

Anxiety



How to handle anxiety

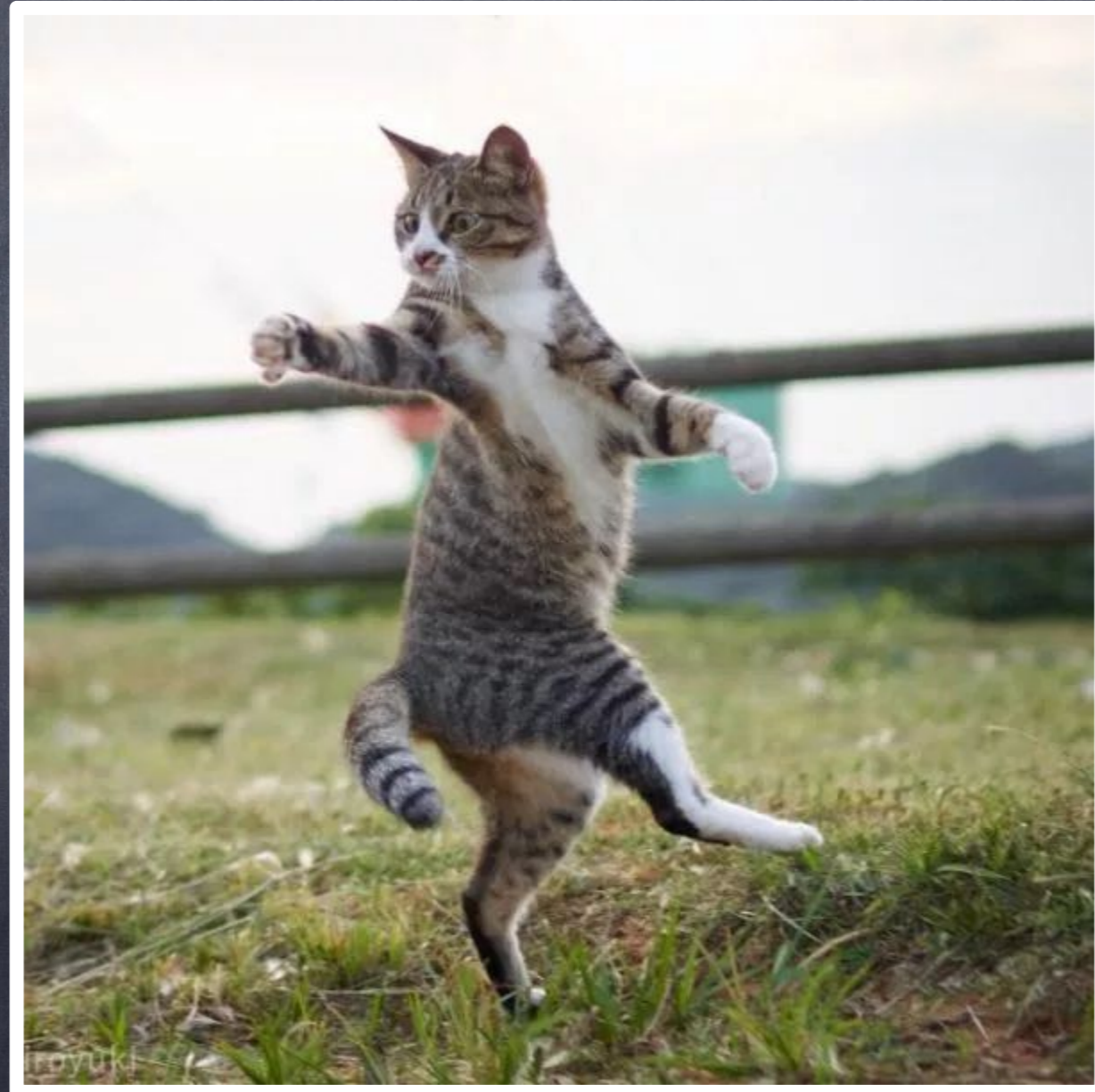


organization

