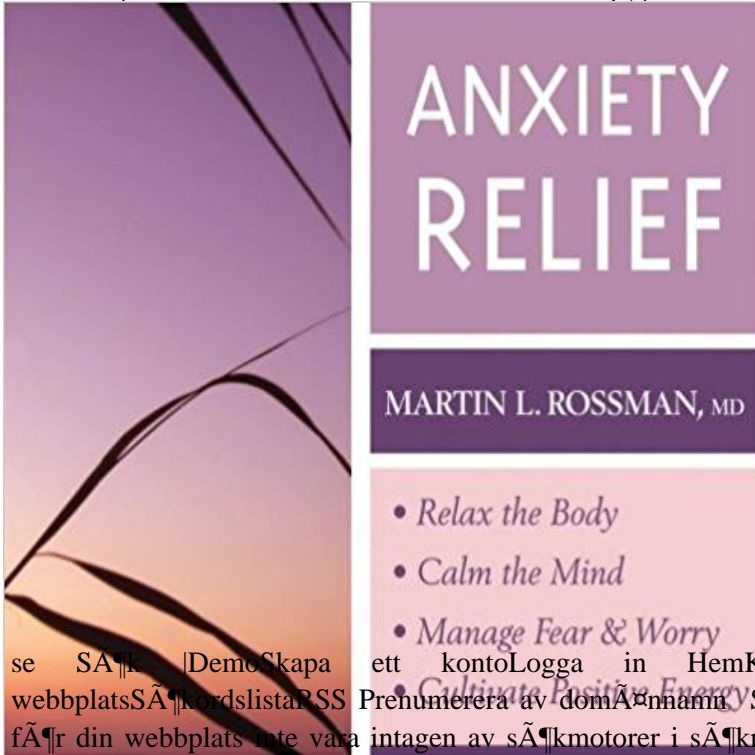


# Anxiety Relief: - Relax the Body- Calm the Mind- Manage Fear and Worry- Cultivate Positive Energy



Anxiety puts our bodies into flight or fight mode and makes us more vulnerable to exhaustion, depression, and illness. These guided mind-body techniques help listeners counteract anxiety through deep relaxation, enhanced problem-solving, and converting fear into positive energy. Course objectives: Practice guided imagery exercises for anxiety relief Identify inner intelligence of the physical body Integrate experiences into daily life using anxiety relieving exercises Utilize the power of the mind and imagination to relax the body

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