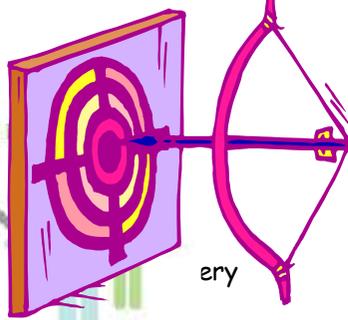


# How to deal with it?

<p><b>breathe</b></p> 	<p><b>walk</b></p>  <p>walk away</p>	<p><b>exercise</b></p> 	<p><b>talk</b></p>  <p>&amp; self-talk, e.g. "it will pass"</p>
<p><b>relax</b></p> 	<p><b>friends</b></p>  <p>Therapist Online Directory</p>	<p><b>focus of attention</b></p>  <p>ery</p>	<p><b>music</b></p> 