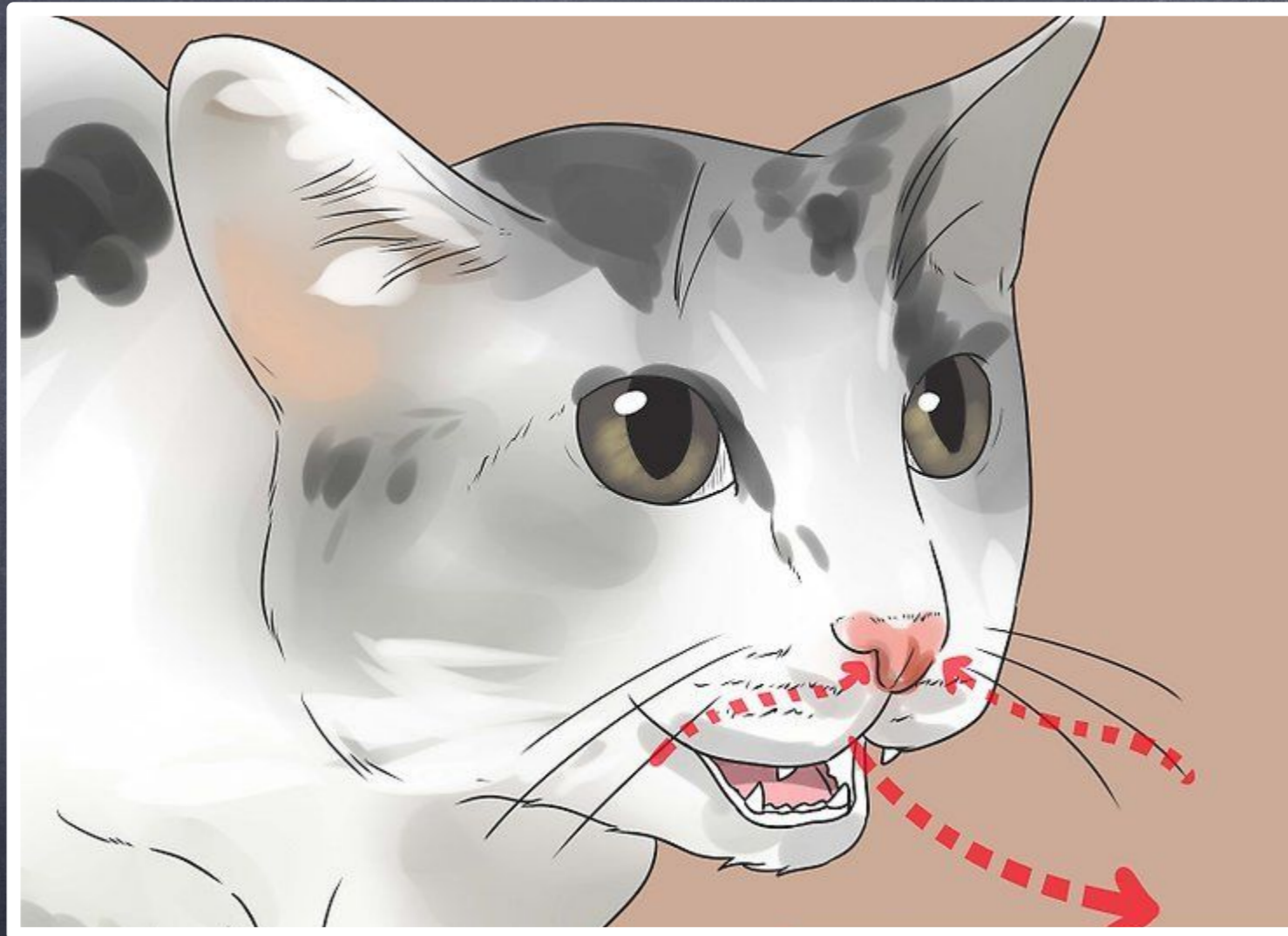
Visualize



Practice



Breathe



Focus on relaxing Release tension



Move

Eye contact

