Anxiety

organization

Visualize

Practice

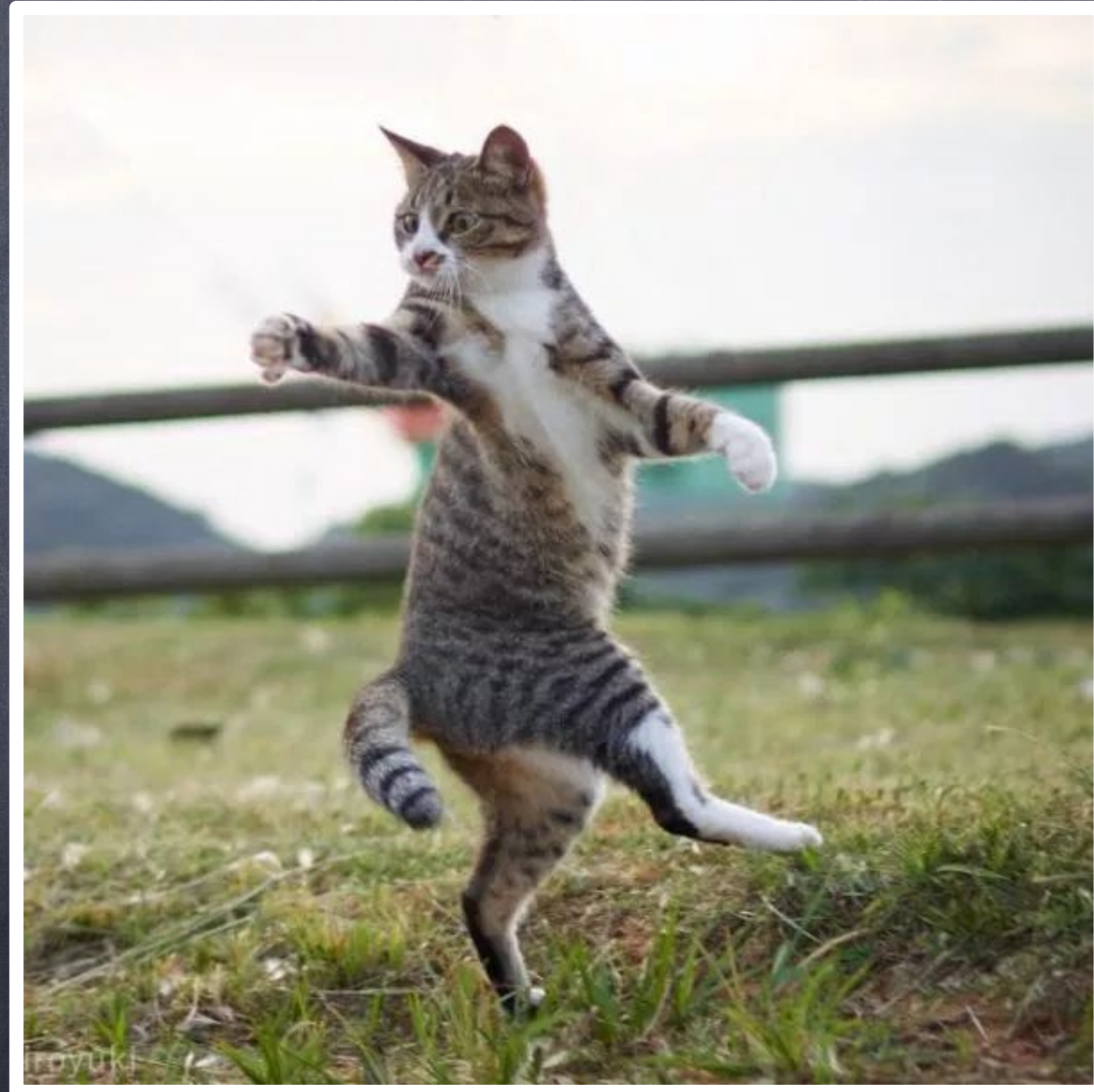