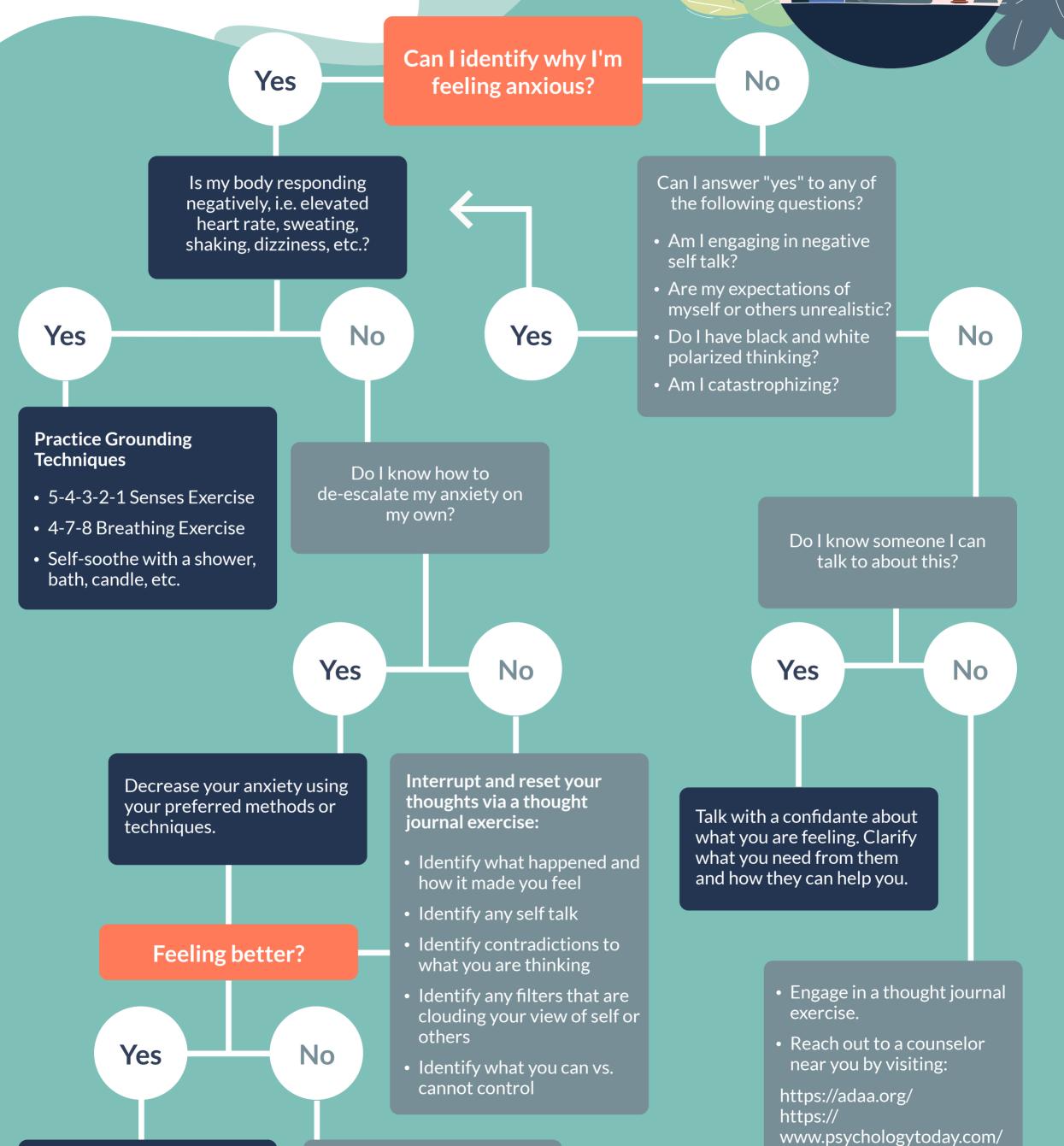
Anxiety management that starts with you

Use this decision tree as an effective method for managing your anxiety and moving forward with a plan of action.



Excellent! Proceed forward in your day with kindness and peace towards yourself and others.

Repeat the decision tree and identify any new or differing answers from before.

us