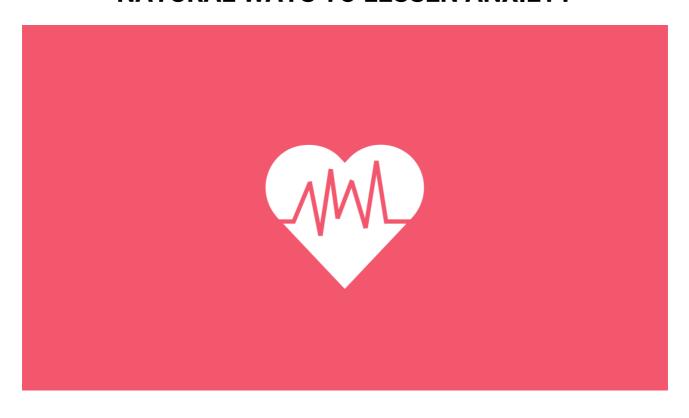
NATURAL WAYS TO LESSEN ANXIETY



1. REDUCE CAFFEINE INTAKE
2. REDUCE SUGAR INTAKE
3. 3-5 DAYS OF 30 MINUTES OF EXERCISE
4. USE A DIFFUSER
5. DEEP BREATHING EXERCISE
6. ROCK OUT WITH A GOOD RUN, YOGA, OR PILATES
7. THINK HAPPY THOUGHTS
8. REMOVE YOURSELF FROM UNCOMFORTABLE SITUATIONS
8. REMOVE YOURSELF FROM UNCOMFORTABLE SITUATIONS
9. REFRAIN FROM BEING ALONE EXCESSIVELY

10. STOP OVER ANALYZING