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PRACTICE SOME DEEP BREATHING


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PRACTICE SOME MINDFULNESS


TRY ENGAGING IN RATIO BREATHING


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IDENTIFY THINKING ERRORS


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REDUCE YOUR STRESS LEVELS


MANAGE YOUR TIME EFFECTIVELY


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LOOK AFTER YOURSELF


DISTRACT YOURSELF


SLOW DOWN WHAT YOU ARE DOING


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VISUALISE A SAFE PLACE


RECOGNISE THE SIGNS OF YOUR ANXIETY


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Ying-Ying Zheng



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