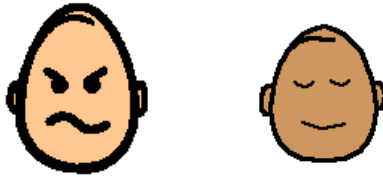


ANXIETY BUSTERS or STARTS AND STOPS

1. Squeeze up your face, count to 5, then stop.



2. Squeeze up or stretch your arm, count to 5 then stop. Do the next arm.



3. Squeeze up or stretch your leg, count to 5 then stop. Do the next leg.



4. Squeeze up or stretch both arms together, count to 5, then stop.



5. Squeeze up or stretch both legs together, count to 5, then stop.

