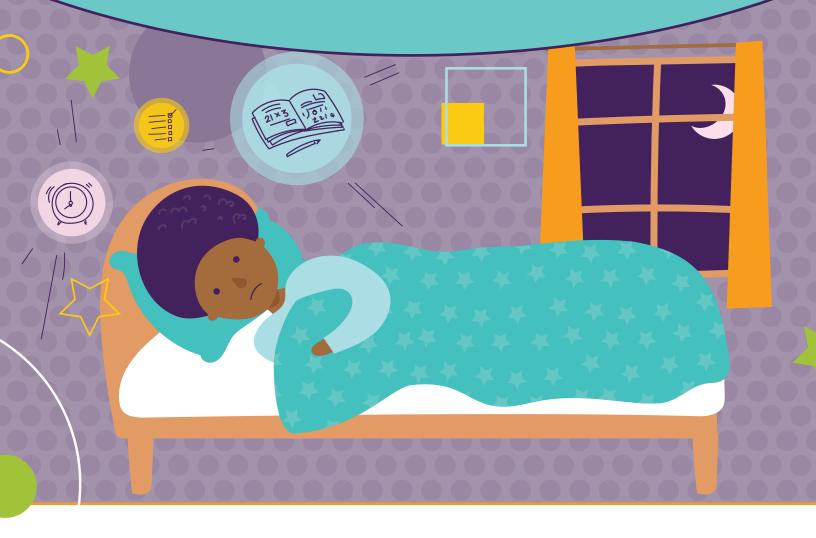
Thoughts swirling? Trouble sleeping?



Feeling overwhelmed? Sore stomach? Losing interest and want to withdraw?

Anxiety is common but can affect your mind, body and heart.



Talk to a teacher, principal, school counsellor or friend if you need to.

