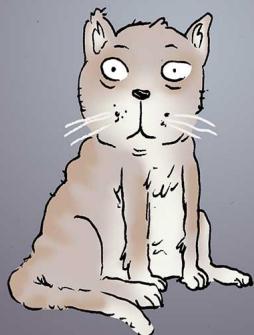
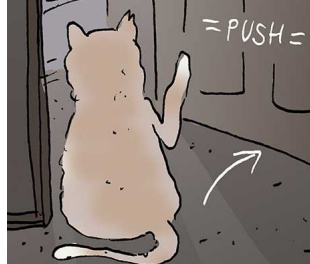


THIS IS ANXIETY.



HERE ARE FOUR WAYS TO DEAL WITH ANXIETY WHEN IT COMES TO CALL.



1. RECOGNISE IT.

ANXIETY IS HERE NOW.



I FEEL LIKE SOMETHING BAD IS GOING TO HAPPEN BUT IT'S JUST ANXIETY. I'M SAFE



THANKS FOR THE HEADS UP, ANXIETY.

I'LL GO SLOWLY, BUT I THINK I'M GOING TO BE FINE.



2. BE CURIOUS

IS THAT THOUGHT TRUE OR AM I LOOKING AT THE PROBLEM THROUGH AN ANXIETY FILTER?



OH HI, ANXIETY, ARE YOU TRYING TO TELL ME SOMETHING?

DO I NEED MORE SLEEP?

OR SOMETHING TO EAT?



WE'LL JUST TREAT THIS DATE AS AN EXPERIMENT, OKAY, ANXIETY? I KNOW YOU'RE TRYING TO PROTECT ME BUT LET'S NOT CANCEL BEFORE WE'VE EVEN TRIED



3. HAVE FAITH IN YOUR ABILITY TO COPE

THE THING IS, I KNOW I CAN COPE BECAUSE I ALWAYS ACTUALLY DO MAKE IT THROUGH IN THE END.



THIS TOO SHALL PASS





