

Strategies to Manage your Anxiety



**Reduce your
Stress Level**



**Don't be Afraid
to ask for Help**



**Focus on the
Present Moment**



**Practice some
Mindfulness**



**Practice Physical
Exercises**



**Practice some
Self Care**



**Take a Deep
Breath**



**Eat a Balanced
Diet**



Foldable Phone Anxiety Relief Tips

E Durkheim



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