



10 Steps



to



Conquering

Your Anxiety

1. Start the day right - yoga, meditation, breath-work.
2. Breakfast - don't rush, enjoy each bite.
3. Journal - write down how you feel.
4. Exercise - walk, jog, gym or swim.
5. Maintain self-care - relax in the bath or shower.
6. Dress to impress... yourself - colours and comfort.
7. Challenge your comfort zone - try something new.
8. Be mindful - return to human 'being', avoid human 'doing'.
9. Sleep - practise good sleep hygiene.
10. Disconnect to connect - break from your devices.