



# COPING WITH ANXIETY



BREATHE 4 x 4 x 6 THROUGH  
THE NOSE

KNOW THAT YOU ARE NOT  
YOUR WORRY

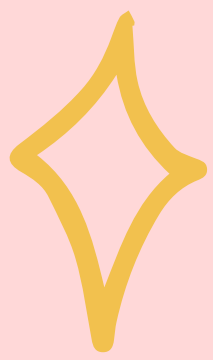
START A COMMUNICATION  
JOURNAL

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WORRYTIME APP

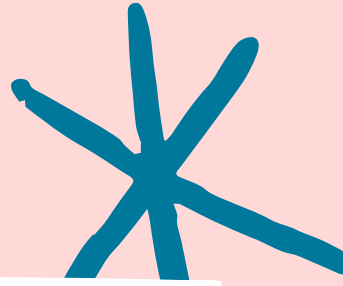
THE  
*Big Sister*

EXPERIENCE





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