

4 WEEK ANXIETY CHALLENGE

1

DEVELOP A MANTRA THAT WILL HELP YOU GET THROUGH TODAY

2

IDENTIFY 3 TIMES YOU SUCCESSFULLY MANAGED ANXIETY IN THE PAST AND HOW YOU DID SO

3

SPEND INTENTIONAL TIME ON SELF-CARE TODAY. AT THE END OF THE DAY, JOURNAL ABOUT IT

4

GIVE YOUR ANXIETY A NAME, SHAPE, SOUND AND TEXTURE. SIT WITH THIS NEXT TIME IT COMES.

5

FOCUS ON YOUR BREATH TODAY. INHALE SLOWLY THROUGH YOUR MOUTH, HOLD, EXHALE THROUGH YOUR MOUTH. REPEAT.

6

CHALLENGE YOUR ANXIETY- ARE YOUR WORRIES REALISTIC? WHAT COULD BE A BETTER USE OF YOUR THOUGHTS TODAY?

7

GO TO YOUR FAVORITE RELAXATION SPOT- BREATHE IN YOUR WORRIES AND OUT YOUR PEACE

8

FOCUS ON YOUR SENSES TODAY- WHAT ARE 3 THINGS YOU SEE, HEAR, FEEL, SMELL AND TASTE RIGHT NOW?

9

WRITE A LETTER TO YOUR ANXIETY, LETTING IT KNOW IT WILL NO LONGER CONTROL YOU AND WHY

10

MAKE A PLAYLIST OR VIDEO LIST OF MEDIA THAT DISTRACTS YOU FROM ANXIOUS THOUGHTS IN THE MOMENT

11

WHEN FEELING ANXIOUS TODAY, PICK UP AN OBJECT NEAR YOU. DESCRIBE IT IN AS MUCH DETAIL AS POSSIBLE.

12

WRITE YOURSELF A LETTER OF GRATITUDE AND APPRECIATION

13

STIMULATE YOUR VAGUS NERVE. SPLASH COLD WATER ON YOUR FACE, FORCE YOURSELF TO YAWN, ETC.

14

EAT A BALANCED DIET TODAY. AVOID CAFFEINE AND ANYTHING THAT INCREASES YOUR ANXIETY.

15

GET MOVING- TAKE A 60 MINUTE WALK, OR DANCE WITH NO INHIBITION

16

MAKE A BULLET LIST OF ALL THE THINGS THAT YOU MADE IT THROUGH TODAY

17

COMMIT TO 8 HOURS OF SLEEP TONIGHT

18

REPEAT TO YOURSELF: I AM NOT MY THOUGHTS AND THOUGHTS ARE NOT FACTS. WRITE THIS DOWN AND PUT IT SOMEWHERE HANDY

19

WRITE A LETTER OF OPTIMISM AND AFFIRMATION TO YOUR FUTURE SELF

20

IDENTIFY SOMETHING YOU HAVE GOTTEN OUT OF THIS CHALLENGE AND HOW YOU CAN CONTINUE TO USE IT