



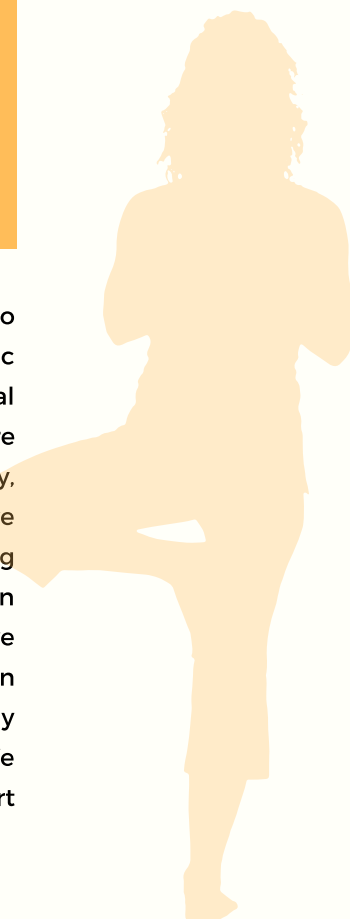
CONQUER SOCIAL ANXIETY PRESENTS:

# 4 WEEK PROACTIVE CHANGE- CHALLENGE

**"The secret of change is to focus all of your energy, not on fighting the old, but on building the new." -Socrates**

# CHANGE YOUR HABITS - CONQUER YOUR SOCIAL ANXIETY

Most people with SAD get trapped in a state of frustration and fear when it comes to actively doing something about their problem. Perfectionist standards and unrealistic expectations are often the reason why people with SAD stop trying to improve. But real change often comes by doing the little things and by being persistent. Also, there are many habits with anxiety reducing effects that do not relate to social anxiety directly, but rather affect it on a secondary level. We have put together this 4-week proactive change challenge in order to lower the threshold when it comes to actively conquering your social anxiety. The suggested activities below are simple ideas everyone can implement in order to experience some relief. Instead of seeing them as prescriptive steps, they are thought to give affected people ideas about what they can do today in order to start conquering their social anxiety. The idea is to try one of the ideas each day until you complete the 4 weeks. Feel free to adjust them to your individual needs. We hope that some of them will soon be part of your daily habits. So, get to it and start crossing off the first step on the list today!



1 day without caffeine	Go to bed at a time that allows for 8h of sleep	Get up 15 min early and have a relaxed breakfast	Meditate for 5 min	Go for a 10 min walk or run	Journal about your best or worst experience of the day.	Tidy up your bedroom
Sit comfortably and do nothing for 5 min	Spend 10 min in nature	Do 5 push ups	Eat 1 fruit & 1 raw vegetable	Write down 5 things you are grateful for	No alcohol for the day	Spend 15 min outside at daylight
Schedule a treatment at a spa	Start reading a book	Meet up with a friend	Set a goal for the day the night before & follow through	Treat yourself to something you enjoy	No screentime for the last 2h of your day	Engage in a social activity you usually avoid
Research if there is a local support group for SAD	1 day without refined sugar	Create a relaxation playlist	Smile at 3 people while interacting with them	Take a group class at your gym	Read eBook on official psychotherapy approaches to SAD	Schedule a session with a psychotherapist

