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CHALLENGE YOUR THOUGHTS


JOURNAL YOUR WORRIES


WORK ON YOUR PROBLEM SOLVING SKILLS


TAKE A DEEP BREATHE AND COUNT BACKWARDS


PRACTICE SOME DEEP BREATHING


UNDERSTAND WHEN YOU START CATASTROPHIZING


PRACTICE SOME SELF CARE


TAKE A BREAK FROM TECHNOLOGY


ACCEPT THAT YOU HAVE ANXIETY


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MAKE SURE YOU ARE EATING A BALANCED DIET


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LEARN SOME PROGRESSIVE MUSCLE RELAXATION


SET ASIDE SOME TIME TO WORRY


PRACTICE SOME MINDFULNESS


TRY ENGAGING IN RATIO BREATHING


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IDENTIFY THINKING ERRORS


ASK YOURSELF: WHAT'S THE WORST THAT CAN HEPPEN


REDUCE YOUR STRESS LEVELS


MANAGE YOUR TIME EFFECTIVELY


PRACTICE IMAGERY TO REDUCE AROUSAL


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LOOK AFTER YOURSELF


DISTRACT YOURSELF


SLOW DOWN WHAT YOU ARE DOING


TEST OUT THE VALIDITY OF YOUR THOUGHTS


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RECOGNISE THE SIGNS OF YOUR ANXIETY


CALL A FRIEND


MAKE SURE YOU ARE GETTING PLENTY OF SLEEP



Amazon Anxiety Relief Tips

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