  Slight Static | Small worries or nervous feelings |
| 3 |  Wobble Zone | Restless, distracted, tense |
| 4 |  Meteor Alert | Fast thoughts, stress building |
| 5 |  Cosmic Storm | Overwhelmed, panic, shutdown |

 My Anxiety Level Right Now:

 1  2  3  4  5

BODY SIGNAL DETECTOR

What Happens In My Body When Anxiety Shows Up?

- Fast heartbeat
- Sweaty hands
- Shaking
- Racing thoughts
- Feeling sick
- Tight chest
- Wanting to hide
- Trouble concentrating
- Other:

Where Do I Feel Anxiety In My Body?

THOUGHT TRACKER

What Thoughts Are Flying Around In My Mind?

Are These Thoughts Facts Or Fears?

What Would My Compassionate Cosmic Voice Say Instead?



COSMIC CALMING TOOLS

Which tools can help lower my anxiety level?

- Deep breathing
 - Listening to music
 - Taking a break
 - Drinking water
 - Talking to someone safe
 - Using positive self-talk
 - Moving my body
 - Drawing or gaming
 - Grounding exercise
 - Other:
-



Which Tool Will I Try First?



POWER-DOWN PROGRESS CHECK

⚡ What Was My Anxiety Level Before?

★ 1 ★ 2 ★ 3 ★ 4 ★ 5



What Is My Anxiety Level Now?

★ 1 ★ 2 ★ 3 ★ 4 ★ 5



What Helped Me Most?



COSMIC COPING AFFIRMATIONS

My feelings are real, but they will pass.

I can slow down and breathe.

I am safe in this moment.

I can handle difficult feelings.

I am learning how to calm my mind.

My Personal Calm Statement:



DRAW YOUR CALM PLANET

Draw a place, planet, or space where you feel calm, safe, and relaxed.

FINAL COSMIC MESSAGE

Anxiety is not your identity. Understanding your emotions helps you gain control, build confidence, and navigate your universe with strength. 🌍⚡