

# Distraction Techniques for Anxiety & Panic



GO FOR A CYCLE



BE ARTISTIC



PRACTICE  
YOGA OR  
MINDFULNESS



TAKE SOME  
PRETTY PHOTOS



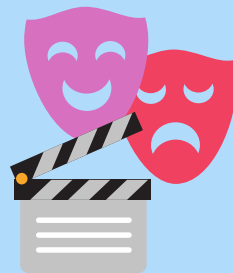
HAVE A  
SPRING CLEAN



PAMPER  
YOURSELF



DANCE AWAY  
THE BLUES



WATCH SOME  
COMEDY



MAKE  
YOURSELF A  
HERBAL TEA