Monday
Freak Out
MONDAY MORNING.

So tired.

Should not have Netflix binged last night.
Wonder if I have enough loose change today for a slushie?

Oh there’s Maddie...
EEK. What’s up with her?

She’s clearly not happy with me. Wonder what I have done?
Maybe I posted too many selfies on social media on the weekend. Yep, that’s it. Gotta be that.

Maybe there’s a limit on selfies that I didn’t know about.

And there are like... 30 other students following me. They’ve prob been messaging each other all weekend about me.

In fact, they’ve messaged the whole school.

THE WHOLE SCHOOL KNOWS!
AND ITS GONE VIRAL...

No-one at school will ever talk to me again.

They'll all laugh in the corridors.

I didn’t finish my maths homework because I needed help with a few questions, but my teacher will now think I didn’t finish it because I was on social media all weekend.

The principal will probably hear about it, and give a big lecture at school about people who spend too much time on social media.

THE DAILY POST

THE GIRL WHO POSTED TOO MANY SELFIES

What was she thinking?
It will probably be on the news, and news cameras will be stationed outside my house.

My whole family will have to go live in Antarctica, or the middle of the Australian desert or something.
Or I could assume a new identity. Get plastic surgery, wear a wig, and start over with a new name somewhere.

I wonder what identity I could take.

WONDER WOMAN?

ARYA?

THE HULK?
I feel so sick, and my heart is pounding and I can't cope.

I need to text my mum and get her to pick me up.

I can't breathe. I think I'm going to pass out or vomit or something.

Ok. Must do the slow breathing my psych taught me before I give myself a heart attack!!
In through the nose
For slow count of 3,
hold...
now out gently through
the mouth for 5 counts...
do this at least 5 times.
I'll text my sister and see what she thinks. She is a good judge of these things and I know she has my back.

1 of my friends is ignoring me & I don’t know what to do. Do U think 5 selfies was 2 many??

Nah, don’t stress it – sometimes in high school someone will be nice one day and then not the next. IT’S NOT YOU

Hang on, I’m not thinking rationally. Let’s look at the evidence. My friends post way more selfies than me. I can’t be sure that how she is acting is anything personal, so I’m not going to assume that.

I have other friends. I can hang with them today.
TUESDAY MORNING.

So tired.

Should not have Netflix binged last night.
Wonder if I have enough loose change today for a slushie?

Oh weird... Maddie’s waving and making her way over here like nothing happened yesterday. **AWKS?!**
**About this story:**

Anxiety can be worsened in both male and female students by cognitive distortions (exaggerated or irrational thinking), including catastrophisation (thinking the worst case scenario in a particular situation) and personalisation (thinking everything that happens is somehow about ourselves).

High school is a time in which friendships can change rapidly. This can be difficult for all teenagers to navigate, and especially so for teenagers with anxiety.

This Comic/Story explores these themes, and provides supportive strategies for teenagers as they navigate the challenges of high school friendships.

This story highlights three evidence-based strategies for managing anxiety at school: (i) using deep/relaxation breathing techniques; (ii) seeking support from a trusted person; and (iii) challenging cognitive distortions.
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