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2. Accept that you re anxious. Remember that anxiety is just a feeling, like any other feeling, said Deibler, also author of the Psych Central blog Therapy

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Classroom Ideas to Reduce Anxiety. Contributed by Kim Davis. Teachers often have students with ASD in their classrooms who appear anxious throughout their school day.

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Hegberg NJ, et al. Physical activity and stress resilience: Reduce tension through muscle relaxation; Relaxation techniques; Tai chi; Tai chi: Meditation in motion?

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