

Tips For Anxiety



Practice
breathing exercises



Find a creative
activity



Take care of your
sleeping routine



Focus only
on the present



It's ok to
ask for help



Stay active



Take a pause



Drink
cold water

Anxiety Relief Deal

Terry C. Jones



Anxiety Relief Deal:

Discover tales of courage and bravery in Explore Bravery with is empowering ebook, **Anxiety Relief Deal** . In a downloadable PDF format (*), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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