



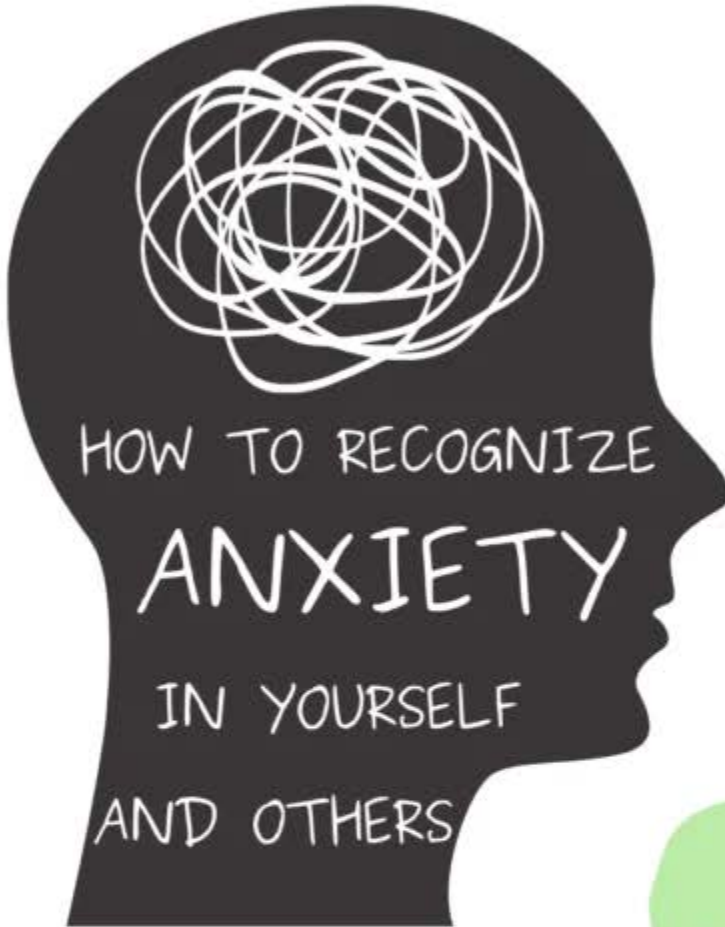
Memory Issues



Overthinking



Avoidance



HOW TO RECOGNIZE
ANXIETY
IN YOURSELF
AND OTHERS



Insomnia



Sweating



Rapid Heartbeat



Stomach Issues



Headaches



Panic Attacks



Procrastination



Trouble Breathing



Needing Reassurance



Constant Worrying



Lack of Patience