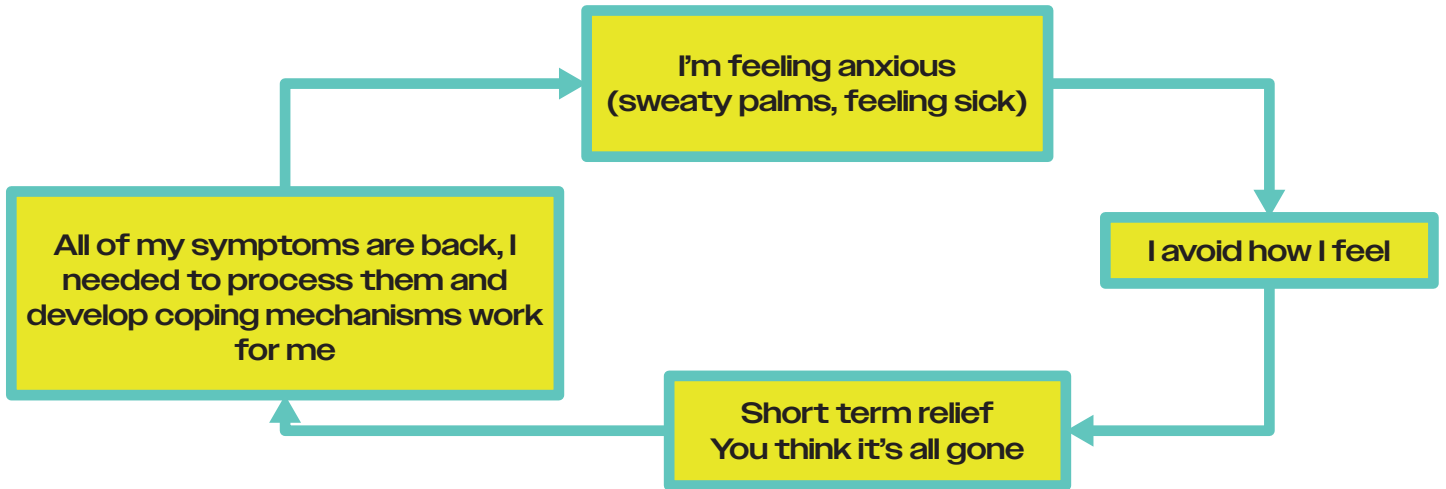
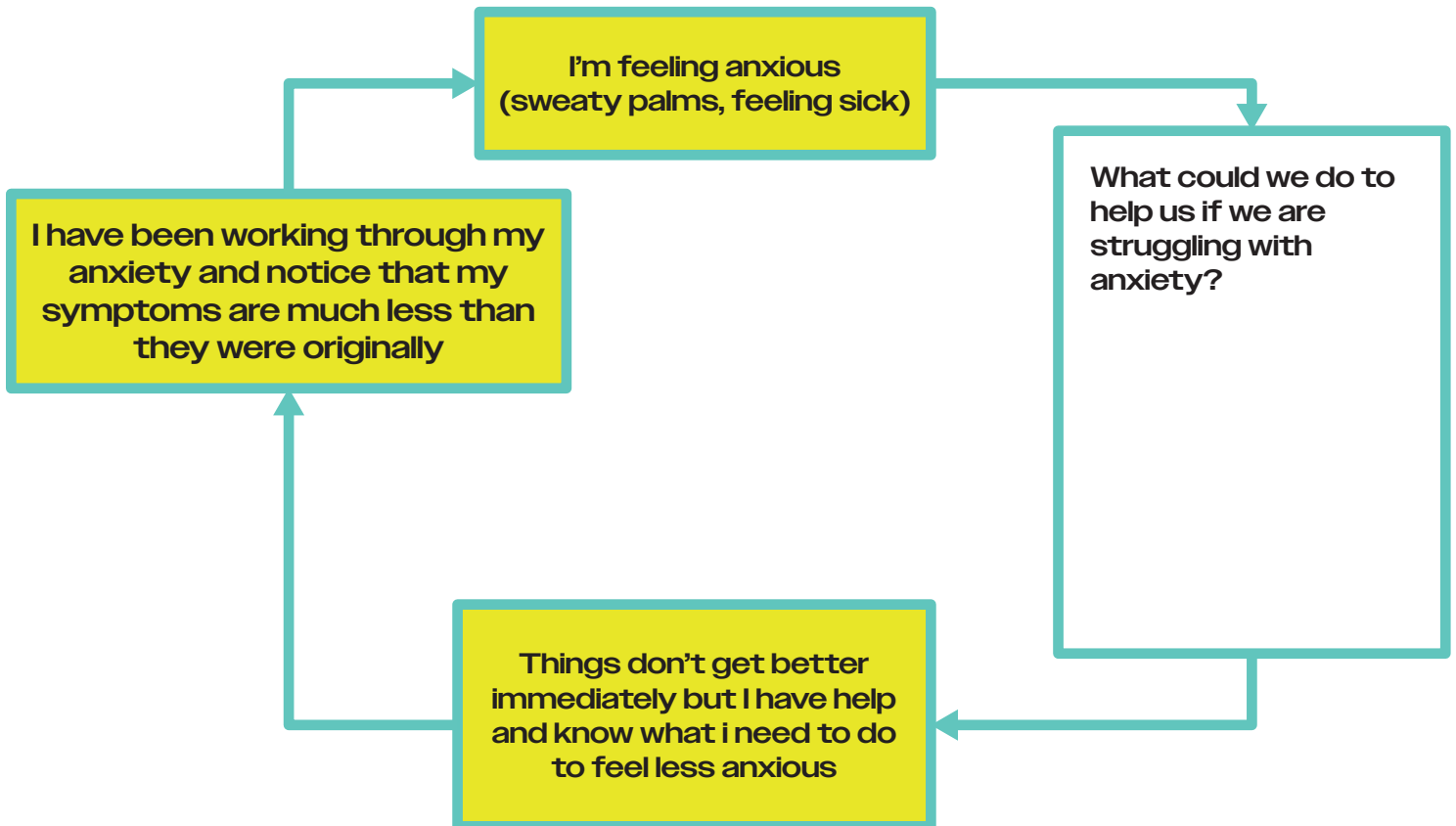


how does anxiety work?



you have a choice



What things can you do to help yourself if you're feeling anxious?