

DTDF Essentials

7 Habits Checklist — Stop Fueling Your Anxiety

Spot the Habits. Swap the Triggers. Start Calming Your Mind.

- 1. Scrolling your phone first thing in the morning – Try a 5-minute mindfulness app
- 2. Drinking too much caffeine without enough water – Balance coffee with hydration + herbal teas
- 3. Binge-watching into the night – Use blue-light filters or calming sleep tech
- 4. Avoiding small conflicts – Practice gentle boundaries and journal your feelings
- 5. Shallow breathing all day – Use biofeedback wearables or breathwork apps
- 6. Multitasking too often – Try focused blocks with Pomodoro or Serene
- 7. Suppressing emotions – Use an emotion tracker or 10-minute evening journaling