If you get anxious, when you’re so nervous that you’re becoming unpleasant for the others or your close ones, the best is to find some activity, to do something, best is manual activity, doesn’t have to be very logic, you can wash the floor even when it is clean. The best is to plan those activities ahead to get yourself tired. The real body tiredness helps, so if you can not find any work to do, do some exercise – push-ups, squats, etc. What also helps me is some creative activity, drawing of portraits or tattoos. Another great activity is reading, it is very important to choose the right genre, because for those who don’t read much it can be boring and discouraging.