

The World-Famous AWARE Relaxation Technique

-**A: Accept the anxiety.** Don't fight the feelings.

-**W: Watch the anxiety.** Try to observe the feelings as though they are outside your body.

-**A: Act normal.** Carry on as though nothing unusual is happening.

-**R: Repeat.** Keep doing the above steps until you feel better.

-**E: Expect results.** The more you use this technique, the faster your anxiety will go away.

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