





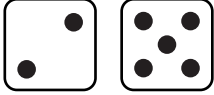
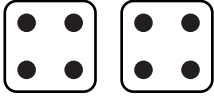
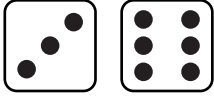
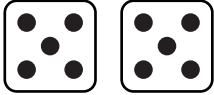
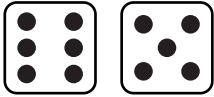



DICE ROLL EXAMPLES (CH.14)

	→	Have a menthol throat lozenge or mint and drink a glass of cold water immediately after.
	→	Run in place for 30 seconds
	→	Stand up and check emails while balancing on one leg
	→	3-5 minute mindfulness exercise of choice
	→	Eat some fruit veeeery s-l-o-w-l-y
	→	Go outside without your phone for a two-minute walk (bonus if it's a cold day).
	→	Take a 2 minute Shower (if home, otherwise, roll again)
	→	4 minute mindfulness exercise
	→	Brush teeth and gargle with strong/minty mouthwash
	→	Breath mint + drink a glass of cold water
	→	Stand up and watch favorite comedian online for 2-5 minutes
	→	Sing! It is nearly impossible to feel anxious, upset, or frustrated if you're singing your favorite song out loud.