

WITH ME **iN** MIND

Anxiety

Manage worry



If your worry was a monster, what would it look like?

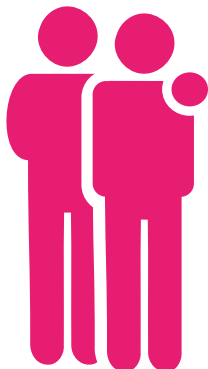


Worry can help to keep us safe



This feeling will pass. Let's get comfortable til it does.

You are not alone in how you feel.



Let's learn more about it

