



COPING WITH ANXIETY



BREATHE 4 x 4 x 6 THROUGH
THE NOSE

KNOW THAT YOU ARE NOT
YOUR WORRY

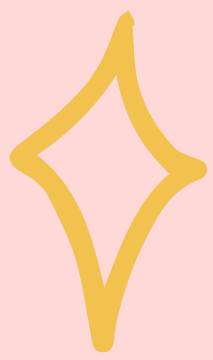
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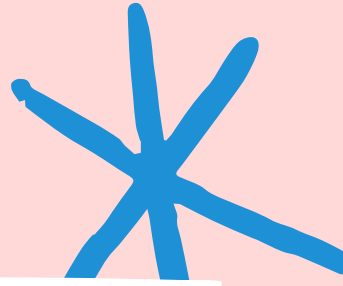
THE
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EXPERIENCE





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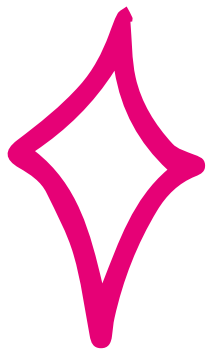
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