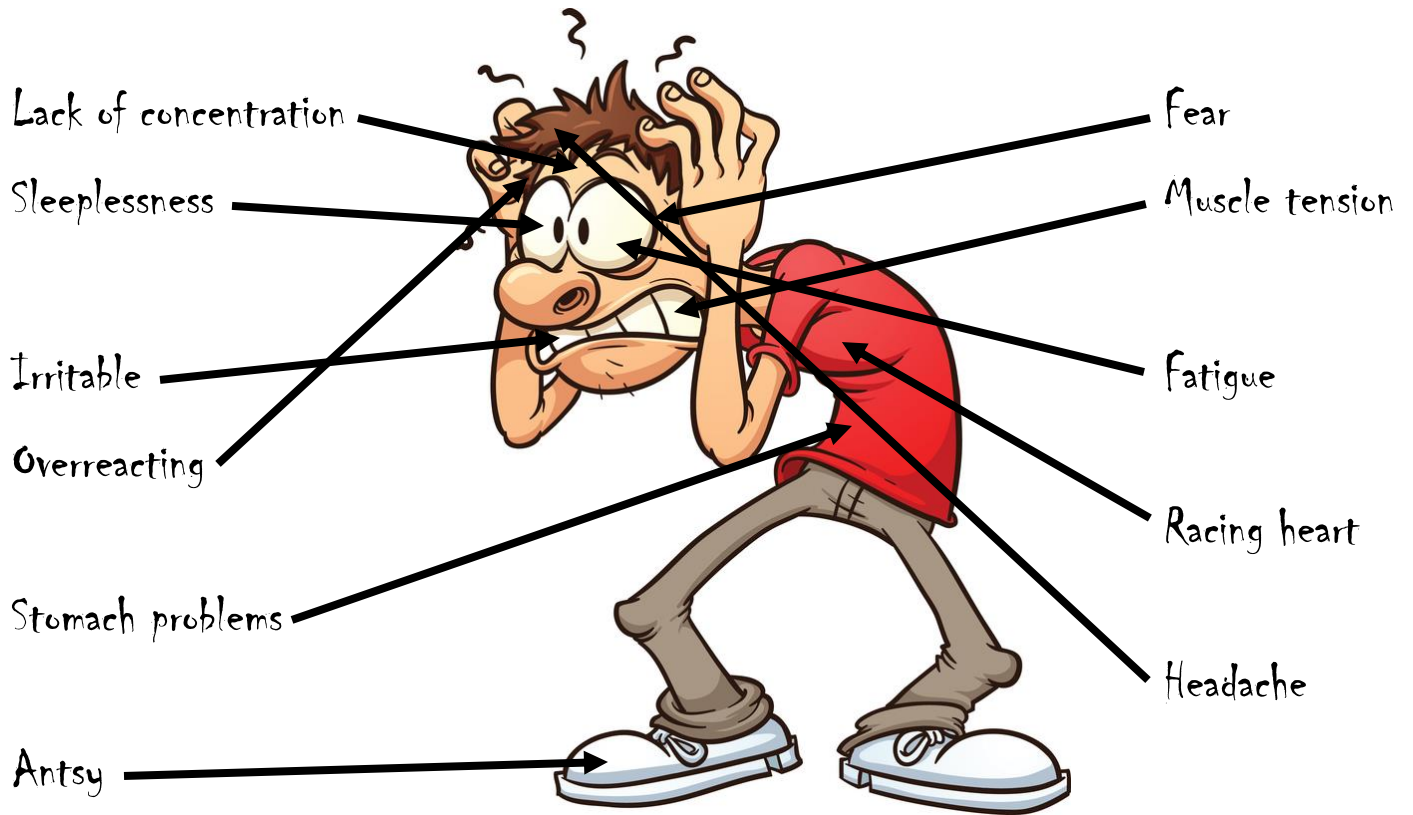


ANXIETY

SIGNS TO LOOK FOR



WHAT CAN YOU DO??

RELAX - breathe fully, exercise, reduce distractions	SIMPLIFY - Plan and organize, reduce clutter, set limits	IDENTIFY TRIGGERS - thoughts, feelings, food
SHARE - thoughts, feelings, fears	NOURISH SPIRIT - live in the present, journal, identify spiritual beliefs	AVOID - procrastination, negative thinking, catastrophizing