



L

O

K

A

M

T

D

F

U

R

E

A hand is shown stacking wooden blocks with letters to spell out the word 'CONTROL'. The blocks are arranged in a vertical column, with the letters C, O, N, T, R, O, L visible. Other blocks with letters like A, K, M, T, and D are scattered around the base. The text is overlaid in red with a drop shadow and underlines.

1. Help people to feel a sense of CONTROL over their fear/the situation.

2. Help them feel that ANXIETY is something they can tolerate.