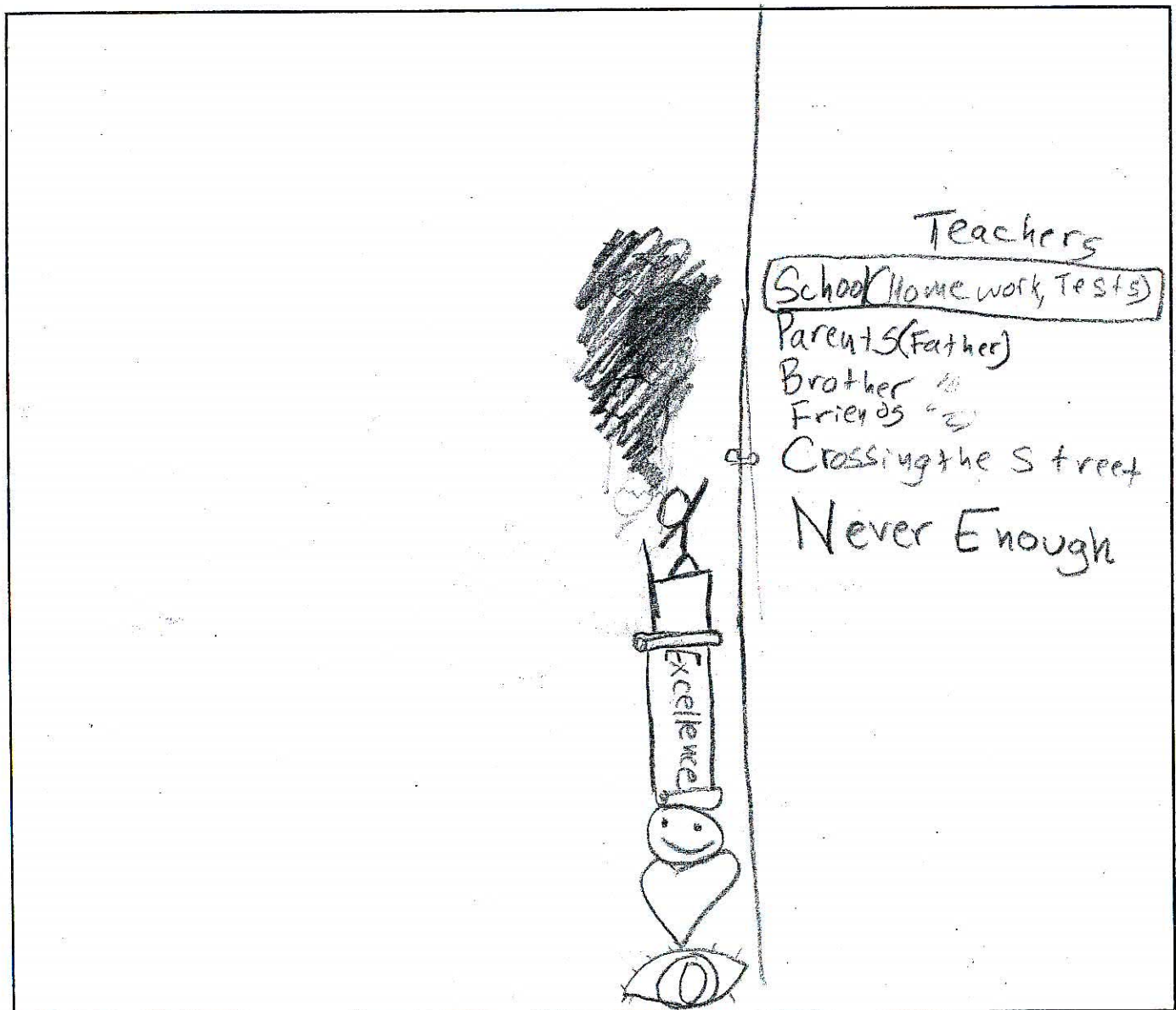


The Chemistry of Anxiety

Activity 2

Directions

In the space below, draw a picture of yourself standing at the door of your bedroom first thing in the morning. Outside your bedroom door, draw or write all of the challenges you are confronted with on an average day that might cause your body to emit stress chemicals.

