



# ANXIOUS BEFORE THE BIG GAME?

Aga Khan Health Board Has Your Back!

Know that some anxiety is normal!

Understand what scares you

Focus on what you can control

Say things like "I can do this, I got this, I prepared for this"

Visualize a positive outcome

Listen to motivating music

Focus on breathing and/or meditate

Stay hydrated

Eat healthy

Finally, trust yourself! You've got this!



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