

MENTAL HEALTH SERVICES

10 DAYS ANXIETY HEALING PROGRAM

DESIGNED BY

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PSYCHOLOGIST

INTRODUCTION

The smallest tasks seem harder when anxiety takes a place in our life. Anxiety can be managed and healing is possible with the right tools, support, and understanding. Patience, self believe and believe on counsellor are the key supporting elements of anxiety.

This **10-Day Anxiety Healing Program** has been carefully designed to help individuals so they can explore their inner world or conflicts running inside. They can build practical coping skills, and gradually regain emotional balance. The goal is not just symptom relief, but it helps to develop long-term emotional strength and self-awareness. Whether you're struggling with chronic worry, panic, or you are feeling mentally exhausted, this program offers a safe, structured path toward peace and calmness. This program will help you to come out from your emotional triggers and response.

Each day in the program addresses a key component of anxiety management. You will understand what anxiety really and will learn how our thoughts and beliefs shape our feelings? This journey combines with the best of **Cognitive Behaviour Therapy (CBT)**, **mindfulness**, **art-based healing**, and **practical coping tools**.

It's okay to not be okay. We guide you toward recognizing the thoughts that trigger your worry and help you challenge those. You'll also explore your core

beliefs (Those deep-rooted ideas you hold about yourself) and learn how to rewrite and reframe the ones that fuel anxiety. Through breathing exercise, grounding, body awareness, and mindfulness games, you'll reconnect with the present moment the place where anxiety loses its grip.

Overall you'll build your **own coping toolbox**. You'll walk away with **transformation**, a deeper sense of emotional strength, and a renewed belief in your ability to face life's challenges.

This program is for **any adult** ready to heal whether you're a student, professional, caregiver, or simply someone who wants to reconnect with their inner peace.

You are not alone. You are not broken. You are healing. Welcome to your journey of calm, courage, and clarity. I feel honoured to walk on this path with you.

With warmth and hope,

Dr. Mamta Agarwal

Psychologist, CBT & Art Therapy Practitioner

Course Plan

Day 1

Understanding Anxiety

- What is Anxiety and Why Do We Feel It?
- Activities
- ✓ Reflection Exercise
- ✓ Musical Meditation
- ✓ Reflection Journal
- ✓ GAD-7 Self-Assessment

Day- 2

Identifying Triggers

- What sets off my anxiety and why?
- Simple Grounding Breath
- Understand triggers for anxiety
- Activities
- ✓ My Anxiety Triggers List
- ✓ Trigger Detective
- ✓ Reflection Journal Prompt

Day 3

Thought Patterns & Cognitive Distortions

- What are cognitive distortion.
- Activities
- ✓ Catch the Thought” Spot & Reframe Anxious Thoughts
- ✓ Reflection Journal

Day 4

Managing Physical Symptoms of Anxiety

- Brief Anxiety Body Check-In
- Activities
- ✓ Calming Tools Practices

Day 5

• Building Emotional Awareness

- Recognize, name, and process emotions for managing anxiety.
- Emotion Check-In Circle
- Anxiety vs. Emotion Suppression
- Activities
- ✓ Art Therapy: Color Your Current Emotion
- ✓ Reflection Journal

Day 6

Challenging Negative Beliefs

- What are Core Beliefs
- Activities
- ✓ Worksheet : What I Believe – What’s the Evidence?
- ✓ Reframing Exercise: Healing Affirmation

Day 7

Facing Fears Gently

- Reduce anxiety step-by-step by facing avoided situations.
- Activities

- ✓ Fear Ladder
- ✓ What Small Step Can I Take This Week?

Day- 8

Calming the Mind through Mindfulness

- What is mindfulness and how does it help to stay calm
- Exercises
 - Short Mindfulness Practice
 - Introduction to Present-Moment Awareness
 - Mindfulness Exercise: Breathing + listening
- Activities
 - ✓ Game: 5 Senses Walk OR Object Focus
 - ✓ Journal
 - ✓ How Did It Feel to Slow Down?
 - ✓ Reflection Circle

Day 9

Building Confidence & Coping Plans

- How to Strengthen inner confidence and build healthy coping strategies to handle anxiety and daily stress.
- Activities
 - ✓ Self-Esteem Check-In: When Do I Feel Strong?
 - ✓ My Coping Toolbox” Worksheet
 - ✓ Group Game: “Coping Card Match-Up
 - ✓ write a Letter to your Future Self

Day 10

Integration & Moving Forward

- Activities
 - ✓ Recap Quiz or Group Bingo (*5 minutes*)
 - ✓ Group Bingo
 - ✓ 20 BINGO SHEETS (Cut & Separate before playing)

Worksheets

- ❖ My Anxiety Healing Plan (*10 minutes*)
- ❖ Sharing Circle “One Thing I’m Proud Of” (*10 minutes*)
- ❖ Guided Meditation, Inner Calm Journey (*10 minutes*)
- ❖ Closing Ceremony, Affirmation Badge or Certificate (*5 minutes*)

What You Will Learn & Benefit

- Understand the root causes of anxiety and how it affects your thoughts, feelings, behaviour and body
- Identify and challenge negative thought.
- Develop practical coping strategies eg. mindful breathing, grounding, and relaxation exercises
- Learn to face and reduce fears through gradual exposure
- Build self-confidence and inner strength to manage anxiety independently
- Use creative activities to support emotional healing
- Cultivate present-moment awareness to break anxiety.
- Create a personalized healing plan to maintain long-term mental wellbeing.
- Connect with a supportive group environment that encourages sharing and growth

Day 1

Understanding Anxiety

What is Anxiety and Why Do We Feel It?

Anxiety is a natural emotional response when we feel danger, threat, or something uncertain even if there is no real danger present. It is a normal feeling of worry, nervousness, or unease about something. Our body has "**fight or flight**" system that is developed to protect us from harm. In today's world, the scenario is different, it is seen that even in a small situation where is no actual thereat, anxiety is becoming chronic. It begins as a warning signal and when it stays too long, it starts to ruin our daily life, productivity, relationships, and health.

Anxiety is triggered by fear. It may be relevant or irrelevant. If it is relevant you should have the resources to come out of it and if the fear is irrelevant or irrational, it harms your psychological wellbeing. The need is to find the root and relevancy of that fear because it helps to design coping strategies. **Barlow (2002)** stated that "Fear is a primarily alarm in response to danger presented before, characterized by strong arousal and action". It is a future oriented emotion, having perceptions of uncontrollability and unpredictability over potentially aversive events and a rapid shift in attention to the focus of potentially dangerous events or one's own affective response to these events.

