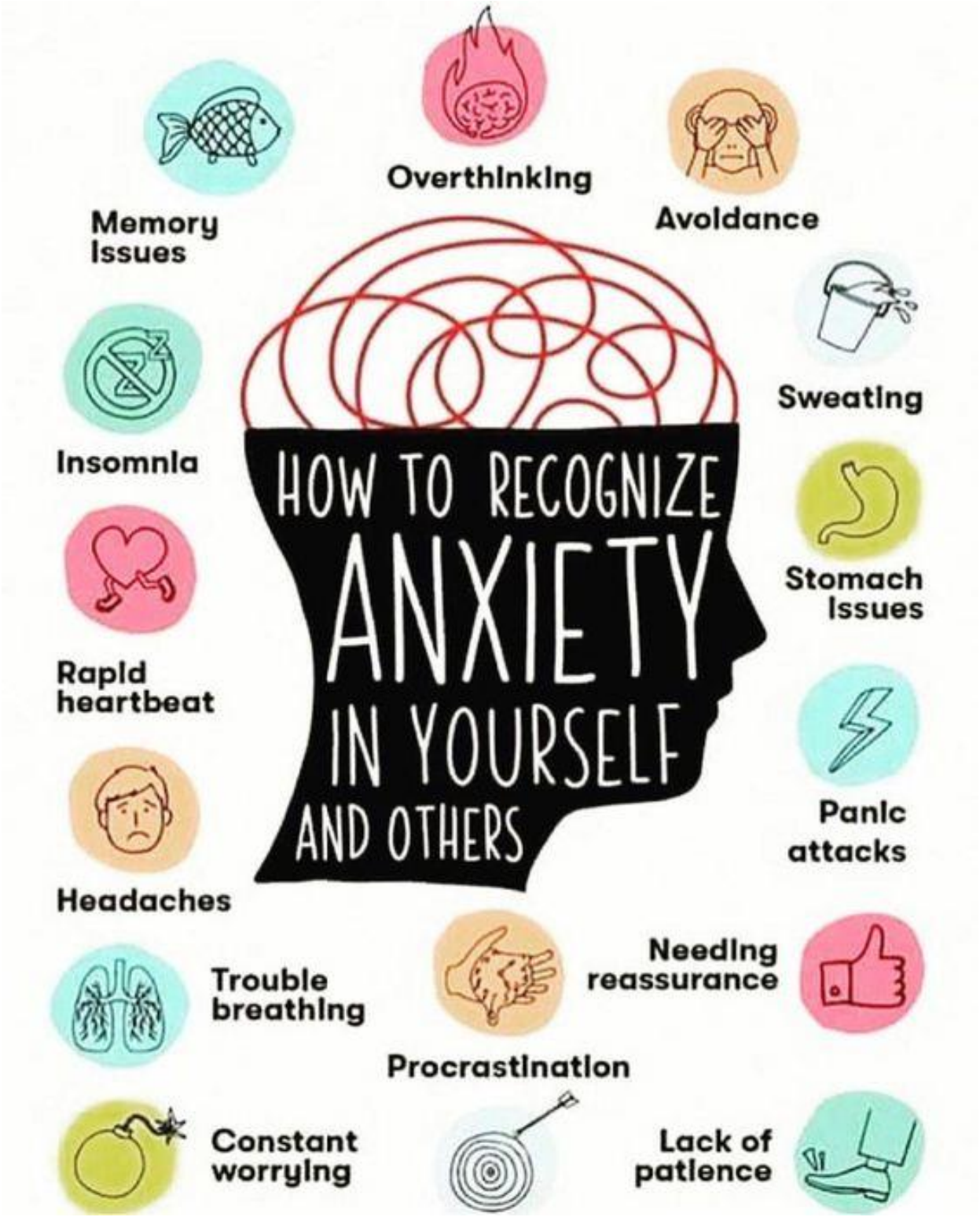
HOW TO RECOGNIZE
ANXIETY
IN YOURSELF
AND OTHERS
Memory Issues
Overthinking
Avoidance
Insomnia
Sweating
Stomach Issues
Rapid heartbeat
Panic attacks
Headaches
Trouble breathing
Needing reassurance
Procrastination
Constant worrying
Lack of patience