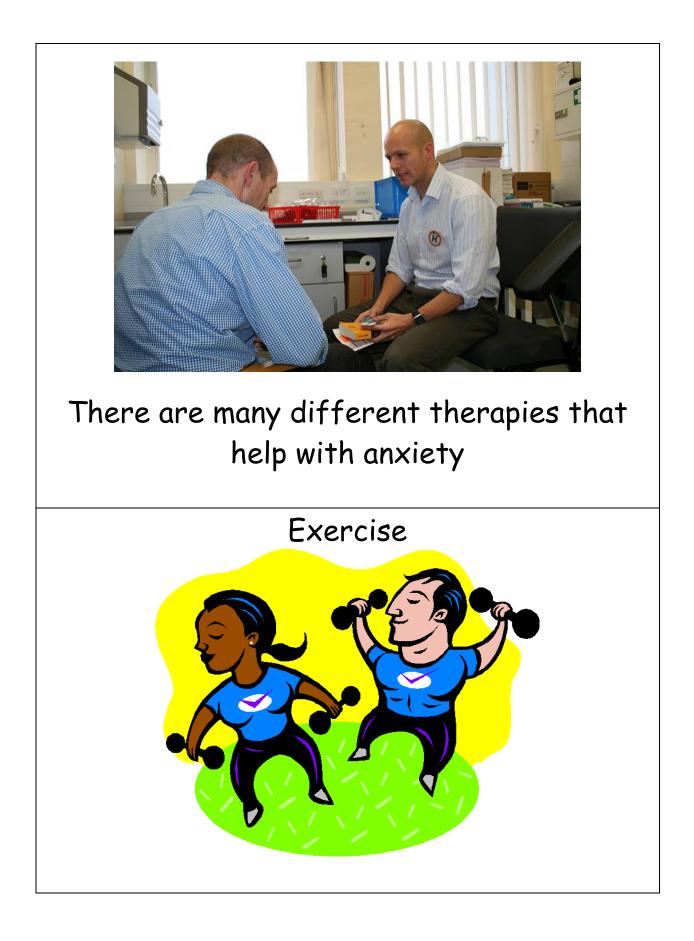
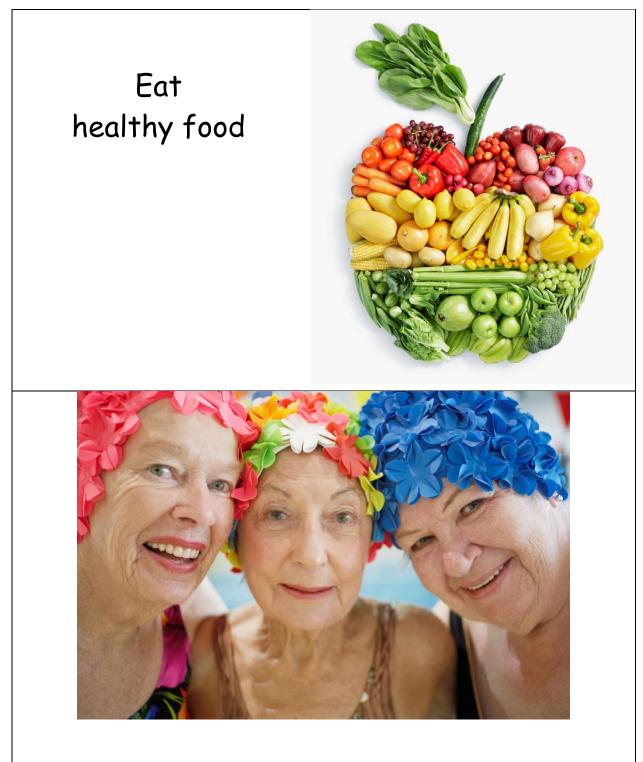
Managing Anxiety







## Stay connected to friends - Keep busy



## Get 7-8 hours of sleep each night

## Avoid alcohol and other stimulants





## anxiety such as meditation