

Controlling feelings.....

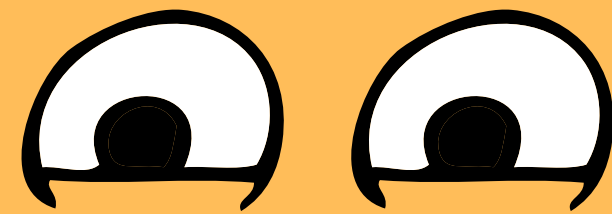
Feeling out of control or anxious?

Why don't you...

Squeeze both hands like squeezing juice from an orange

Put your hands together
Rub together

Now take a slow deep breath in and out



Look at your hands.
See the lines ?

