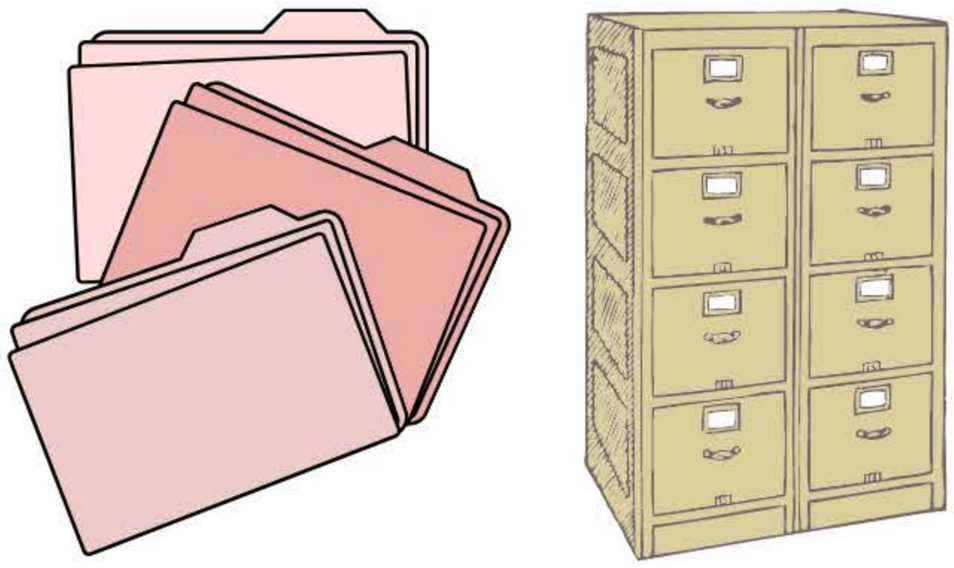
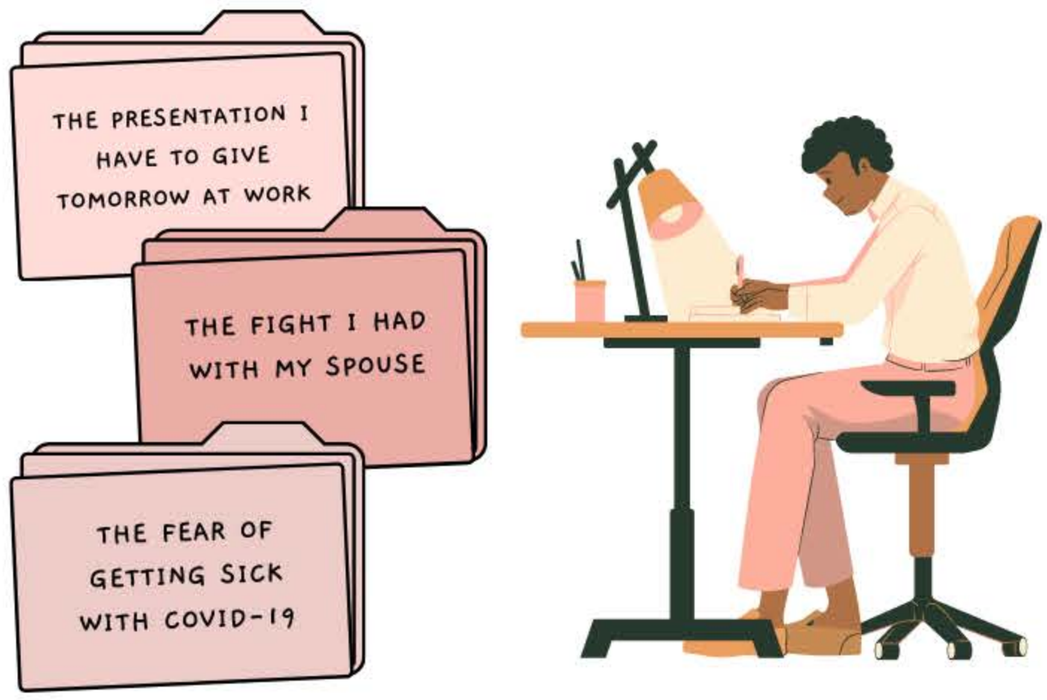
ANXIOUS?

Try the "file it" mind exercise!

1.) Close your eyes and imagine a stack of blank file folders along with a filing cabinet.



2.) Imagine yourself picking up each file and writing down the name of a thought that's racing through your mind.



3.) Once the name is on the file, take a moment to acknowledge the thought and how important it is to you.

Then, file it away.

4.) Repeat this process with every thought that pops into your head until you start to feel calmer.