

15 to 21 May 2023

Mental Health  
Awareness Week



#ToHelpMyAnxiety



# Stress: How do I know when i'm feeling stressed?

Feeling  
unprepared

Feeling confused and  
overwhelmed

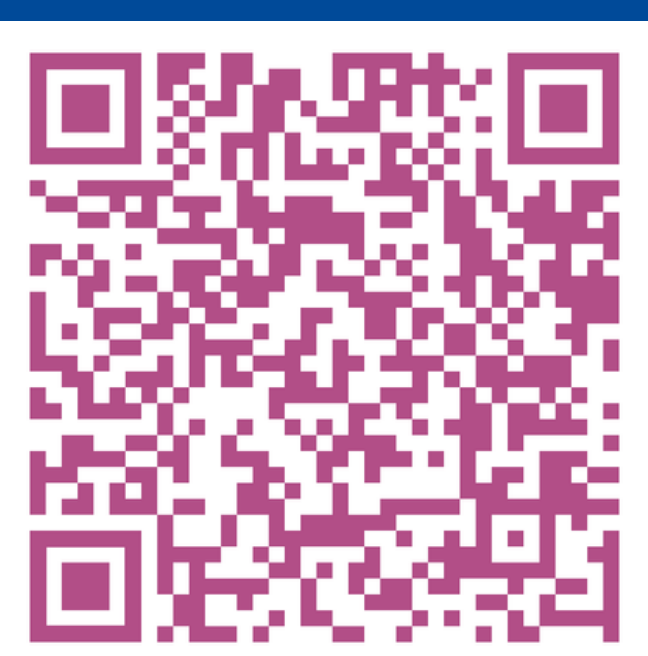
Trouble sleeping

Biting nails,  
picking skin,  
fidgeting

Tense muscles  
and headache

Losing touch with friends

#tohelpmyanxiety



Caring about your wellbeing

Compass