

THE ANXIETY GUIDES

Daily Schedule Guide

WHY YOU SHOULD CREATE A DAILY SCHEDULE.

HOW WILL A DAILY SCHEDULE BENEFIT ME?

WHERE DO I START? A MORNING ROUTINE

PHYSICAL ACTIVITY

NIGHTTIME ROUTINE

REMINDER

3 BONUS SCHEDULES (DAILY, WEEKLY, ANNUALLY)

IF THIS GUIDE WAS HELPFUL

Find a more tips and techniques in my new book,
[Take Control and Calm the Waves.](#)

THE ANXIETY GUIDES

Daily Schedule Guide

WHY YOU SHOULD CREATE A DAILY SCHEDULE?

Anxiety can cause us to feel stressed and overwhelmed. Our brains are always turned on and ready.

Creating a schedule can help mitigate the smaller daily stressors that could be triggering you anxiety.

HOW WILL A DAILY SCHEDULE BENEFIT ME?

A daily schedule can improve:

- Stress levels
- Sleep issues
- Poor diet
- Physical condition
- Relationships
- Self appreciation
- Mental Health

WHERE DO I START? A MORNING ROUTINE

It's best to start with a well balanced morning routine jump start your positive energy.

Wake up around the same time every day. Fit in 5 minutes of meditation or mindfulness. Say something you are thankful for. Eat a nutritious breakfast and write out a to-do list for the items you want to get done that day.

PHYSICAL ACTIVITY

It is important to start scheduling time each day to work on your physical health. As your physical health improves so will your mental health.

Start with at least 15 minutes a day. Walk, dance, or yoga. Whatever works for you. Work your way up to 30 minutes a day.

NIGHTTIME ROUTINE

No, bedtime routines are not just for toddlers. A solid plan before bed can help improve your sleep and overall health.

Eat a balanced dinner at least 2 hours before sleeping. Grab a cup of chamomile tea after dinner. Try using a lavender scented candle or soap. Turn off electronics an hour before bed. Read or listen to calming music. And fit in another 5-10 minutes of meditation/mindfulness.

REMINDER

A daily schedule does not need to be completed, stressful, or overdone.

Everyone is in a different situation. Find things that work for you. Start small by slowly working on your morning routine then gradually work your way to a full day.

Small changes add up to big results.

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MY DAILY SCHEDULE

07:00

07:30

08:00

08:30

09:00

09:30

10:00

10:30

11:00

11:30

12:00

12:30

01:00

01:30

02:00

02:30

03:00

03:30

04:00

04:30

05:00

WEEKLY SCHEDULE

NAME:

DATE:

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

12-MONTH TIMELINE

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER