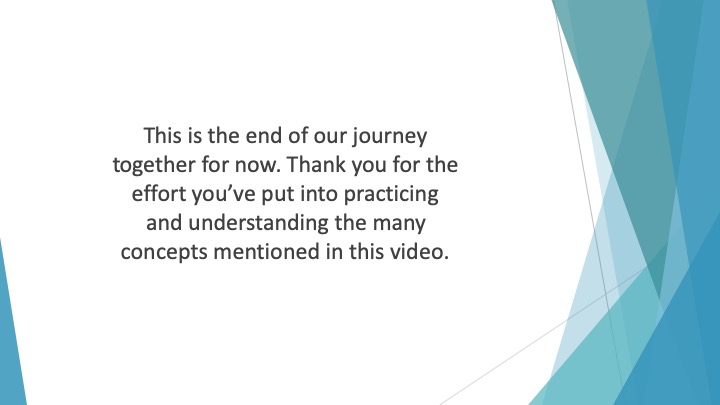
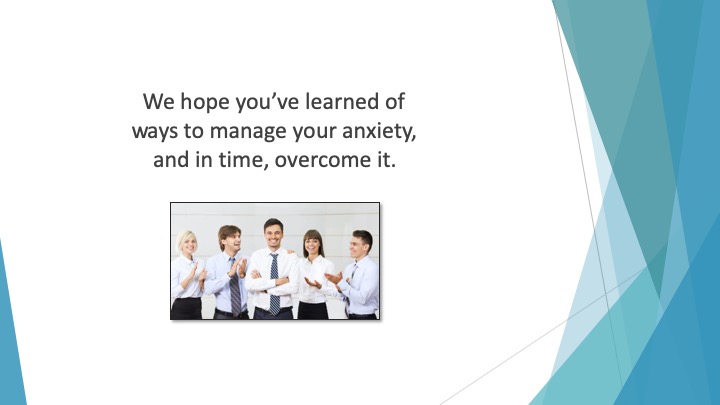
**Conclusion**



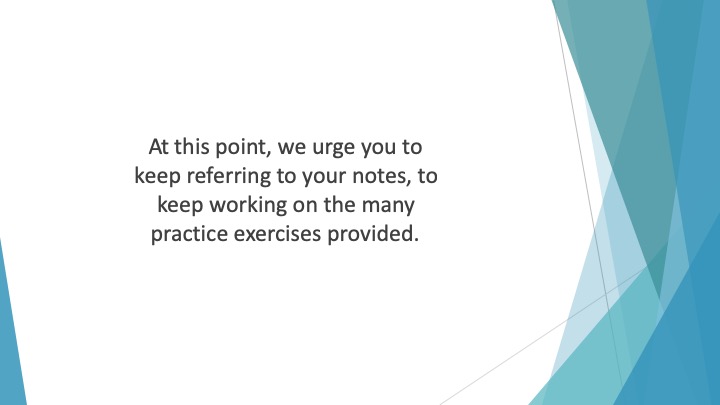
**S1** : Pause for 2 seconds



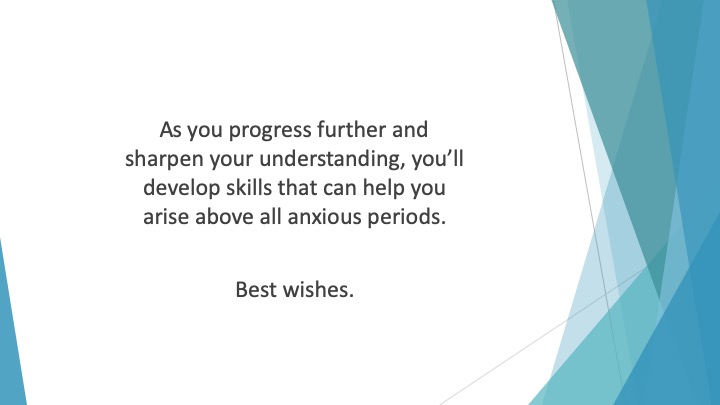
**S2** : This is the end of our journey together for now. Thank you for the effort you’ve put into practicing and understanding the many concepts mentioned in this video.



**S3** : We hope you’ve learned of ways to manage your anxiety, and in time, overcome it.



**S4** : At this point, we urge you to keep referring to your notes, to keep working on the many practice exercises provided.



**S5** : As you progress further and sharpen your understanding, you’ll develop skills that can help you arise above all anxious periods.

Best wishes..