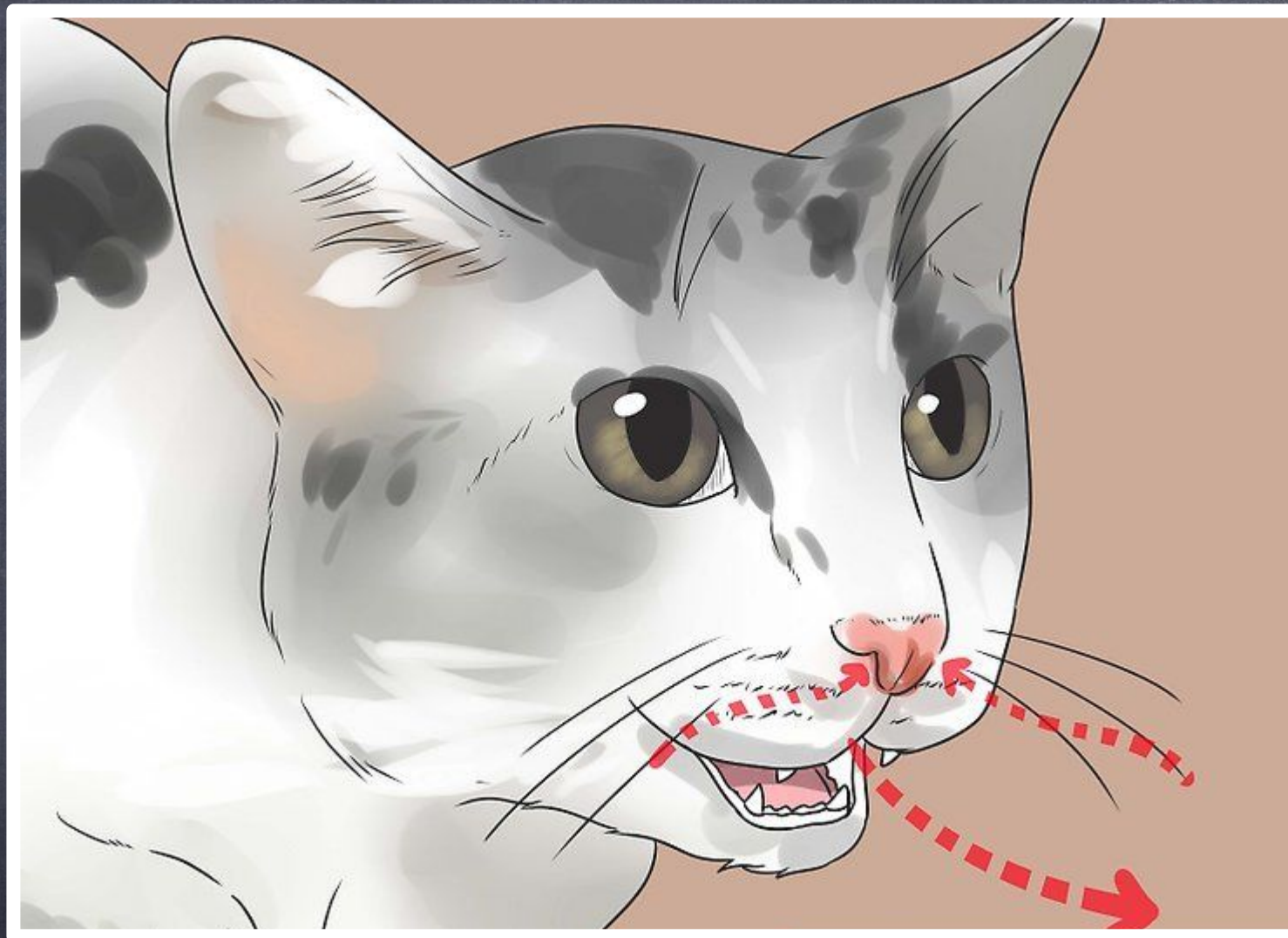# Breathe

Focus on relaxing
Release tension

Move

Eye contact