Beck, Emery, and Greenberg (1985) defined "fear as a cognitive process

which involves the appraisal that there is actual or potential danger in a given situation.” “Fear is the appraisal of danger and anxiety is the unpleasant feeling state evoked when fear is stimulated” (Beck et al., 1985)

1. Physical Symptoms

- Rapid heartbeat (palpitations)
- Shortness of breath
- Sweating
- Trembling or shaking
- Dizziness or light-headedness
- Fatigue or weakness
- Nausea or stomach upset
- Muscle tension or aches
- Headaches
- Trouble sleeping (insomnia)

2. Emotional / Psychological Symptoms

- Constant worry or fear
- Feeling restless or “on edge”
- Irritability
- Feeling overwhelmed
- Difficulty concentrating

- Racing thoughts
- Anticipating the worst

3. Behavioral Symptoms

- Avoiding situations that trigger anxiety
- Difficulty completing tasks
- Over-checking or reassurance-seeking
- Procrastination due to fear
- Withdrawal from social interactions

4. Cognitive Symptoms

- Persistent negative thinking
- Feeling like the mind is going “blank”
- Difficulty making decisions
- Overthinking or excessive “what if” scenarios

Understanding anxiety is the **first step toward healing**. Once we learn what anxiety is, where it comes from, and how it affects our mind and body, we become better equipped to manage it. Actually anxiety has its hierarchy....

Anxiety: From Thought to Symptom

Trigger (Stressful Event / Thought) → Perception (Interpretation as Danger) → Brain Response (Amygdala Activation) → Physical Symptoms (Heart rate increase, Breathing increase) → Emotional Symptoms (Fear, Irritation etc.) → Behavioral Response (Avoidance, Overthinking) → Reinforcement (Anxiety grows stronger)

1. Trigger (Stressful Event/Thought): Anxiety begins with a trigger, which can be a stressful event or negative thought. This is the initial step which sets off the anxiety process and intensity. For example: **The teacher calls Priya to give a presentation in front of the class.**

2. Perception (Interpretation as Danger): The trigger is then perceived as dangerous, that leads an interpretation that something is wrong or threatening. **Priya immediately thinks, “What if I forget everything? Everyone will laugh at me. I’m not ready”**

3. Brain Response (Amygdala Activation): The brain responds to this perceived danger by activating the amygdala, a part of the brain responsible for processing emotions like fear and anxiety. **Her brain’s amygdala becomes activated which senses danger. It sends signals to the body to prepare for danger ("fight or flight").**

4. Physical Symptoms (Heart rate ↑ Breathing ↑): As the amygdala is activated, physical symptoms start to manifest. These symptoms are part of the body's "fight or flight" response.

- Sweating increase.
- Fast breathing
- Fast heartbeat
- Dry mouth, stomach ache, and headache

5. Emotional Symptoms (Fear, Irritation and Worry): Emotional symptoms such as fear, irritation, and worry intensify the anxiety experience.

- **Fear:** "I'll mess up and be judged"
- **Irritation:** "Why did the teacher pick me?"
- **Worry:** "Will this affect my grade?"

6. Behavioral Response (Avoidance, Overthinking): An individual may start to avoid the situation that trigger anxiety or start overthinking.

- She starts to say, "Can I go later?" or she pretends to feel sick
- She begins overthinking: "Everyone else speaks better than me. I'm the worst."
- She avoids eye contact and withdraws from class interaction afterward.

7. Reinforcement (Anxiety grows stronger): Finally, the behavioural responses can reinforce the feeling of anxiety and lead to it. This reinforcement loop can make it stronger over time. It becomes challenging to break free from the cycle of anxiety. Priya has learnt **"Avoiding helped me escape the danger. So next time, her anxiety becomes stronger and stronger in similar situations.**

Anxiety is not your enemy, it is a signal. When we listen to it with awareness, we take the power back.

Reflection Exercise

Q1. Can you recall a recent situation that made you anxious?

Q2. What physical or emotional changes did you notice?

Q3. Do you think your reaction was proportional to the situation?

Q4. What do you do to come out of the situation?

Musical Meditation

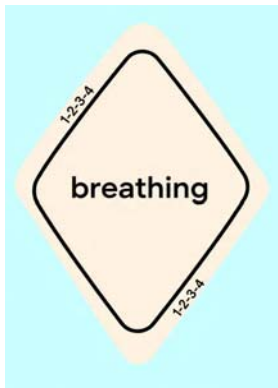
Choose a meditational music and start breathing exercise for 15 minute.

1-2-3-4 -- Inhale

1-2-3-4 -- Stop

1-2-3-4 – Exhale

1-2-3-4—Stop



Reflection Journal

Today I learned that anxiety is...

When I feel anxious, my body reacts like...

One thing I want to learn about managing anxiety is...

I can manage my anxiety by using...

GAD-7 Self-Assessment

Purpose: To help you to identify level of anxiety and create self-awareness before starting intervention.

Instructions: Please read each question carefully and select the option that best describes how often you've been bothered by each symptom over the past two weeks.

Rate each item on a scale of:

- 0 = Not at all
- 1 = Several days
- 2 = More than 1 week
- 3 = Nearly every day

GAD-7 Questionnaire

No.	Question	0	1	2	3
1.	Feeling nervous or anxious	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.	Not able to stop or control worries	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.	Worrying too much for different things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.	Trouble relaxing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5.	Being so restless that it's hard to sit quite	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6.	Became annoyed or irritable very soon	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7.	Fear of something wrong might happen	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Scoring the GAD-7

Add the scores for all 7 items.

Score Range	Anxiety Severity
0–4	Minimal Anxiety
5–9	Mild Anxiety
10–14	Moderate Anxiety
15–21	Severe Anxiety

- High scores **do not mean a diagnosis**, but they indicate the **level of distress** that deserves attention.
- Anxiety is **treatable**, and this course will guide them with tools to reduce symptoms.

Day- 2

Identifying Triggers

What sets off my anxiety and why?

“Let’s begin by revising what we explored in previous chapter. We talked about how anxiety works in the body and mind. Today, we’ll go a step ahead and figure out what triggers it. But first, let’s ground ourselves.”

Inhale for 4... hold for 4... exhale for 4... hold for 4.

Repeat 3–4 rounds.

Just think-

- What stood out from previous session?
- **Activity: Simple Grounding Breath (2 minutes)**

- Has anyone noticed their anxiety today and how their body reacted?

Understand: Anxiety can be triggered by a wide range of factors :

Common Triggers:

- 1. Stressful life events:** big or sudden changes in life, such as moving, job changes, divorce, or loss of a loved one.
- 2. Social situations:** Meeting new people, public speaking, or being in crowded places.
- 3. Fear and phobias:** Fear of specific objects, situations, or activities like: spiders, heights, or flying.
- 4. Work-related stress:** Deadlines, workload, or conflicts with colleagues.
- 5. Financial stress:** Debt, financial insecurity, or uncertainty about the future.
- 6. Relationship issues:** Conflicts, breakups, or difficulties with family members or friends.
- 7. Health concerns:** Chronic illness, pain, or uncertainty about health.
- 8. Trauma:** Past experiences of abuse, neglect, or other traumatic events.

