

Exercise 1. Catch a day aka draw one picture a day

Much is said about gratitude, but often we ourselves may not realize how much we have to be grateful for every day. If you learn to notice the beauty around you and write it down, that's gratitude. By noticing beautiful things and moments around you, your anxiety level is also lower. You don't just have to draw, you can also write that word or sentence and then decorate it - make some kind of frame, pattern, etc.

Exercise 2. Trash Can aka empty your head of worries

Create a concept map to clear your head of worries and bring anxiety before your eyes to assess it objectively. See how much garbage you keep in your head every day. By mapping thoughts, you can also draw emotions and feelings. In addition, it can be further developed as a spider web and additional solutions can be written.