

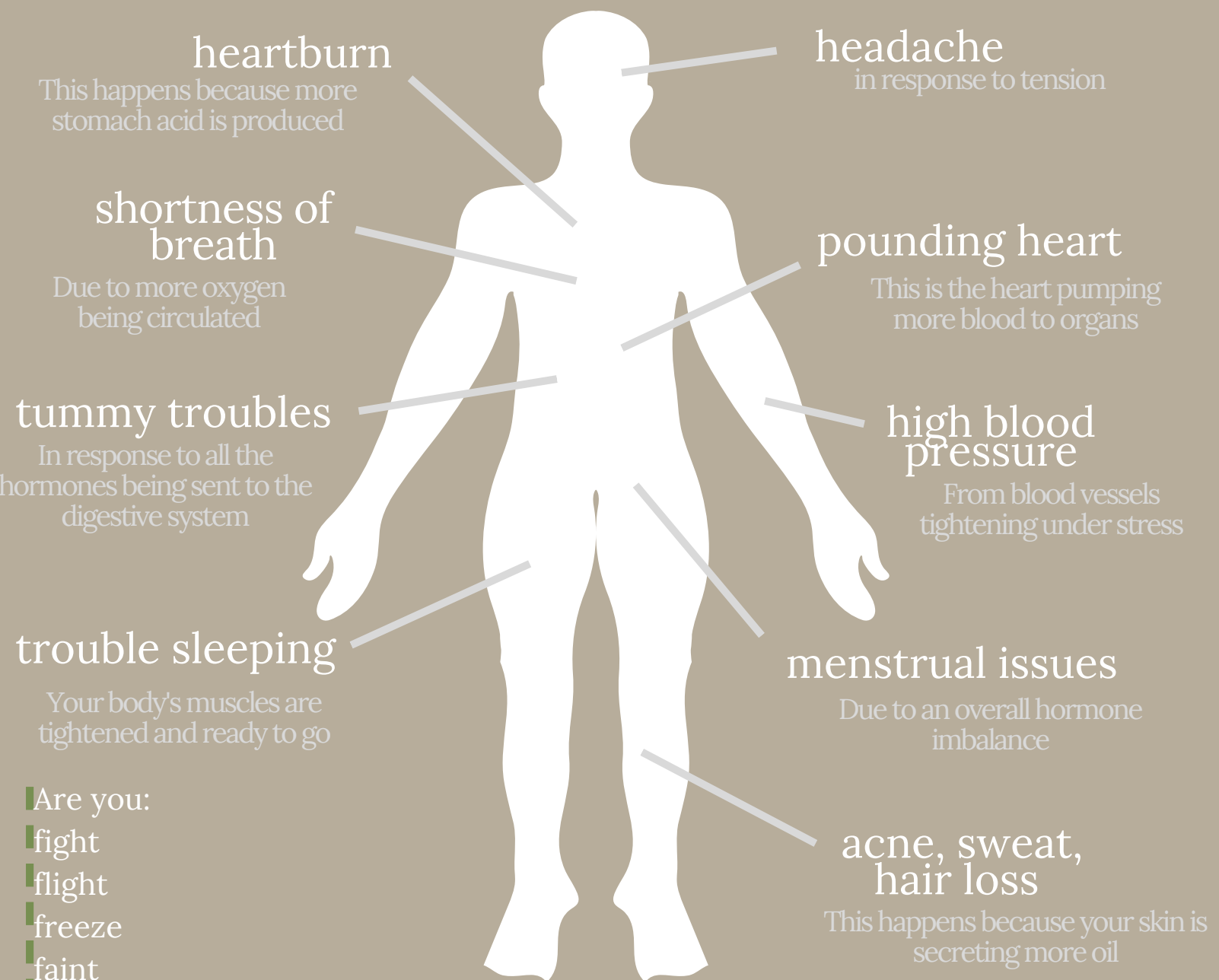


ANXIETY TALK

An Ellington Youth Services Series

How does anxiety feel?

Mark up the diagram to locate symptoms of anxiety in your body.



Are you:

- fight
- flight
- freeze
- faint
- fool around