Why These Triggers Set Off Anxiety:

- 1. Perceived threat:** when a stimulus comes with threat or stress. The **amygdala** recognizes and interprets the potential danger. The amygdala activates the body for fight or flight response. Stress hormones like cortisol and

adrenaline start to release. Finally physical symptoms like high heartbeat, sweating, and heavy breathing occur and the individual experiences anxiety, fear, or panic.

2. Fear of uncertainty: If the situation is uncertain and we don't know what will happen next. We feel less in control over the situation which lead to anxiety. Uncertainty can lead to poor thinking, behaviour and actions also.

3. Lack of control : If a situation is unmanageable or not in our control. We feel helpless that triggers negative thoughts and emotions. We always struggle to cope with the demands. If we know about what will happen if we control our anxiety, we can develop strategies to regain a sense of our mental well-being.

4. Past experiences: Traumatic or stressful experiences give shape to our anxiety responses. These experiences can trigger heightened sensitivity to similar situations which can increase anxiety.

5. Negative thinking patterns: Continuous negative thinking or negative self-talk increase anxiety.

Additional Factors:

1. Genetics: If there is any Family history of anxiety disorders, there is a risk of developing anxiety.

2. Brain chemistry: Imbalances in neurotransmitters can lead to anxiety.

Serotonin and dopamine imbalance contribute to anxiety.

3. Personality traits: Certain personality traits, such as perfectionism or high sensitivity increase the risk of anxiety.

Understanding your personal triggers and factors can help you develop strategies to manage anxiety.

Trigger Discussion: Thoughts, Situations, People (10 min)

Triggers increase anxiety, whether they are internal or external. Sometimes it's a specific situation (like speaking in public), a person (like a strict boss), or even a thought (like 'I'm going to fail'). When we don't know our triggers, anxiety seems to appear 'out of nowhere.'

Types of Triggers:

Type	Examples
Situational	Crowds, exams, deadlines
Emotional	Feeling rejected, being ignored
Thought-Based	“I’m not good enough”
Social/People	Conflict, judgment, comparisons
Environmental	Loud noises, clutter, being late
Past Trauma	Reminders of past pain or events

“My Anxiety Triggers List” (10 min)

Check off which types affect you the most.

- I feel anxious when _____
- I often feel anxious due to _____
- I often avoid _____ because it makes me anxious.

It's okay to leave some blanks for now.

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Trigger Detective (5 min)

Objective: Make learning playful by matching triggers with behaviours.

Let's play detective. Here are some reactions, think what might have triggered it. The scenario is "Riya avoids calls from unknown numbers and freezes when the phone rings. Which of the following might be Riya's trigger? Pick one or more you think fit.

1. She once received bad news (eg. about a loved one) over the phone.
2. She fears that she might be judged or scolded if she answers the call.
3. She has social anxiety and avoids unexpected conversations.
4. She received prank or threatening calls in the past.
5. She doesn't know how to say "no" and she always feels pressure to give her response immediately.

What symptoms might someone like Riya experience when her trigger, a ringing phone is activated? Point you view-

Physical Symptoms

1. Fast heartbeat
2. Sweating or cold palms
3. Feeling frozen or stuck
4. Dizziness
5. Upset stomach

6. Feeling Nausea

Emotional Symptoms

7. Sudden fear or panic

8. Feeling helpless

9. Sadness

10. Irritability

11. Embarrassment

Cognitive (Thinking) Symptoms

11. Continue negative thoughts

12. Blank mind can't think clearly

13. Flashbacks to past stressful events

- Which of these do you think Riya might feel?

- Have you ever felt any of these in a similar situation?

- Can you match one symptom to one trigger you've faced?

Reflection Journal Prompt (10 min)

What are 3 things that instantly trigger me?

When was the last time I suddenly felt anxious?

What was happening around me?

Are these triggers connected to something from my past?

Do I judge myself for reacting this way?

Do I walk through this judgement that I have made for myself?

I decide myself to reframe my thoughts

You cannot heal what you cannot see. Identifying triggers is like turning on the light in a dark room , now you know what you're working with.

Day 3

Thought Patterns & Cognitive Distortions

“Don’t believe on everything you think.”

What are Cognitive Distortions? (10 min)

When there is a lot of stressful event or situation around us, we started to fight against it and during the time of fighting with stressful the **hypothalamus** in the brain releases **Corticotropin-Releasing Factor (CRF)**. CRF tells the **pituitary gland** to release ACTH, which in turn signals the **adrenal glands** to release **cortisol**. Cortisol hijacks the brain’s logical center, and this is why people under prolonged stress often start believing false or exaggerated thoughts (cognitive distortions), which feed anxiety, depression, or low self-esteem.

Cognitive distortions are irrational thoughts that shape your observation, your feelings and your actions. It’s normal to have these thoughts some times in your working schedule, but having them frequently can be harmful because They begin to interfere in person’s daily life. Changing these thoughts those are in habit now, can help improve a person’s overall well-being. **American Psychological Association defines** cognitive distortion as an inaccurate way of thinking.

Types of cognitive distortions

Labeling: People having cognitive distortion start to naming themselves in negative way, may be because they have faced unsuccessful life event. For example, they named themselves as a “failure” after getting a rejection from a job application or they can use the word ‘**Panauti**’ after unsuccessful in his work. I’m so stupid for doing that.

Discounting the positive: Such people will not count any positive event that they have been faced in their life, if something happens positively, they believe that it is only because of luck and starts to count negative happening.

Mental filtering: In a thoughtful pattern, a person focuses on negative events or thoughts, even in the face of positive information or situation. For example after performing on stage, nine people out of ten are appreciating your efforts but only 1 out of 10 is using critical word. Your mind will focus on that 1 person who is critic not on those 9 person who are appreciating you.

Emotional reasoning: When people express their emotions what they believe as truth, without paying attention to the facts or reality which is in front of them. For example “I am in fear because something is going to be worst with me.”

Mindreading: People assume that other people have negative thoughts about them and it is possible that they may not have any negative thought for them. For example, “these people standing in that group are continuously watching

me. They are talking against me” or “this man is looking at me, surely I am not well dressed today”. “They probably think I’m boring.”

Maximization / Minimization: People Exaggerate or minimize the important events and start to believe their own achievements are unimportant or their mistakes are excessively important.

