

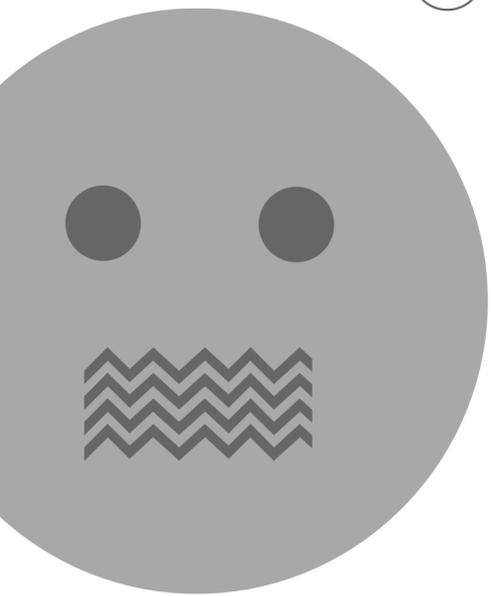
NERVES

STRESS

ANXIETY

PANIC

ANGER



## Help banish the worries in your head

Tensing and then relaxing muscle groups one-by-one can help to lower your overall stress levels and reduce anxiety. Each time that you tense a muscle group, such as your neck and shoulders, take a deep breath for the count of five, breathing out as you relax your muscles.

**Release the tension in your body, release the tension in your head.**