

Tips For Anxiety



Practice
breathing exercises



Find a creative
activity



Take care of your
sleeping routine



Focus only
on the present



It's ok to
ask for help



Stay active



Take a pause



Drink
cold water

Anxiety Relief Tips Install

Richard Bailey



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going note that we cannot normally mix these two structures basic rules for indirect speech when words and thoughts are
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try to report their exact words we usually give a summary for example direct speech exact words mary oh dear we ve been
walking for hours i m exhausted i don t think i can go any further i really need to stop for a rest
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writing there are two kinds of reported speech you can use direct speech and indirect speech i ll break each down for you a
direct speech sentence mentions the exact words the other person said
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various competitive exams aspirants of various government exams such as ssc rrb ibps insurance etc must go through the
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