

Feeling Anxiety at Work scenario card**L3**

You feel yourself getting very anxious. You are busy with a task, but it is hard to concentrate because you need a break.

Taking a Test scenario card**L3**

You are getting ready to take a test today and you feel really stressed.

First Day: Where's the Restroom? scenario card**L3**

It is your first day at your new job. You need to use the restroom but can't find it.

Forgot to Schedule Your Ride scenario card**L3**

It is a half-day at work (or school), but you forgot to tell your ride. You are getting off at 12pm, but your ride isn't supposed to pick you up until 5pm.

Forgot Assignment at Home scenario card**L3**

After getting to work (or school), you realize you have forgotten your assignment at home.

Using Relaxation Techniques scenario card**L3**

You are feeling anxious about completing your work on time. You decide to use 10 deep breaths to relax your body and mind.