Rifka Schonfeld

THE NAME THAT HAS HELPED THOUSANDS

YOU CAN totally DO THIS.

30-DAY ANXIETY CHALLENGE

- [ ] **Day 1** — Write down 5 things you are grateful for.
- [ ] **Day 2** — Go for a walk.
- [ ] **Day 3** — Meditate. Pray. Journal.
- [ ] **Day 4** — Eliminate caffeine.
- [ ] **Day 5** — Exercise or stretch.
- [ ] **Day 6** — Practice positive self-talk.
- [ ] **Day 7** — Eliminate sugar + Eat protein & vegetables
- [ ] **Day 8** — Pay attention to micro moments of happiness.
- [ ] **Day 9** — Go to sleep 30min. earlier than usual.
- [ ] **Day 10** — Listen to calming music.
- [ ] **Day 11** — Do something nice for yourself.
- [ ] **Day 12** — Practice deep breathing.
- [ ] **Day 13** — Give yourself time out.
- [ ] **Day 14** — Do a creative activity to distract yourself.
- [ ] **Day 15** — Drink cold water.
- [ ] **Day 16** — Do something with your hands.
- [ ] **Day 17** — Cuddle with a weighted blanket.
- [ ] **Day 18** — Connect with a friend.
- [ ] **Day 19** — Use a mantra to talk yourself out of it.
- [ ] **Day 20** — Identify 3 triggers.
- [ ] **Day 21** — Declutter your favorite space.
- [ ] **Day 22** — Drink herbal tea.
- [ ] **Day 23** — Spend time in nature.
- [ ] **Day 24** — Go on a digital detox. (off all devi@s) for 10 minutes.
- [ ] **Day 25** — Take a hot shower or bath.
- [ ] **Day 26** — Use fidget toys.
- [ ] **Day 27** — Plan a 10 minute worry time.
- [ ] **Day 28** — Scratch something off your to-do list.
- [ ] **Day 29** — Find something to laugh about.
- [ ] **Day 30** — Set up a daily routine.

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