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**Techniques to Reduce Anxiety**

<b>Cognitive</b>	<b>Behavioral</b>	<b>Experiential</b>
"What if"	Distraction	Breathing 478
How do you know	Thought stopping	Panorama 360
"Where's your evidence"	<b>SELF CARE</b> Eat Exercise Get Outside connect to others	Relaxation
		Imagery find your calm place
		5,4,3,2,1
		Hypnotherapy