

# Ways To Quickly Cope With Anxiety

- Meditation



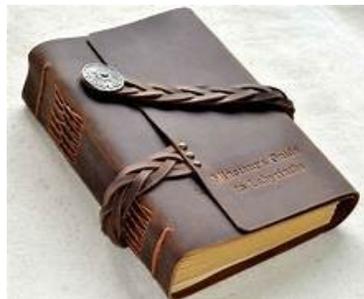
- Practice Deep Breathing



- Go outside



- Journal



- Socialize

