

7-Day Anti-Worry Challenge

Day 1: Face Your Worry

Spend 5 minutes writing down all your worries. No analysis, just let them flow onto the paper.

Evening reflection: How did it feel to release the worries onto paper?

Day 2: Two Lists

Divide your worries into two columns: 'Can affect' and 'Cannot affect'.

Evening reflection: How did focusing on what you can influence feel?

Day 3: Micro-Movement

Each time worry arises: stretch your arms to the sky and shake your body for 10 seconds.

Evening reflection: Did you feel a difference in your body and mind?

Day 4: Say It Out Loud

When worry comes, say: 'I feel worry, and that's okay.'

Evening reflection: Did acknowledging the worry make it less threatening?

Day 5: Your Safety Ritual

Create a personal ritual (breathing exercise, affirmation, physical gesture).

Evening reflection: Did the ritual give you a sense of security?

Day 6: Future Visualization

Visualize the best possible or manageable outcome.

Evening reflection: Did the future feel more hopeful?

Day 7: Worry as a Companion

Imagine your worry as a small companion walking beside you.

Say: 'I see you, worry. You can be here, but I decide where we go.'

Evening reflection: How did it feel to take leadership over the worry?

After the challenge:

Spend 10 minutes writing down:

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- *Which technique helped you the most?*
- *Which one will you continue using in your daily life?*

You are stronger than your worry. Keep moving forward!