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Anxiety management: the 10 best anxiety techniques - ANU -

Thu, 14 Jun 2018 03:51:00 GMT - Stress management is a wide spectrum of techniques and psychotherapies aimed at controlling a person's level of stress, especially chronic stress, usually for the purpose of improving everyday functioning.

Stress management - Wikipedia -

Thu, 14 Jun 2018 22:14:00 GMT - Mindfulness Techniques for Depression, Anger, Addiction, and Anxiety. While mindfulness has been a crux of therapy for patients with borderline personality disorder, it clearly has applications for people with a diagnosis of mental illness.

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Managing Anxiety in Children - Liana Lowenstein -

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Stress Management Worksheets - Inner Health Studio -

Tue, 12 Jun 2018 22:09:00 GMT - Stress Management Tips. People can learn to manage stress and lead happier, healthier lives. Here are some tips to help you keep stress at bay. Keep a positive attitude.

Stress Management: 13 Ways to Prevent & Relieve Stress -

- How to Stop Worrying Self-Help Tips for Anxiety Relief. Español. Everyone worries. Worrying can even be helpful when it spurs you to take action and solve a problem.

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