The 21-Day Anxiety Challenge

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| **Day 1: Fill in a coloring 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** |

* **Day 1: Fill in a coloring book.** Taking some time out of your day to color has been [scientifically proven to calm nerves](http://www.everydayhealth.com/news/anxious-break-out-coloring-book/).
* **Day 2: Try breathing exercises.** Breathe in and out slowly, holding in your breath for a few seconds after each inhale. Try doing this for five to 10 minutes when anxiety kicks in.
* **Day 3: Listen to mood-boosting music.** Whether it be your [favorite playlist](https://www.popsugar.com/smart-living/Songs-Make-You-Happy-34395808) or an upbeat band you love, put your headphones in and turn up the volume when your worries creep up on you.
* **Day 4: Meditate**. Take 15 minutes out of your morning to sit in a quiet place and [focus on meditation](https://www.popsugar.com/fitness/5-Types-Meditation-18949375).
* **Day 5: Get on the phone.** One of the most effective ways to combat anxiety is distraction, so call a good friend or family member and catch up when you're feeling nervous.
* **Day 6: Go for a jog.** It's proven that exercise, especially running or jogging, can [put you at ease](http://www.livestrong.com/article/537189-jogging-and-anxiety/).
* **Day 7: Say positive affirmations to yourself.** Choosing a phrase and reminding yourself of it when you get nervous can help to keep you calm. Here are some [great affirming phrases](http://anxietynetwork.com/content/coping-statements-anxiety) to use.
* **Day 8: Let it all come out.** For some people, suppressing anxiety can make it worse. When you're nervous, try letting it all out. Punch a pillow or scream — seriously.
* **Day 9: Write in a journal.** Write down everything you're feeling as the nerves come on. You don't even have to keep your writing when you're done — just put it down in words.
* **Day 10: Do a crossword puzzle.** Games that require lots of brainpower and concentration are shown to [help people with anxiety](http://www.berkeley.edu/news/media/releases/2008/12/16_anxiety.shtml).
* **Day 11: Remove caffeine from your life.** Because caffeine is a stimulant, it can [trigger anxiety attacks](https://www.psychologytoday.com/blog/progress-not-perfection/201106/i-quit-coffee-cure-my-anxiety). You may see a big difference if you cut it out.
* **Day 12: Dance like nobody is watching.** Dance it out, dance as much as you can when you start to feel worried. Dancing [alleviates stress and nerves](https://www.anxiety.org/what-is-dance-movement-therapy), so even if you're alone in your family room, give it a try.
* **Day 13: Use a stress ball.** Get your hands on a stress ball and repeatedly squeeze it. It's [known to relieve tension](http://www.livestrong.com/article/141645-what-are-benefits-stress-balls/).
* **Day 14: Take a hot bath.** For more immediate relief, taking a hot bath [will cause your body to relax](http://www.calmclinic.com/anxiety/attacks/home-remedies), calming you down.
* **Day 15: Laugh.** Occupying your brain with humor not only improves your mood, it distracts your mind. Watch some [funny videos](https://www.youtube.com/playlist?list=PLykzf464sU9_GVPAM0aFo0lQa7tdjiCnK) when you have worries.
* **Day 16: Work on an art project.** [Studies show](http://www.cnn.com/2014/03/25/health/brain-crafting-benefits/) that doing [arts and crafts projects](https://www.popsugar.com/smart-living/Cool-Upcycling-Projects-24338804) can significantly lower anxiety levels.
* **Day 17: Try yoga.** Whether you take a class or follow an [online video](https://www.youtube.com/watch?v=jsOqcwcy2mI), give stress-relieving yoga a try.
* **Day 18: Go on a digital detox.** Alleviate your stress by leaving your work behind at the office when you go home. [Don't look at your smart phone](https://www.popsugartech.com/How-Stay-Off-Your-Phone-35379919) for any emails or work updates.
* **Day 19: Step outside and take a walk.** A change of scenery somewhere secluded can calm your nerves. Whether you are at work or home, take a moment to get some fresh air and take in your surroundings.
* **Day 20: Schedule your worrying.** Many [psychologists recommend](http://www.huffingtonpost.com/fawn-germer/how-to-schedule-your-worr_b_781982.html) scheduling an hour out of your day for worry time. That way, your stress is not open-minded; you're only allowed to worry in that time period.
* **Day 21: Accept your feelings.** It's OK to have anxiety. Once you recognize your symptoms and nervousness, you can then learn how to control it.