

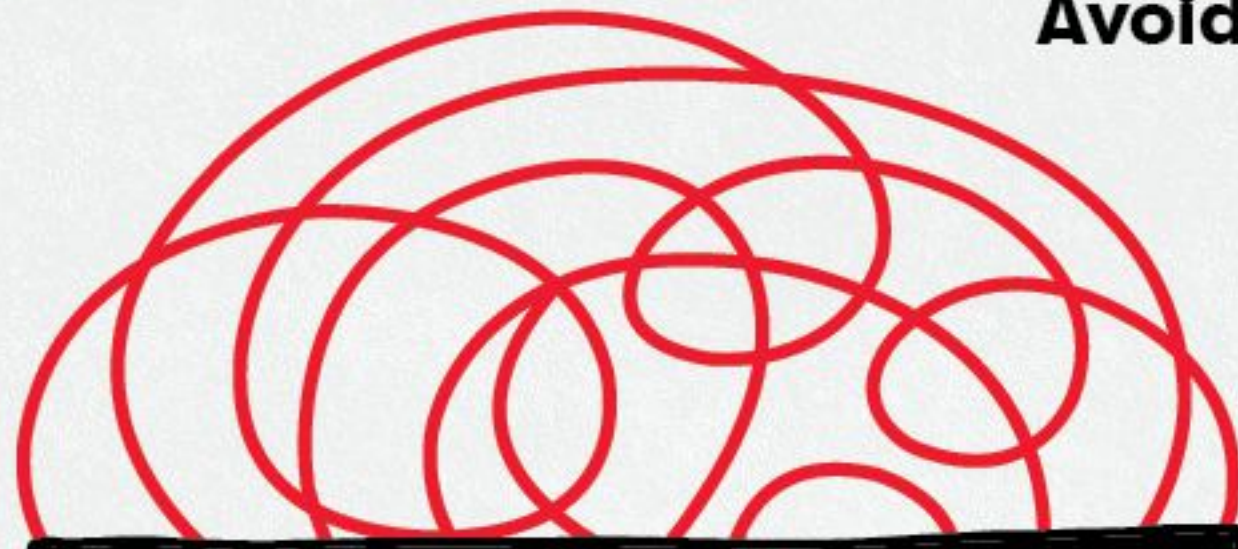
Memory issues



Overthinking



Avoidance



HOW TO RECOGNIZE ANXIETY IN YOURSELF AND OTHERS



Insomnia



Sweating



Rapid heartbeat



Stomach issues



Headaches



Panic attacks



Trouble breathing



Needing reassurance



Procrastination



Constant worrying



Trouble concentrating

Lack of patience



tutor doctor

How learning hits home.