

Advice to be less anxious

1. Food - Plural
2. Part Of Body
3. Brand Name
4. Adjective
5. Animal
6. Verb Base Form
7. Verb Present Ends In Ing
8. Noun Plural
9. Verb Base Form
10. Singer

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Hello!

Today I have 10 tips to give you to be less anxious.

1. Every morning eat _____ food - plural _____ for your brain.
2. Put some cream on your _____ part of body _____.
3. Buy a _____ brand name _____ bag.
4. Don't work. It's _____ Adjective _____.
5. Adopt a _____ animal _____ because you will pick up his habits.
6. _____ Verb Base Form _____ your teeth.
7. Spend time doing something you like or pick up a new hobby, like _____ Verb Present ends in ING _____.
8. Meet new _____ Noun Plural _____ and create new friendships.
9. Take a break, _____ Verb Base Form _____, and reflect.
10. Listen to _____ singer _____.