

# COPE WITH ANXIETY

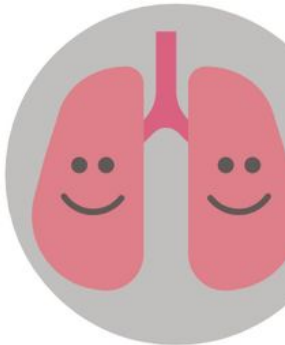


## STEP 1: BREATHE-IN

Take a deep breathe through your nose. count slowly to 5. Be conscious. Be present. Feel your lungs expanding. feel your breath flowing through to your body. Your stomach should be expanding.

## STEP 2: BREATHE-OUT

Open your mouth, breathe out slowly. and be conscious about it. Think about the negative energy leaving your body. think about how good it feels to breathe out.The high you get from this breathing excersize is worth it!

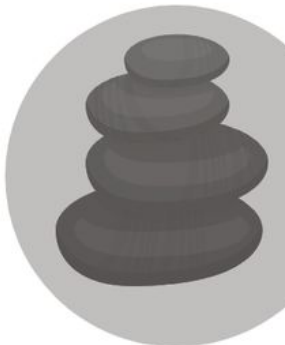


## STEP 3: REPEAT

Keep repeating these steps until you can focus on your good energy. Ask yourself these questions: what is holding you back? What is this worth to me? and What does this solve? answer honestly. Come back to this.

## STEP 4: COME BACK TO THE PROBLEM

Now you're feeling a bit at ease. Come back to the problem. Look it over in various ways. If you can't overcome this step, repeat steps 1-3 . It is not a solve all. But it will help get through.



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