Overgeneralizing: People believe that if they have faced one negative event than it means all future events will have negative results. For example if they fail once in an interview, they start believing that you will not be selected in next interview also. This always happens to me.

Personalization: People blame themselves and believe that all negative events are only because of their fault. They start to take blame of all failure on him whether he is working in a team. It’s my fault they’re upset.

“Should” statements: People think that they could have or must have done things in a particular way in the past, even though they did not have all the information to know how to act. I should not eat chocolate. I should not try this work. I should always be in control.

All-or-nothing thinking: People believe and watch everything as black and white or either-or, without considering the details of a situation. The person did not think about the middle ground. For example- If I am not 100% right than it means I am fail.

Causes and Triggers

When people face negative comments for their work or people do not believe in their potential, they become biased for themselves internally. Cognitive distortions are expressions of these pre-existing internal biases. These negative thoughts increase chances of having depression. These negative beliefs cause negative behaviour. High stress, traumatic life events or challenges during childhood can increase cognitive distortion, which can affect later life poorly. Cognitive distortions are like dirty glasses and you are trying to see the world through them, but the image is distorted.

How to change distortions

To manage cognitive distortions, you have to restructure your thought patterns and ways of responses to stimuli. It is possible to change cognitive distortions whether it looks difficult.

The doctors recommend CBT for many mental health conditions. It is useful for children and adults, as well as couples and families. It is a type of talk therapy that works to highlight the inaccuracy of cognitive distortions for stressful situations.

How Cognitive Distortions Fuel Anxiety

Triggering Event → Automatic Negative Thought → Cognitive Distortion → Emotional Reaction (Anxiety, Fear) → Behavioral Response (Avoidance, Overthinking) → Reinforced Belief System → Increased Anxiety → Cycle Repeats Unless Challenged → Triggering Event → Automatic Negative Thought → Cognitive Distortion → Emotional Reaction (Anxiety, Fear) → Behavioral Response (Avoidance, Overthinking) → Reinforced Belief System → Increased Anxiety → Cycle Repeats Unless Challenged

Our minds create stories, some are helpful, and some are false alarms.

Cognitive distortions are those mental habits that exaggerate fear, self-doubt, or hopelessness. They make anxiety worse, even when there's no real threat.

Activity

“Catch the Thought” Spot & Reframe Anxious Thoughts (10 min)

Instructions:

Take a paper and write down the real anxious thought you had.

- 1. Identify the distortion.**
- 2. Challenge it with evidence.**
- 3. Reframe it into a more balanced thought.**

Example:

- Thought: “I’ll embarrass myself during the presentation.”
- Distortion: Fortune Telling
- Reframe: “I’ve prepared well. Even if I feel nervous, it doesn’t mean I’ll fail.”

“Thoughts are not facts. When you learn to question your anxious thinking, you gain freedom.”

Reflection Journal:

“One Anxious Thought I Want to Challenge This Week” (10 min)

What is one anxious thought that keeps showing up in your life?

What distortion is hiding in that thought?

What would I tell a friend who had the same thought?

What's a more realistic or empowering way to look at it?

Day 4

Managing Physical Symptoms of Anxiety

Brief Anxiety Body Check-In (5 minutes)

Sit comfortably. Close your eyes. Take a slow breath and ask yourself:

- Where do I feel tension? (Head, chest, stomach.....?)
- Is my heart beating fast?
- Are my hands cold or shaky?
- Am I clenching my jaw?

“Anxiety often hides in our body. Let’s listen to it.”

Fight-Flight-Freeze (5 minutes)

Fight Response

The fight response is the way that our body use to confront a threat. When you perceive danger, your brain triggers adrenaline. It prepares you to defend yourselves physically or verbally and increase heart rate, tense muscles, and increase alertness.

Flight Response

The flight response urges you to escape or avoid perceived danger. It activates the sympathetic nervous system and increase heart rate and energy so the body can flee.

Freeze Response

The freeze response causes the body and mind to shut down momentarily in response to threat. It's like a system pause heart rate slows, breathing becomes shallow, and a person may feel numb, paralyzed, or mentally "blank." This is the body's survival instinct when neither fight nor flight feels possible.

- **Fight:** You snap at someone or feel angry.
- **Flight:** You avoid a situation or run away.
- **Freeze:** You shut down, go blank, or can't move.

"Your body is trying to protect you, but it doesn't always know the real threat."

Calming Tools Practices (15 minutes)

1. Deep Belly Breathing (3 mins)

- Breathe in through your nose (count 1–2–3–4)
- Hold for 2 seconds
- Exhale through your mouth (count 1–2–3–4–5–6)
- Repeat 3–4 rounds

You must put one hand on your stomach—feel it rise and fall.

2. Progressive Muscle Relaxation (PMR) (5 mins)

Tense each muscle group for 5 seconds, then release.

- Hands – clench fists, hold, and release
- Shoulders – lift toward ears, hold, release
- Face – scrunch face tightly, then relax

Say, “Tight... and let go,” gently for each step.

3. Grounding with Touch & Breath (7 mins)

- Sit still.
- Feel your feet on the ground.
- Breathe slowly and notice:
 - What do my clothes feel like on my skin?
 - What’s under my hands (chair, table, lap)?
 - Breathe in slowly... feel the air in your nose.

4. Exercise: 5-4-3-2-1 Grounding Technique (5 min)

This technique helps bring you back to the *present moment* when anxiety is high. **look around** and name:

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell

Do it slowly and calmly. You can guide this out loud.

5. Group/Individual Discussion: “What Helps My Body Feel Safe?” (10 min)

Ask reflective questions (you can use paper or open sharing)

- What makes my body feel calm?
- Do I notice anxiety before it gets strong?
- When do I feel most safe and relaxed?
- Can I add one calming routine to my daily life? (e.g., tea, stretching, walking, music)

Write or share **1 thing you’ll try this week** to help your body feel safe.

My body is not my enemy. It's my partner. I can learn to calm it, support it, and listen to it.

Day 5

Building Emotional Awareness

Objective: To help you to recognize, name, and process emotions for managing anxiety.

1. Emotion Check-In Circle (5 min)

Activity: Start with a light emotional sharing circle or self-reflection.

Working with Emotions



- What emotion are you feeling right now?
- Where do you feel it in your body?
- Today I feel ____ because ____.

2. Anxiety vs. Emotion Suppression (5 min)

Anxiety and emotion suppression are interrelated so they support each other in a harmful cycle. Emotion suppression is the act of consciously or unconsciously pushing away uncomfortable feelings like sadness, anger, fear, or frustration. A person does not express or process them. This may provide temporary relief but actually it increases inner tension over time. Suppressed emotions don't disappear. They stay within the body and mind and manifested as chronic stress, irritability, or intense anxiety your nervous system becomes highly alert. The brain senses that something is happening wrong but can't fully process it. This unresolved internal conflict increase physiological arousal, rapid heartbeat, restlessness, muscle tension etc. and these all symptoms are associated with anxiety. Anxiety becomes a signal that something within is being ignored.

