

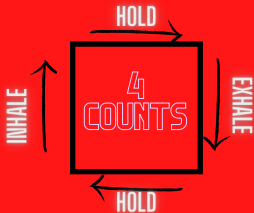


MAUI FIRE

Ohana

FIVE *for* YOU

BOX BREATHING



MANAGE ANXIETY

1. Identify the anxious thought you're having.
2. What makes you believe this thought?
3. What are the FACTS of the situation?
4. Compare the FACTS to the anxious thought.
5. Choose to focus on the facts and watch yourself develop more control of your thoughts.