

A hand is shown pulling a thick, light-colored rope. The rope is tied in a knot on the ground. The background is a clear blue sky with a bright light source in the upper right corner, creating a lens flare effect. The overall scene suggests a sense of pulling oneself out of a difficult situation or achieving relief.

# Anxiety Relief Now

# Anxiety Relief 2025

**Carneiro, Lara, Schuch, Felipe**

**Anxiety Relief 2025:**

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