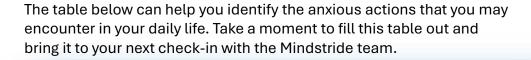
Strides for Managing Anxiety

Anxious Actions in Your Daily Life





Overthinking
Focusing a lot on Details
Venting to a Friend, Family, Loved One
Worrying
Preparing for the Worst Outcome
Going into a Rabbit Hole of Information
Procrastinating
Distracted by Social Media
Avoiding a Situation
Wanting Complete Control of a Situation
Seeking Validation and Reassurance
Drinking Alcohol and/or Using Other Drugs
Picking your Hair, Skin, and/or Biting Your Nails
Othory
Other: