Anxiety worksheet

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| Cognitive or somatic | Strategy | Explanation  |
|  | Mental rehearsal |  |
|  | Centring |  |
|  | Imagery |  |
|  | Deep breathing |  |
|  | Positive Self-talk |  |
|  | Bio-feedback |  |
|  | Negative Thought stopping |  |
|  | Progressive Muscular Relaxation |  |
|  | Rational or positive thinking |  |
|  | Selective attention |  |