People who suppress emotions may have fear, judgment, or loss of control. Healing begins with emotional awareness. Learning to *feel* emotions without judgment, name them, and express them safely whether through talking, journaling, or creative outlets can greatly reduce anxiety. Instead of fighting feelings, acknowledging them allows the brain to process and release them, creating emotional balance and inner peace.

Anxiety is not just fear, it's the build-up of **unfelt emotions**.

3. Art Therapy: Color Your Current Emotion (10 min)

Emotions live in our **body and senses**, not just in our words. Let's **express what you feel through colors and shapes**.

Instructions:

- Take paper, crayons or color pencils.
- Pick a color that matches what you're feeling right now. Then draw shapes, lines, or scribbles to represent it.
- Is your emotion heavy or light? _____
- Is it soft, sharp, slow, or fast? _____

Write what did this colour / emotion want to tell you?

Reflection Journal (10 min)

When I Allow Myself to Feel, I Notice...

Sometimes I'm afraid to feel because...

When I do feel, my body...

Today, I felt and I gave myself permission to...

"My emotions are messages,
not threats.

I have the strength to feel,
name, and release them."

Day 6

Challenging Negative Beliefs

1. Core Belief (5 minutes)

We hold few deep rooted beliefs about ourselves, other people, and about the world. The 'core' of our thoughts are fixed with these beliefs. Our mental images are influenced by that we experience. We may be consciously aware of these beliefs or some time may be not. Some of our beliefs may be unconscious while some beliefs may be noticeable and easily retrieved in our minds.

These beliefs can be helpful, unhelpful, or neutral. Unhelpful or unrealistic core beliefs may have negative effect on your mental health and overall life. These beliefs often form early in life and may go unquestioned but they are responsible to shape our thinking, feeling, and actions. These beliefs begin developing in early childhood and continue developing over time. As we grow up, we try to make sense of what is happening around u. All of us can absorb messages from family, friends, teachers, and the media intentionally or unintentionally. Those messages may influence our opinion in positive or negative ways. Here are some examples:

Self-related core beliefs	<p>"I am likable."</p> <p>"I have likable qualities."</p> <p>"I deserve love."</p> <p>"I am intelligent and resourceful."</p>	Positive Core Belief
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	<p>“I am unlovable.”</p> <p>“Nobody wants me.”</p> <p>“I am a boring person.”</p> <p>“I cannot trust my judgment.”</p>	Negative Core Belief
Core beliefs related to others	<p>“People are fundamentally good.”</p> <p>“Everyone deserves compassion.”</p> <p>“Everyone is capable of good.”</p>	Positive Core Belief
	<p>“People are fundamentally selfish and unkind.”</p> <p>“People will always let me down.”</p> <p>“People are untrustworthy.”</p> <p>“Others will judge me.”</p>	Negative Core Belief
World-related core beliefs	<p>“Everyone has the ability to change.”</p> <p>“The world is full of progress and opportunities.”</p> <p>“The world is filled with beauty.”</p> <p>“The world is filled with happiness and growth.”</p>	Positive Core Belief
	<p>“The world contains good and bad.”</p> <p>“The world is a dangerous place.”</p> <p>“The world is fundamentally unfair.”</p> <p>“Life is unfair.”</p>	Negative Core Belief

Worksheet:

What I Believe – What's the Evidence? (15 minutes)

Instructions:

Fill in the chart below with one negative belief you hold.

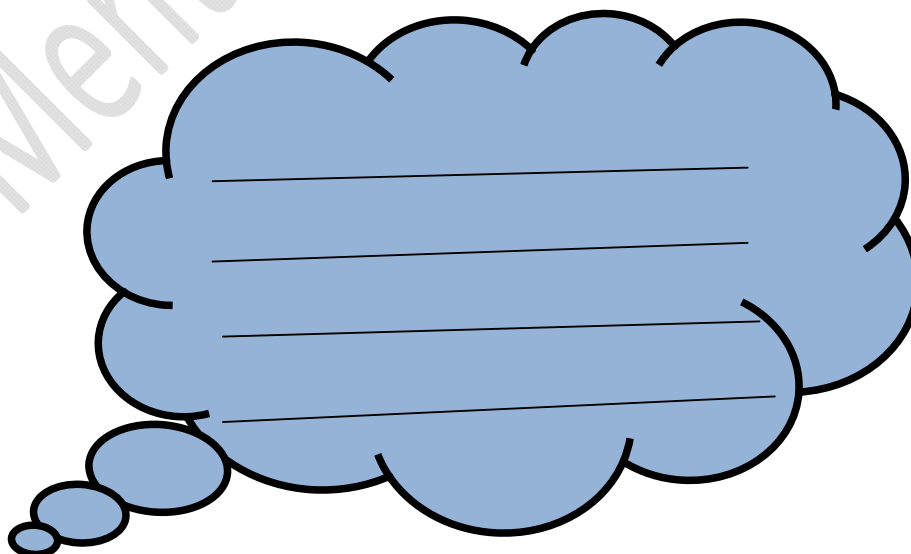
Negative Belief	Evidence For	Evidence Against	Balanced Thought

Reframing Exercise

Healing Affirmation (5 minutes)

Write a personal healing statement based on your reframed thought.

Examples: *"I am learning and growing every day or I am enjoying the way of grooming my self."*



Day 7

Facing Fears Gently

Objective: Learn how to reduce anxiety step-by-step by facing avoided situations.

1. Brief Story: Someone Who Overcame Avoidance (5 min)

Ananya (*imagery name*) was someone who struggled with fear when it came to speaking in meetings. Her anxiety would take over. She avoided eye contact, stayed quiet even when she had ideas to share, and felt her heart beating fast whenever it was her turn to speak. The fear of judgment, saying the wrong thing, or being misunderstood by others kept her voice hidden. But she wanted to change. One day, she took a brave step. During a team huddle, she challenged herself to say just one sentence. It wasn't easy. Her heart started beating fast, her voice trembled slightly, and doubt on self, whispered in her mind. Yet, she did it. And something surprising happened nothing terrible followed. She wasn't laughed at or criticized. She had faced her fear and survived.

Encouraged by this small success, Ananya decided to take one more step the following week. This time, she spoke two sentences. Again, her nerves rose up, but she did her with courage. Slowly, meeting by meeting, she began to trust herself more. Instead of avoiding eye contact, she began making it briefly. Instead of staying silent, she shared thoughts and suggestions. Her journey was not perfect there were days she still felt anxious but she no longer let that fear

control her actions. If we decide to deal the challenging situation with courage though we have fear in our heart, the situation will turn in control.

