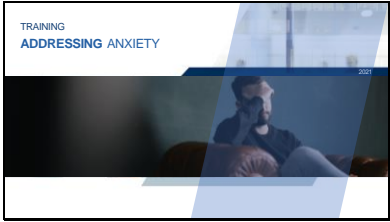
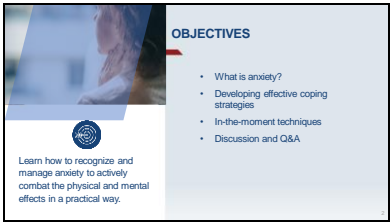


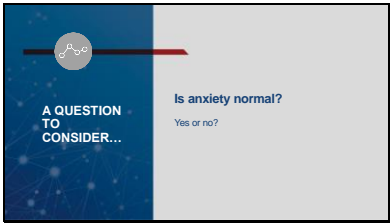
Slide 1



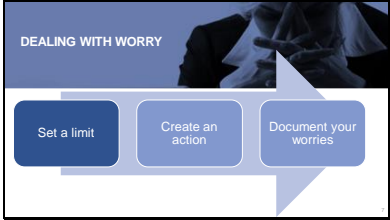
Slide 2



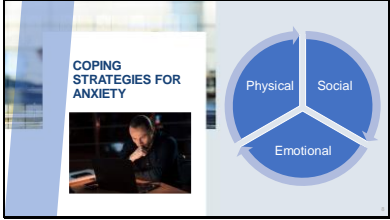
Slide 3



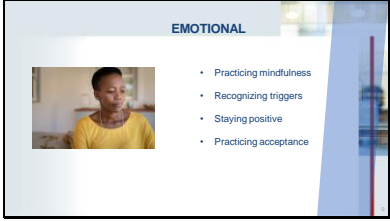
Slide 7



Slide 8




Slide 9



Slide 10


PHYSICAL



- Eating well
- Exercising
- Sleeping
- Practicing breathing exercises

Slide 11


SOCIAL



- Laughing
- Talking
- Getting involved
- Supporting others

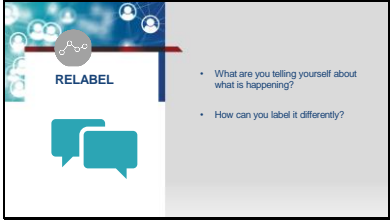
Slide 12

STAY IN YOUR TIME ZONE

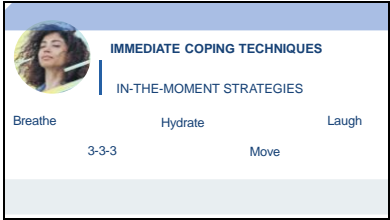


- Anxiety is a future-oriented state of mind. Ask yourself: What's happening right now? Am I safe? Is there something I need to do right now?
- If not, schedule to check in later in the day to revisit your worries.

Slide 13



Slide 14



Slide 15