

15 Day Mindfulness Challenge

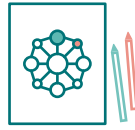
If you suffer from anxiety, try this challenge designed to ease both your body and mind, and keep you grounded. If anxiety symptoms persist, seek out your primary care provider for additional guidance.

CHALLENGE 1



Do yoga or stretch to relax your muscles

CHALLENGE 2



Fill in a coloring page

CHALLENGE 3



Practice deep breathing

CHALLENGE 4



Listen to mood-boosting music

CHALLENGE 5



Get on the phone with a loved one

CHALLENGE 6



Go for a long walk or jog

CHALLENGE 7



Write in a journal

CHALLENGE 8



Recite a positive affirmation or mantra

CHALLENGE 9



Take a warm bath

CHALLENGE 10



Unplug for half a day

CHALLENGE 11



Spend time outdoors

CHALLENGE 12



Read for 30 minutes

CHALLENGE 13



Watch something that will make you laugh

CHALLENGE 14



Go one day without social media

CHALLENGE 15



Meditate