



ANXIETY CHECKLIST

ARE THERE AREAS YOU WOULD LIKE TO BE MORE MINDFUL OF

REDUCE ANXIETY

Exercise
Music
Sleep
Healthier food choices
Self-care
Quiet headspace
Being organised
Surround self by positive people
Meditation
Time in nature
Support
Relaxation
Time management
Friends
Art
Simplicity

INCREASE ANXIETY

Caffeine
Smoking
Unhealthy relationships
Work environment
Lack of exercise
Processed food
Lack of sleep
Lack of headspace
Excessive workload
Digital overwhelm
Lack of support
Clutter
Over spending