



The 21-Day Anxiety Challenge: Helping Control Your Worry

Day 1:

Fill in a colouring book

Day 2:

Try breathing exercises

Day 3:

Listen to mood-boosting music

Day 4:

Meditate

Day 5:

Get on the phone

Day 6:

Go for a jog

Day 7:

Say positive affirmations to yourself

Day 8:

Let it all come out

Day 9:

Write in a journal

Day 10:

Do a crossword puzzle

Day 11:

Remove caffeine from your life

Day 12:

Dance like nobody is watching

Day 13:

Use a stress ball

Day 14:

Take a hot bath

Day 15:

Laugh

Day 16:

Work on an art project

Day 17:

Try yoga

Day 18:

Go on a digital detox

Day 19:

Step outside and take a walk

Day 20:

Schedule your worrying

Day 21:

Accept your feelings