Your CouRage Challenges

These challenges are designed to motivate you to step outside your comfort zone, which will strengthen your mind and control over your anxiety and build courage.

Type in the boxes on your computer or phone, or print the pages and fill them in by hand. Go at your own pace: you can do them in any order.



Challenge 1: Try a treatment



Challenge 2: Face your fears



Challenge 3: Talk it out



Challenge 4: Turn off



Challenge 5: A mindful week



Challenge 6: Pick a date, meditate

CouRage Planner

> *"Feel the fear and do it anyway!"*
>
> **Susan Jeffers**

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CouRage Challenge 1: Try a treatment

Welcome to your first CouRage Challenge! These challenges are designed to motivate you to step outside your comfort zone, which will strengthen your mind and control over your anxiety and build courage.

Your first challenge is to try one of the three treatments: psychological, medical or self care. Take note of how you are feeling before your treatment and 2 months after your treatment.

It is important to realise that treatment will take time to take effect, especially medicine, which typically takes at least a month to start seeing improvements, so don't get discouraged early in the game.

> **Tip:** You only get out what you put in. Medical professionals are there to guide you, but the more you practise their advice and the advice in this workbook, the more courageous you will be. Go out and do something small each day that builds your courage.

The treatment I'm trying

Start date (DD / MM / YYYY)

How I feel before my treatment

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How I feel 2 months after my treatment

☐ *I did it! I CouRaged!*

Date

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CouRage Challenge 2: Face your fears

Courage is defined as “the ability to do something that frightens one; bravery” and “strength in the face of pain or grief.”

This challenge is about exposing yourself to your fears. The more you do this with each fear, the more courage you will gain. It’s normal for the feelings of anxiety to still be there, but you will be braver and better equipped to deal with the situation.

It does get easier! If I can do it, you can do it!

> *“Feel the fear and do it anyway!”*
> **Susan Jeffers**

My chosen challenge is to

Starting on (DD / MM / YYYY)

My anxieties and worries about my challenge

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How it went. Did it go the way you imagined? Worse? Better? Do you feel stronger?

☐ *I did it! I CouRaged!*

Date

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CouRage Challenge 3: Talk it out

This challenge is about letting it out. This will help prevent pent-up emotions and help put your worries in perspective.

Anxiety can overwhelm your mind and cause you to forget things you wanted to say. To help, prepare yourself and stress less by writing down talking points and anything you would like to ask.

My chosen fighter/s are

I need to talk about

My takeaways, tips and plan

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☐ *I did it! I CouRaged!* **Date**

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CouRage Challenge 4: Turn off

This challenge encourages you to turn off your phone or notifications before sleep, which can reduce anxiety and promote a healthier sleep.

Stop using your phone or tablet an hour before your planned sleep time. If it helps, put your phone in another room, or set it to Do Not Disturb so it only rings in an emergency.

Wind down: during this hour, try something calm, like a meditation, a book, or music or a podcast on a low volume. Keep the lights low to signal to your body that it's time to prepare for a good night's sleep.

My planned sleep time

My wind-down activities

Nights I turned off

☐ Night 1 ☐ Night 2 ☐ Night 3 ☐ Night 4 ☐ Night 5 ☐ Night 6 ☐ Night 7

How I slept and felt

☐ *I did it! I CouRaged!* **Date**

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CouRage Challenge 5: A mindful week

There's no time like the present to get present. Try a mindfulness exercise each day for a week, and discover your new favourite stress-fighting tools.

You can do the same exercise multiple times or choose a different one each day. After each exercise, reflect on how it went. If you rate it higher than 5, consider making it part of your daily routine, or using it when you feel particularly stressed.

Day 1 exercise

Day 1 rating

○ ○ ○ ○ ○ ○ ○ ○ ○ ○
1 2 3 4 5 6 7 8 9 10

1 = "Not for me" to 10 = "I loved it"

Day 2 exercise

Day 2 rating

○ ○ ○ ○ ○ ○ ○ ○ ○ ○
1 2 3 4 5 6 7 8 9 10

1 = "Not for me" to 10 = "I loved it"

Day 3 exercise

Day 3 rating

○ ○ ○ ○ ○ ○ ○ ○ ○ ○
1 2 3 4 5 6 7 8 9 10

1 = "Not for me" to 10 = "I loved it"

Day 4 exercise

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Day 4 rating

○ ○ ○ ○ ○ ○ ○ ○ ○ ○
1 2 3 4 5 6 7 8 9 10

1 = “Not for me” to 10 = “I loved it”

Day 5 exercise

Day 5 rating

○ ○ ○ ○ ○ ○ ○ ○ ○ ○
1 2 3 4 5 6 7 8 9 10

1 = “Not for me” to 10 = “I loved it”

Day 6 exercise

Day 6 rating

○ ○ ○ ○ ○ ○ ○ ○ ○ ○
1 2 3 4 5 6 7 8 9 10

1 = “Not for me” to 10 = “I loved it”

Day 7 exercise

Day 7 rating

○ ○ ○ ○ ○ ○ ○ ○ ○ ○
1 2 3 4 5 6 7 8 9 10

1 = “Not for me” to 10 = “I loved it”

☐ *I did it! I CouRaged!* **Date**

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CouRage Challenge 6: Pick a date, meditate

You've got the tools, and no rules (unless you choose Zen meditation of course). Pick a day and try out a type of meditation.

If it's your first time, try a guided meditation on YouTube or a meditation app, where a calm voice guides you through a meditative journey. Try as many as you like and add your favourites to your daily life. Even 5 minutes a day of meditation can be beneficial.

Date 1 (DD / MM / YYYY)

Type of meditation 1

Date 2 (DD / MM / YYYY)

Type of meditation 2

Date 3 (DD / MM / YYYY)

Type of meditation 3

Date 4 (DD / MM / YYYY)

Type of meditation 4

Tools I want to try

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

- [ ] *I did it! I CouRaged!* **Date**

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Plan it
CouRage Planner

This is a 4 week challenge, but you can spread it out or take as long as you need to build your courage. Go at your own pace. Pick one or more of the CouRage Challenges, or focus on your own challenges.



CouRage Challenge 1: Try a treatment



CouRage Challenge 2: Face your fears



CouRage Challenge 3: Talk it out



CouRage Challenge 4: Turn off



CouRage Challenge 5: A mindful week



CouRage Challenge 6: Pick a date, meditate

Week 1

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Week 2

Week 3

Week 4

Reflection time: how did your challenges go? Would you do it again? Are you proud? (Tip: you should be!)

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