

# The Scanxiety Project


## Day 4 Takeaway's

### Ways To Stop Explosions - Implosions

#### Stressometry® DO60 System™

2 Steps to Success:

Step 1  the level from rising (calming)

Step 1  So the level will drop (active)

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Taken from: I Am NOT Cancer

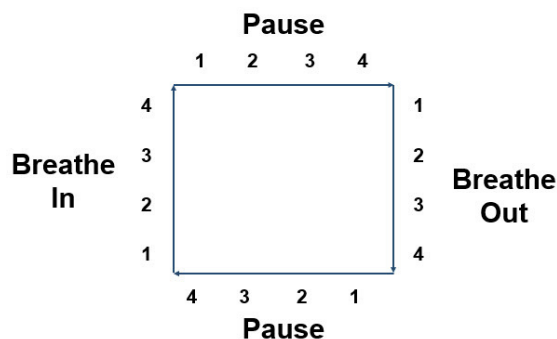
### Tools To Use



Registered Trademark of Marvel Comics

### Stress Kryptonite

### Square Breathing



### Dump & Destroy



You write...

**DON'T** read it -

**DESTROY IT!**