



You matter
even on days
when it feels
like you don't.

Your heart
will feel better.
Give it time &
extra love.

You don't
have to
pretend to
be happy or
okay.

You are
strong enough
to face this.
(But it's ok
to ask for
help)

If you're
having a hard
time right
now, take care
of yourself.

Please
don't work
yourself to
exhaustion.
Take a break.

There are
so many
wonderful
things about
you.

You did not
deserve the
traumatic things
that happened
to you.

It's okay
if you don't
know what to
do.

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SELF-SOOTHING

Self-soothing is a quick and effective way to reduce the intensity of negative emotions.



Sight

- Low lighting
- Soothing colors
- Sleeping masks
- Coloring books
- Pinterest Collages

Touch

- Soft things
- Cuddle things
- Massage
- Hot/cold shower
- Heated/weighted blanket



Sound

- Calming noise
- ASMR videos
- Nature sounds
- Guided meditations
- Binaural beats



Smell

- Aromatherapy
- Fresh air
- Candles/incense
- Comforting smells



Taste

- Strong flavors
- Warm drinks
- Eat slowly
- Nostalgic flavors



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ANXIETY CHALLENGE

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Make one anxiety goal for the next month.	Start exploring the root of any negative thoughts.	Work on a not-good-for-you coping skill.	Build up your courage to face something you're avoiding.	Reach out to your support system about an anxious thought.
Change one thing in your day that will improve your anxiety.	Check in with your anxiety goal and reevaluate.	Make sure your social media feeds are anxiety free.	Eat today in a way that feels good to body, mind, and soul.	Make a list of anxiety-inducing things you've overcome.
Practice a new breathing technique.	Focus on sleep and rest and a healthy bedtime.	Make a list of three anxieties you want to work on.	Work on your self-talk, no mean words directed at yourself.	List your physical effects of anxiety. Work on one.
Work on going with the flow instead of resisting.	List things you avoid because of your anxiety. Share it.	Create an emergency list for when your anxiety is high.	Do a full body scan. Where are you holding your anxiety?	What does your anxiety need from you today?
Spend 20 minutes listening to nature sounds.	Strengthen one of your coping skills by doing some research.	Practice mindfulness. Pull yourself back to the present.	Do something that helps you recharge where you feel drained.	Have self-compassion for yourself and your anxiety.
Go somewhere that relaxes you and eases anxiety.	Do a yoga routine on Youtube specifically for anxiety.	Read something that's good for your mental health.	Repair something that's been damaged by your anxiety.	Check in with your goal from day one. What's your progress?