

# RIDE YOUR ROLLERCOASTER

#WellbeingWednesday

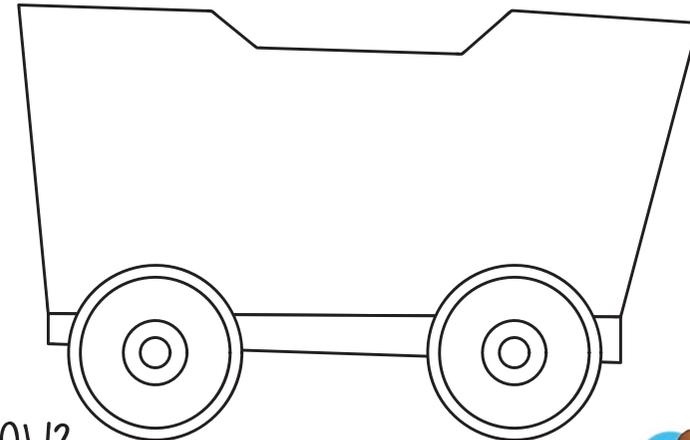
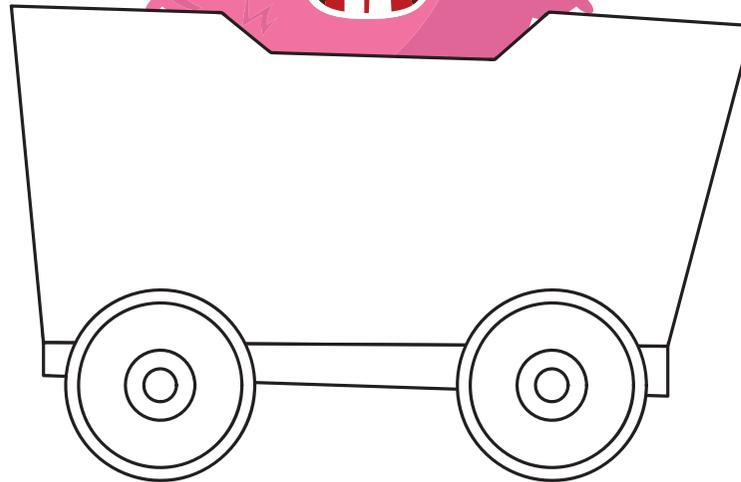


HOW DO YOU FEEL TODAY?



WHAT HAPPENS WHEN YOU START TO FEEL ANXIOUS?

HOW DO YOU FEEL AFTER BEING ANXIOUS?



WHAT HAPPENS AS YOUR ANXIOUS FEELINGS GROW?