This simple story is a reminder of how change often begins with the smallest acts of courage. But for this we have to be aware of strength those we have inside. Our fear cannot be disappeared but it can be controlled. Ananya didn't wait for her fear to disappear before taking action. Her story shows that bravery is not about being fearless but about choosing to move forward even when fear is present. It highlights how progress can be built through small, consistent efforts. Ananya meets that nervousness with strength, not avoidance. She has learned that **“Confidence is not something we are born with but something we build through repeated acts of self-trust.”**

What is Exposure Therapy? (5 min)

In this type of therapy, psychologists establish a secure setting where people can be "exposed" to the things they avoid and are afraid of. Fear and avoidance can be lessened by exposing people to the things, activities, or circumstances they are afraid of in a safe setting.

Exposure therapy is based on the principle of gradually confronting feared objects, situations, or thoughts, rather than avoiding them. Exposure therapy helps break this cycle of fear by systematically and repeatedly exposing the person to anxiety-provoking stimuli in a safe, controlled manner. Over time, this reduces the power of the fear response by a process known as habituation.

There are various forms of exposure therapy: *in vivo* (real-life exposure), *imaginal* (visualizing the feared situation), *interoceptive* (exposure to physical sensations of anxiety), and *virtual reality*. The therapist works collaboratively with the client to create a fear hierarchy and gradually progress from least to most anxiety-inducing situations.

Clients realize that anxiety is not dangerous by using Exposure therapy. As they face their fears, their confidence in coping increases. This leads to reduced symptoms, improved daily functioning, and a greater sense of control over their lives.

Research has consistently shown exposure therapy to be one of the most effective interventions for anxiety-related conditions. When delivered properly, it can produce lasting change. It empowers individuals to live fuller lives, free from the limitations of anxiety and avoidance.

In conclusion, exposure therapy is a cornerstone of anxiety treatment. It rewires fear-based thinking patterns, builds resilience, and offers individuals a pathway toward healing through facing, not fleeing, their fears.

Examples:

- Afraid of crowded places? Start by stepping into a small shop.
- Afraid of public speaking? Start by reading aloud to a friend.

Fear Ladder (15 min)

Instructions:

Draw a ladder with 5 rungs. On each rung, write one fear from easiest to hardest related to your anxiety.



Ladder Rung	Fear Level	Fear
Step 1	Easy	
Step 2	A bit hard	
Step 3	Medium	
Step 4	Hard	
Step 5	Very Hard	

What Small Step Can I Take This Week? (10 min)

What will help you take that small step?

Who can support you?

Take a deep breath and say:

"I can face this, one step at a time."

- You can use a soft object as reinforcement (**like a courage stone**) as each step you take.

- Write an affirmation.

*Facing fears slowly makes us
stronger.*

Day- 8

Calming the Mind through Mindfulness

Objective: Use mindfulness to stay in the present moment and reduce anxiety spirals by slowing down the mind.

What is Mindfulness and How Does it Help us to Stay Calm.

Mindfulness is the practice of bringing one's attention to the present moment with openness, curiosity, and without judgment. It means being fully aware of what is happening right now, both around us and within us, without trying to change it or react impulsively. It originates from ancient Buddhist traditions but has now been widely adopted in modern psychology and mental health practices for its proven benefits.

At its core, mindfulness encourages us to *pause, breathe, and observe* our thoughts, feelings, and bodily sensations. Instead of getting carried away by stress, anxiety, or emotional overreactions, mindfulness helps us recognize what we are experiencing and gently return our focus to the present.

Logically speaking, our mind often reacts to situations based on past memories or future worries. This constant swing between "what was" and "what might be" creates emotional turbulence, stress, and even panic. For instance, when we worry about an upcoming exam or recall a previous failure, our body may react with tension, increased heart rate, or restlessness triggering a stress response. Mindfulness breaks this automatic loop by anchoring us to the "now," allowing our brain and body to respond calmly.

Neurologically, mindfulness has been shown to calm the amygdala the part of the brain involved in fear and threat perception and enhance the functioning of the prefrontal cortex, which is responsible for decision-making, focus, and emotional regulation. In other words, mindfulness trains the brain to respond rather than react.

Practicing mindfulness regularly through meditation, mindful breathing, or even simple activities like mindful eating or walking can reduce symptoms of anxiety, anger, and irritability. It gives us space between stimulus and response. When we are mindful, we become less reactive and more reflective. For example, instead of yelling when frustrated, a mindful person might pause, take a breath, and choose to speak calmly or walk away.

Furthermore, mindfulness improves sleep, lowers blood pressure, enhances concentration, and increases self-awareness. These physiological and psychological changes contribute to a calmer, more balanced life.

In conclusion, mindfulness is not just a relaxation technique; it is a way of being. It empowers us to take control of our emotions, regulate our thoughts, and respond to challenges with a calm and composed mind. In a world full of noise and rush, mindfulness offers the gift of presence and in that presence, we find peace.

Exercises

1. Short Mindfulness Practice (5 minutes)

Sit comfortably.

Instructions:

- Close your eyes or soften your gaze.
- Take a slow breath in... And out.
- Notice your body: your feet touching the floor, your hands in your lap.
- Just sit quietly and notice your breath. If thoughts come, gently bring your focus back to your breath.

Soft music or a bell chime can enhance this moment.

2. Introduction to Present-Moment Awareness (5 minutes)

Anxiety often pulls us into the future what might go wrong. Mindfulness brings us back to this moment the only one we truly have.

“Imagine your thoughts are clouds. You don’t have to chase them. You just notice them and let them float by.”

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3. Mindfulness Exercise: Breathing + listening (*10 minutes*)

Part 1 – Mindful Breathing (5 min)

- Breathe in slowly for 4 seconds, hold for 4, and exhale for 4.
- Notice how your chest and belly rise and fall.

Part 2 – Mindful Listening (5 min)

- Sit silently and listen. What sounds can you hear around you near and far?
- Share: “I heard birds... a car... someone breathing...”

This helps shift focus from anxious thoughts to gentle awareness.

4. **Game: 5 Senses Walk OR Object Focus** (*5 minutes*)

Option A: 5 Senses Walk (outdoors or indoors)

Ask: “What can you...?”

- See (eg. colors, shapes)
- Hear (eg. sounds)
- Smell (eg. scents)
- Touch (eg. textures)
- Taste (eg. if applicable)

Repeat the sequence of the senses you have noticed _____

Option B: Object Focus

Take a simple object (like a leaf, stone, or pen).

Observe it closely for 1–2 minutes without labelling or judging, just notice.

