



Boxing Day

Hello you glorious creature!

Welcome to Day **7!**

It's Boxing Day here at the 21 Day Programme!

No, not THAT post-Christmas British boxing day, this NEW type of boxing day.

What you need: A small box, some small bits of paper and a pen.

This is your 'worry and anxiety' box. Worry and anxiety are a projection about things that may never happen in the future; depression is about things that have happened in the past. Many of us, including me experience worry at times, sometimes every day.

So here's the plan. Your box will now be the 'minder' for your worries and negative thoughts. You no longer need to hold onto them. Your box will now contain all of your worries.

This is especially useful right before bedtime, if you struggle to sleep with your mind racing with worry and or anxiety.



As you find yourself worrying about something, write it down on a bit of paper and put it in the box. Do this for every worry that enters your mind, do it until you have cleared your worries. It may be a slow process over a few days, or you may get them out all at one sitting. You can add to the box anytime you like. Just close it once you've put your worries in it. You don't want them escaping.

Once you have put your worries in box, you will now have created space in your head. You can replace that space in your head with your future plans for the life you desire, or any other uplifting thoughts you would like.

You can rest assured that your worries are being properly guarded in the box and most of all know that you can retrieve them any time you want to.

Ask yourself periodically if you'd like to take those worries out again and hang out with them. You have complete control over whether you want to take them out or whether you'd like to leave them in the box.

You can dispose of those worries at any time if you choose.

Put photos of your worry boxes in the Facebook group!

Happy Boxing Day 