



The Anxiety and Stress Solution Deck: 55 CBT & Mindfulness Tips & Tools

Judith Belmont

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Relieve stress and calm anxiety with 55 quick and effective tips & tools. Each card features a short Tips, followed by a Tool, or short activity to put that Tip into practice.

- Clarify Your Feelings
- Challenge Your Thoughts
- Change Your Behaviors
- Calming Strategies

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