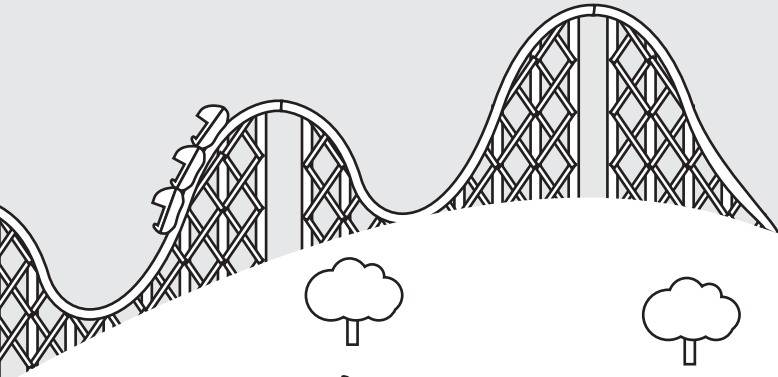


RIDE YOUR ROLLERCOASTER

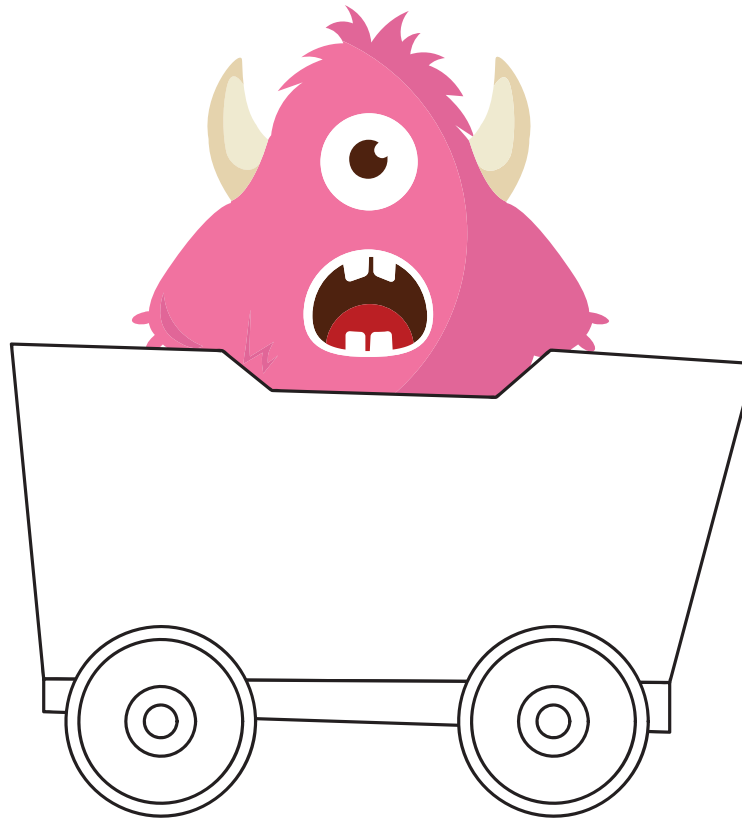
#WellbeingWednesday



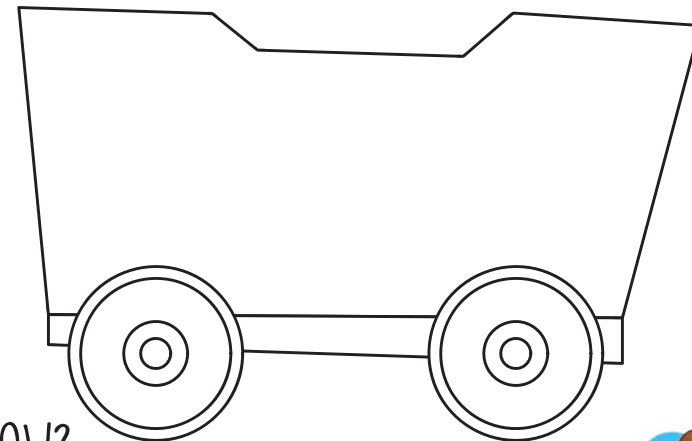
HOW DO YOU FEEL TODAY?



WHAT HAPPENS WHEN YOU START TO FEEL ANXIOUS?



HOW DO YOU FEEL AFTER BEING ANXIOUS?



WHAT HAPPENS AS YOUR ANXIOUS FEELINGS GROW?