```python
import random
import time
import matplotlib.pyplot as plt
```

In [2]:

```python
# List of daily activities
activities = [
    "Morning deep breathing exercise",
    "10 minutes of mindfulness meditation",
    "30 minutes of physical exercise",
    "Practice cognitive restructuring for 15 minutes",
    "Engage in a self-care activity (hobby, reading, etc.)",
    "Take a 10-minute relaxation break",
    "Evening reflection and gratitude journaling"
]
```

In [3]:

```python
# Function to get a random activity for the day
def get_daily_activity():
    return random.choice(activities)
```

In [4]:

```python
# Main program
print("Welcome to Your One-Week Routine for Overcoming Anxiety!")
print("This routine incorporates various strategies to help you reduce
anxiety and improve well-being.")
print()

# Initialize variables
progress = []
days_of_week = []

# Iterate over the days of the week
for day in range(1, 8):
    print(f"----- Day {day} -----")
    activity = get_daily_activity()
    print(f"Today's Activity: {activity}")
    print("")

    # Add progress data for the day
    progress.append(activity)
    days_of_week.append(f"Day {day}")

    # Wait for 2 seconds before displaying the next day's activity
    time.sleep(2)

print("Congratulations on completing your one-week routine!")
```

Welcome to Your One-Week Routine for Overcoming Anxiety!
This routine incorporates various strategies to help you reduce anxiety and
improve well-being.

----- Day 1 -----
Today's Activity: Evening reflection and gratitude journaling

----- Day 2 -----
Today's Activity: Evening reflection and gratitude journaling

----- Day 3 -----

```
Today's Activity: 10 minutes of mindfulness meditation

----- Day 4 -----
Today's Activity: Morning deep breathing exercise

----- Day 5 -----
Today's Activity: 10 minutes of mindfulness meditation

----- Day 6 -----
Today's Activity: Morning deep breathing exercise

----- Day 7 -----
Today's Activity: 10 minutes of mindfulness meditation

Congratulations on completing your one-week routine!
```
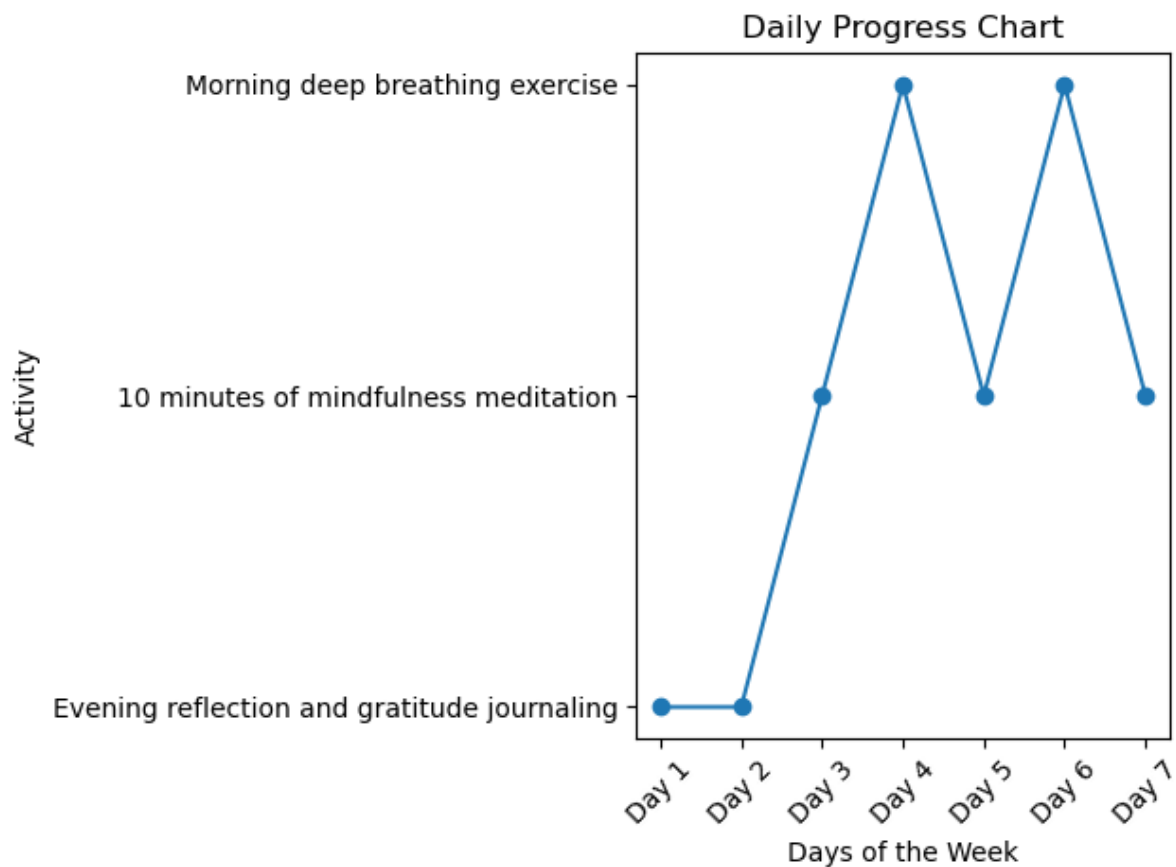
```python
# Plotting the progress chart
plt.plot(days_of_week, progress, marker='o')
plt.title("Daily Progress Chart")
plt.xlabel("Days of the Week")
plt.ylabel("Activity")
plt.xticks(rotation=45)
plt.tight_layout()
plt.show()
```