This will help you to build mindfulness through sensory grounding.

Journal

How Did It Feel to Slow Down? (5 minutes)

Sit in silence and note:

“When I slowed down today, I notice_____”

“My body felt_____”

“My mind was_____”

“I felt more/less anxious because_____”

Encourage honest, gentle self-awareness.

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Reflection Circle (10 minutes)

- “What did you notice during the mindfulness activities?”
- “Was it hard or easy to stay present?”
- “What might help you use mindfulness in daily life?”

“Today, I learned that peace is possible in the present moment.”

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Day 9

Building Confidence & Coping Plans

Objective: Strengthen inner confidence and build healthy coping strategies to handle anxiety and daily stress.

The belief we have in our own skills, judgment, and value is known as self-confidence. It means trusting yourself to handle challenges, make decisions, and interact with others effectively. A self-confident person believes they can succeed, even when facing difficulties or setbacks. This belief doesn't mean being perfect or never failing. It means knowing that you can learn, grow, and bounce back.

Self-confidence plays an important role in shaping our life. Firstly, it helps us take initiative and try new things. Without confidence, people may hesitate to take risks or step out of their comfort zones. This can limit their growth and opportunities. For example, a student with confidence is more likely to ask questions in class or take leadership roles, which builds knowledge and skills.

Secondly, self-confidence improves mental health. When we trust ourselves, we are less likely to feel anxious or fearful. Confident people are also more resilient in handling criticism or failure. They see setbacks as part of learning, not as a reflection of their worth. This positive mindset protects them from low self-esteem and negative thoughts.

Thirdly, confidence influences how others see us. People are naturally drawn to those who appear assured and composed. In job interviews, relationships, or

teamwork, self-confidence can create a strong first impression and build trust. It enhances communication and assertiveness, which are vital for personal and professional success.

In conclusion, self-confidence is not just a personality trait. it's a skill that can be developed over time through experience, self-reflection, and positive reinforcement. It empowers us so we can get our goals, face life situations with courage, and can build meaningful relationships. In short, self-confidence is the foundation of a happy, successful, and fulfilling life.

1. Self-Esteem Check-In: When Do I Feel Strong? (5 minutes)

Reflect and share one moment when they felt strong, proud, or brave.

- A time I overcame something hard _____

- A compliment I remember _____

- A challenge I handled well _____

This helps shift attention from anxiety to inner strength.

2. “My Coping Toolbox” Worksheet (*10 minutes*)

Fill out this worksheet listing your personal coping tools.

Category	My Tools/Ideas
Eg. Breathing & Relaxation	Deep breaths, body scan, meditation
Creative Outlets	
Movement & Action	
Talking & Expressing	
Comfort Objects or Rituals	
Affirmations	

3. Group Game: “Coping Card Match-Up” (5 minutes)

How to Play:

- Prepare cards with different situations (e.g., “Feeling anxious before an exam”, “Can’t sleep due to worry”)
- Prepare matching coping strategies (e.g., “Do deep breathing”, “Write your thoughts down”)

Match a *situation card* with a *healthy coping card*.

Situation Card ➡ Healthy Coping Card

S. No.	Situation	Coping Strategy
1	I failed an exam	Call a trusted friend or family member
2	I feel nervous before a performance	Focus on your own goals and achievements
3	I argued with my parents	Use positive self-talk
4	I feel jealous of my friend’s success	Remind yourself of your strengths
5	I got rejected in a job interview	Talk to a teacher and plan how to improve
6	I made a mistake at work	Practice deep breathing
7	I’m feeling lonely	Write your feelings in a journal
8	I feel pressure to be perfect	Tell a teacher and talk about how you feel
9	My classmate made fun of me	Apologize and learn from it
10	I feel left out in a group	Focus on what you can control today
11	I am overwhelmed with school work	Say sorry and take responsibility
12	I had a fight with my best friend	Take a walk to calm down
13	I feel guilty for something I said	Join a new activity or club
14	I feel anxious about my future	Make a to-do list and break tasks into steps
15	My friend ignored my message	Take space, then talk it out calmly

Answer

1. I failed an exam ➡ Talk to a teacher and plan how to improve
2. I feel nervous before a performance ➡ Practice deep breathing
3. I argued with my parents ➡ Take a walk to calm down
4. I feel jealous of my friend's success ➡ Focus on your own goals and achievements
5. I got rejected in a job interview ➡ Remind yourself of your strengths
6. I made a mistake at work ➡ Apologize and learn from it
7. I'm feeling lonely ➡ Call a trusted friend or family member
8. I feel pressure to be perfect ➡ Use positive self-talk
9. My classmate made fun of me ➡ Tell a teacher and talk about how you feel
10. I feel left out in a group ➡ Join a new activity or club
11. I am overwhelmed with school work ➡ Make a to-do list and break tasks into steps
12. I had a fight with my best friend ➡ Take space, then talk it out calmly
13. I feel guilty for something I said ➡ Say sorry and take responsibility
14. I feel anxious about my future ➡ Focus on what you can control today
15. My friend ignored my message ➡ Write your feelings in a journal

4. write a Letter to your Future Self” (10 minutes)

Write a letter to your future self who might be feeling anxious.

Prompts to guide writing:

- Dear Future Me, I know you might feel worried, but remember_____

_____You’ve already

handled so much, like _____

_____ but look here are a few things

that can help you now_____

You are strong, and I believe in you because_____

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Day 10

Integration & Moving Forward

Objective: Review key learnings, celebrate personal growth, and create a personal healing roadmap.

1. Recap Quiz or Group Bingo (5 minutes)

Give one word or sentence

- What is a cognitive distortion?

- What's one way to calm anxiety in the moment?

- "What does exposure therapy help with?"

Group Bingo

Fill your bingo sheet. One person will be announced the statements randomly, in front of you. Check your statement. Who will get the first five healing statement in their favour will won the game. Few bingo sheets are given below

1. I can breathe deeply without feeling tightness in my chest.
2. I don't overthink every small decision.
3. I can sleep peacefully most nights.
4. My mind feels calmer in stressful situations.
5. I don't avoid places or people out of fear.
6. I can say "no" without guilt.
7. I no longer replay embarrassing moments repeatedly.
8. I feel more in control of my emotions.
9. I don't expect the worst every time.
10. I can focus on the present moment.
11. I believe I can handle future challenges.
12. I don't panic over small changes in plans.
13. I trust that things will work out.
14. I feel safe in my own body.
15. I no longer feel overwhelmed by crowds.
16. I can make phone calls without anxiety.
17. I don't need to constantly seek reassurance.

