

ANXIETY/WORRY

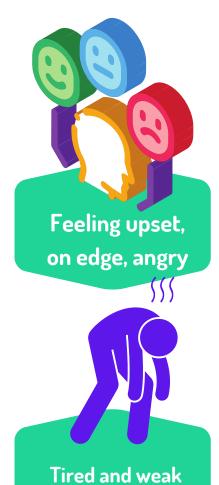
Worry tends to be a whole lot of thoughts that come one after another, about events in the future or in the past. Worrying about things can make you anxious. Anxiety can trigger:







Dry Mouth













WORRY







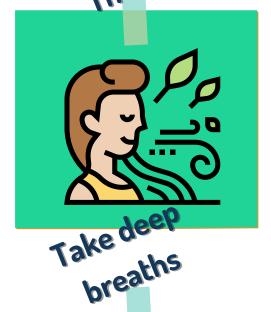






Talk about problems















Exercise