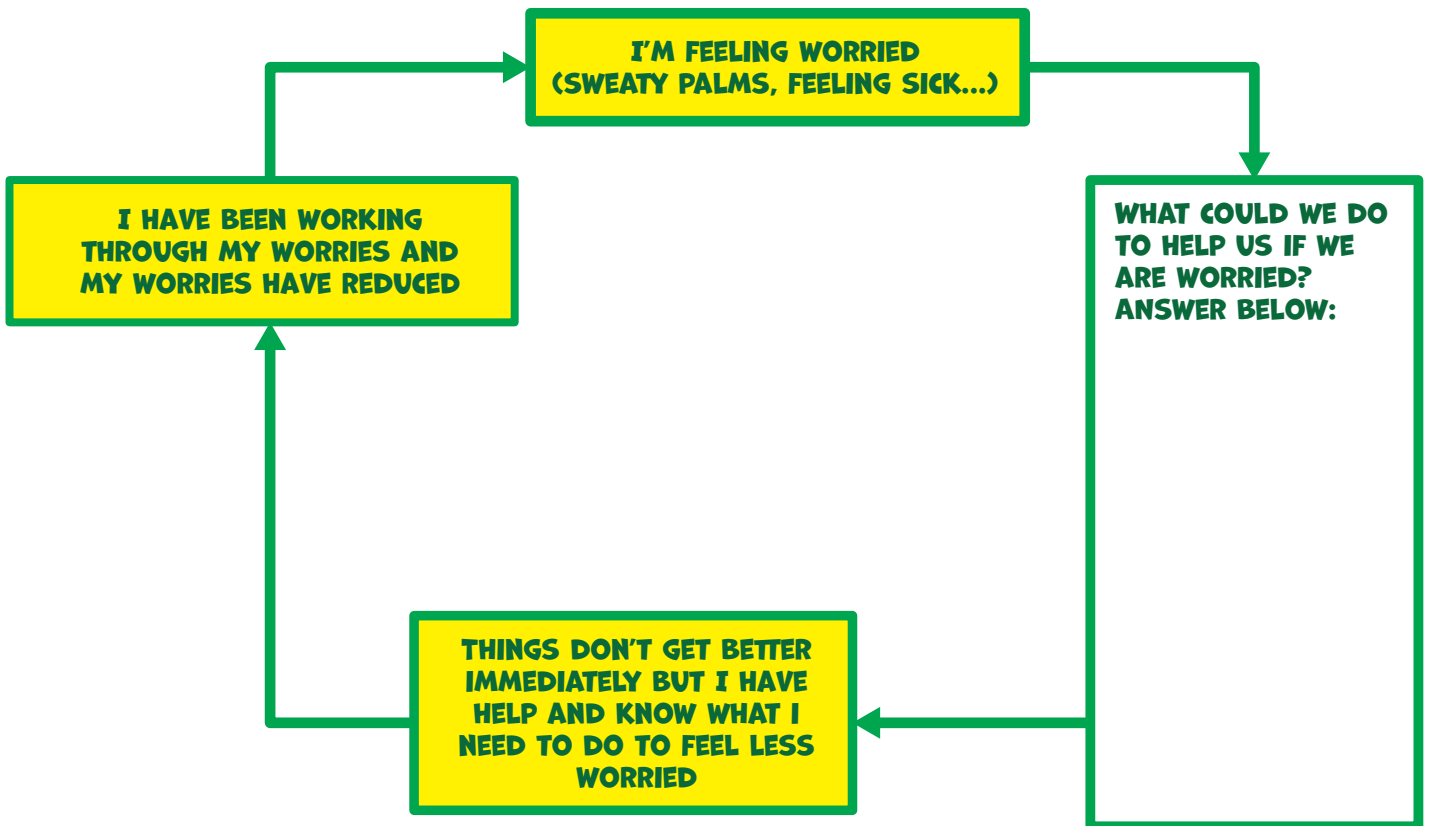


# HOW DOES ANXIETY WORK?



# YOU HAVE A CHOICE



**WHAT THINGS CAN YOU DO TO HELP YOURSELF IF YOU'RE FEELING WORRIED?**