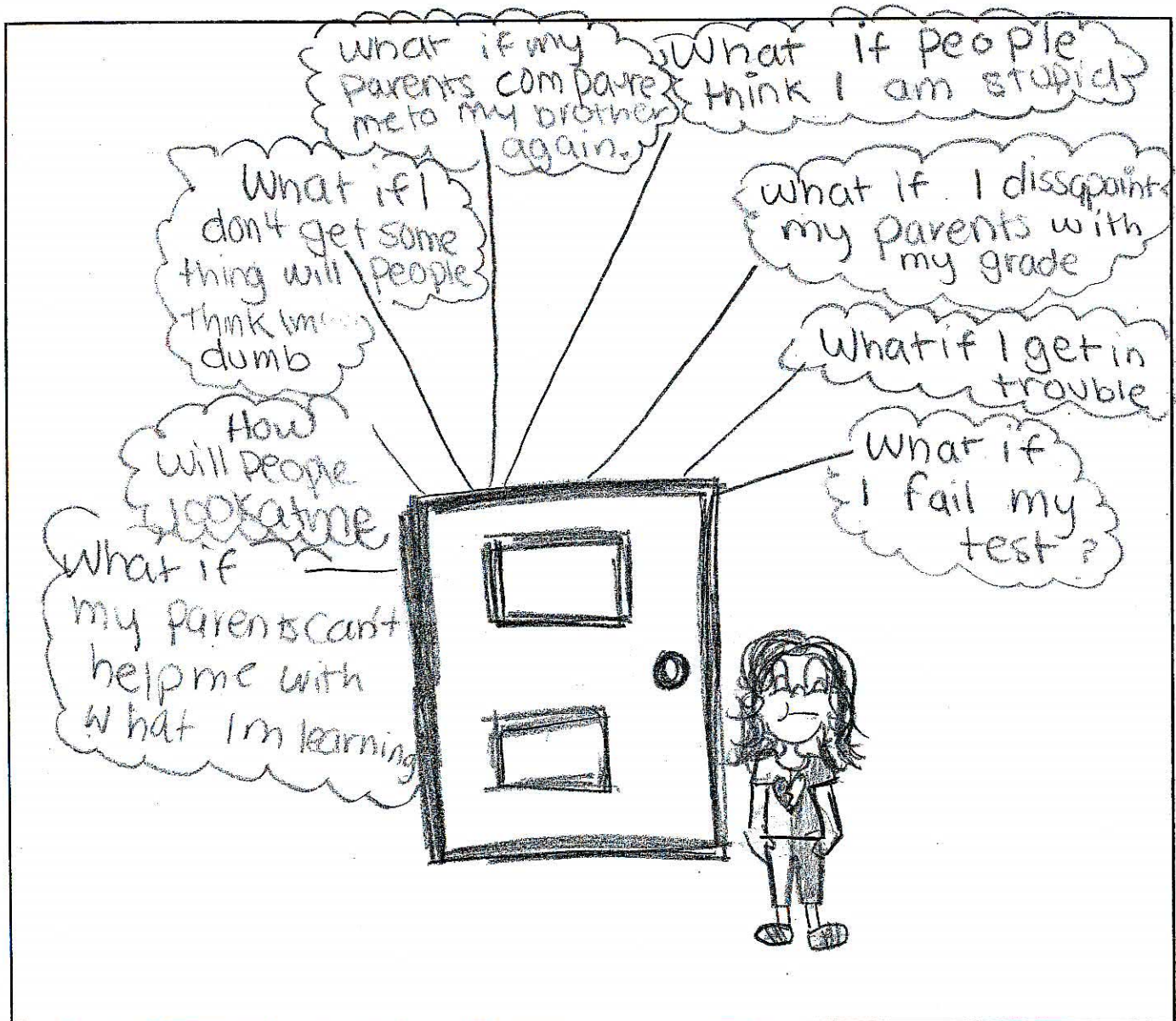


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