



Anxiety Relief: - Relax the Body- Calm the Mind- Manage Fear and Worry- Cultivate Positive Energy

Martin L. Rossman

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Anxiety puts our bodies into “flight or fight” mode—and makes us more vulnerable to exhaustion, depression, and illness. These guided mind-body techniques help listeners counteract anxiety through deep relaxation, enhanced problem-solving, and converting fear into positive energy.

Course objectives:

- Practice guided imagery exercises for anxiety relief
- Identify inner intelligence of the physical body
- Integrate experiences into daily life using anxiety relieving exercises
- Utilize the power of the mind and imagination to relax the body

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