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WORK ON YOUR PROBLEM SOLVING SKILLS


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PRACTICE SOME DEEP BREATHING


UNDERSTAND WHEN YOU START CATASTROPHIZING


PRACTICE SOME SELF CARE


TAKE A BREAK FROM TECHNOLOGY


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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


DON'T BE AFRAID TO ASK FOR HELP


LOOK AFTER YOURSELF


DISTRACT YOURSELF


SLOW DOWN WHAT YOU ARE DOING


TEST OUT THE VALIDITY OF YOUR THOUGHTS


VISUALISE A SAFE PLACE


RECOGNISE THE SIGNS OF YOUR ANXIETY


CALL A FRIEND


MAKE SURE YOU ARE GETTING PLENTY OF SLEEP



Anxiety Relief Tips

Kathryn Cox



Anxiety Relief Tips:

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In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Anxiety Relief Tips**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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