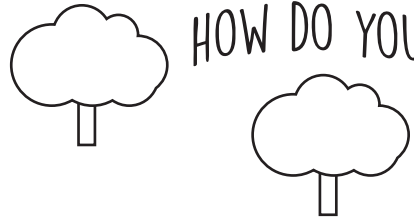


# RIDE YOUR ROLLERCOASTER

#WellbeingWednesday

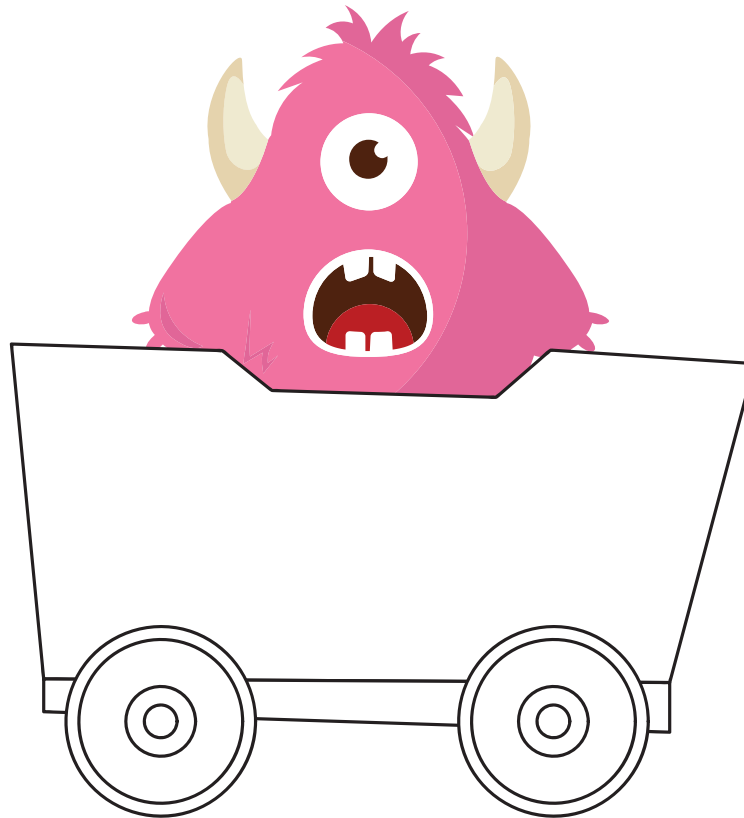


HOW DO YOU FEEL TODAY?



WHAT HAPPENS WHEN YOU START  
TO FEEL ANXIOUS?

HOW DO YOU FEEL AFTER  
BEING ANXIOUS?



WHAT HAPPENS AS YOUR ANXIOUS FEELINGS GROW?