18. I can sit quietly without racing thoughts.
19. I no longer fear being judged all the time.
20. I feel good about trying new things.
21. I can talk openly about how I feel.
22. I've stopped avoiding mirrors or my reflection.
23. I forgive myself for past mistakes.
24. I'm not controlled by "what if" thinking.
25. I trust my own decisions more.
26. I don't always assume others are upset with me.
27. I no longer need perfection to feel okay.
28. I can enjoy silence without discomfort.
29. I feel more connected to people around me.
30. I can laugh freely and enjoy the moment.
31. I don't feel like I need to escape my life.
32. I accept things I cannot control.
33. I feel grounded when things go wrong.
34. I can ask for help when I need it.
35. I enjoy being in my own company.
36. I don't dread waking up in the morning.
37. I let go of toxic self-talk quickly.
38. I feel proud of how far I've come.
39. I don't fear being alone anymore.

40. I can go a day without worrying.
41. I trust that I can cope with change.
42. I've learned to pause before reacting.
43. I am no longer ashamed of my past anxiety.
44. I can feel sad without feeling broken.
45. I know when to take breaks and rest.
46. I can handle criticism without shutting down.
47. I look forward to things instead of fearing them.
48. I accept my feelings without judgment.
49. I feel more hopeful about the future.
50. I know healing is a journey—and I'm on it.

20 BINGO SHEETS (Cut & Separate before playing)

<ul style="list-style-type: none"> ○ I practiced mindful breathing ○ I shared in a group circle ○ I used a coping tool ○ I reframed a negative thought ○ I wrote to my future self 	<ul style="list-style-type: none"> ○ I trust that I can cope with change. ○ I've learned to pause before reacting. ○ I am no longer ashamed of my past anxiety. ○ I can feel sad without feeling broken. ○ I know when to take breaks and rest.
<ul style="list-style-type: none"> ○ I can breathe deeply without feeling tightness in my chest. ○ I don't overthink every small decision. ○ I can sleep peacefully most nights. ○ My mind feels calmer in stressful situations. ○ I don't avoid places or people out of fear. 	<ul style="list-style-type: none"> ○ I don't dread waking up in the morning. ○ I let go of toxic self-talk quickly. ○ I feel proud of how far I've come. ○ I don't fear being alone anymore. ○ I can go a day without worrying.
<ul style="list-style-type: none"> ○ I can talk openly about how I feel. ○ I've stopped avoiding mirrors or my reflection. ○ I forgive myself for past mistakes. ○ I'm not controlled by "what if" thinking. ○ I trust my own decisions more 	<ul style="list-style-type: none"> ○ I can handle criticism without shutting down. ○ I look forward to things instead of fearing them. ○ I accept my feelings without judgment. ○ I feel more hopeful about the future. ○ I know healing is a journey, I'm on it.
<ul style="list-style-type: none"> ○ I don't always assume others are upset with me. ○ I no longer need perfection to feel okay. ○ I can enjoy silence without discomfort. ○ I feel more connected to people around me. ○ I can laugh freely and enjoy the moment. 	<ul style="list-style-type: none"> ○ I can sleep peacefully most nights. ○ My mind feels calmer in stressful situations. ○ I don't avoid places or people out of fear. ○ I can say "no" without guilt. ○ I no longer replay embarrassing moments repeatedly.
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<ul style="list-style-type: none"> ○ I can make phone calls without anxiety. ○ I don't need to constantly seek reassurance. ○ I can sit quietly without racing thoughts. ○ I no longer fear being judged all the time. ○ I've stopped avoiding mirrors or my reflection. 	<ul style="list-style-type: none"> ○ I can sit quietly without racing thoughts. ○ I no longer fear being judged all the time. ○ I feel good about trying new things. ○ I can talk openly about how I feel. ○ I feel good about trying new things.
<ul style="list-style-type: none"> ○ I don't feel like I need to escape my life. ○ I accept things I cannot control. ○ I feel grounded when things go wrong. ○ I can ask for help when I need it. ○ I enjoy being in my own company. 	<ul style="list-style-type: none"> ○ I am no longer ashamed of my past anxiety. ○ I can feel sad without feeling broken. ○ I know when to take breaks and rest. ○ I can handle criticism without shutting down. ○ I look forward to things instead of fearing them
<ul style="list-style-type: none"> ○ I enjoy being in my own company. ○ I don't dread waking up in the morning. ○ I let go of toxic self-talk quickly. ○ I feel proud of how far I've come. ○ I don't fear being alone anymore. 	<ul style="list-style-type: none"> ○ I don't overthink every small decision. ○ I can sleep peacefully most nights. ○ My mind feels calmer in stressful situations. ○ I don't avoid places or people out of fear. ○ I can say "no" without guilt.
<ul style="list-style-type: none"> ○ I trust that I can cope with change. ○ I've learned to pause before reacting. ○ I am no longer ashamed of my past anxiety. ○ I can feel sad without feeling broken. ○ I know when to take breaks and rest. 	<ul style="list-style-type: none"> ○ I no longer replay embarrassing moments repeatedly. ○ I feel more in control of my emotions. ○ I don't expect the worst every time. ○ I can focus on the present moment. ○ I believe I can handle future challenges.

Mark what applies and shout "Healing Bingo!"

Worksheet

“My Anxiety Healing Plan” (10 minutes)

Let each participant fill out a reflection and action sheet with these prompts:

My Healing Plan Includes:

- One belief I want to let go of: _____
- One tool that really helps me: _____
- When I feel anxious, I will: _____
- One person I can talk to: _____
- My affirmation going forward: _____

Encourage creativity you can draw, color, or add a symbol that represents peace.

Sharing Circle

“One Thing I’m Proud Of” (*10 minutes*)

Let each person share one thing they feel proud of from the 10-day journey.

Prompts to guide them:

- “I surprised myself when...”
- “I learned that I can...”
- “A small win for me was...”

Celebrate each share with a round of applause or “you did it!” stickers.

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Guided Meditation

Inner Calm Journey (10 minutes)

Lead this gentle imagery-based meditation

“Close your eyes. Imagine you are walking through a peaceful forest. The breeze is calm, the sunlight is soft. You find a quiet spot under a tree and sit. You feel peace in your body... your breath is slow... you are safe here. You whisper to yourself: *‘I am healing. I am strong. I am okay.’* Stay here for a few breaths, then gently return to the room.”

Optional: Play soft nature sounds or flute music.

Closing Ceremony

Affirmation Badge or Certificate (5 minutes)

Give each participant a certificate or badge that says:

“Anxiety Healing Champion”

I faced my fears, built strength, and chose healing.

Let them sign their name, decorate it, and take a group photo if possible.

You can also hand out:

- A printed affirmation card (e.g., “I trust myself to handle what comes.”)
- A ribbon, sticker, or small stone with the word “*Calm*”