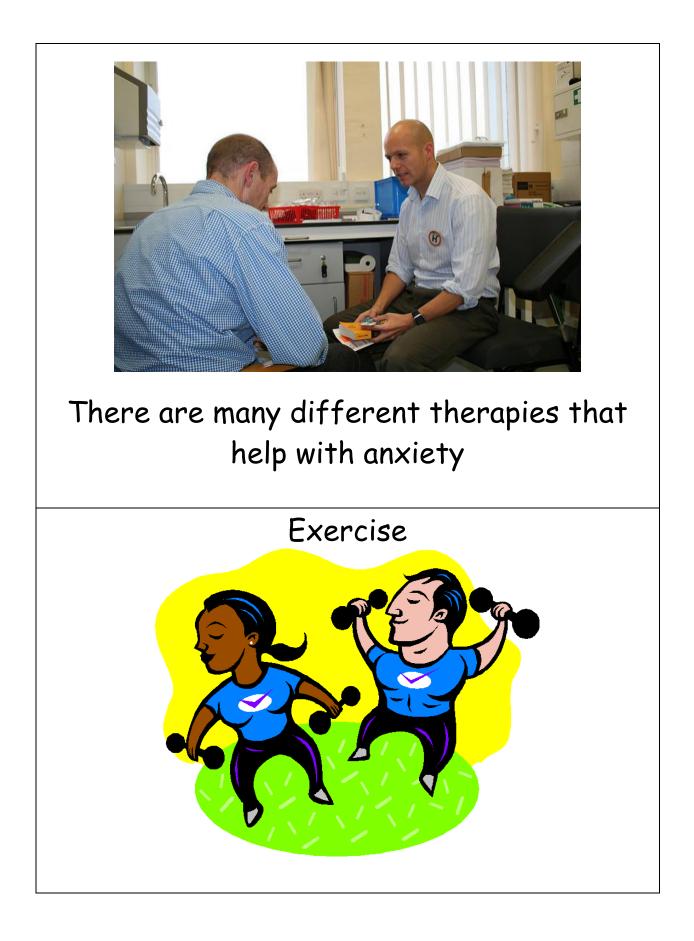
Managing Anxiety







Stay connected to friends - Keep busy



Get 7-8 hours of sleep each night

Avoid alcohol and other stimulants





anxiety such as meditation