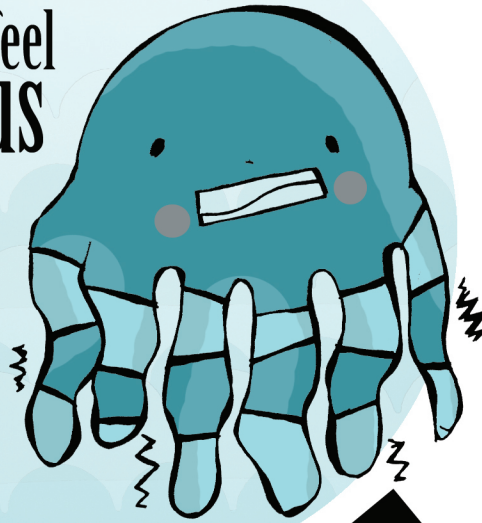


When I feel
Nervous



This is what it feels like for me:

This is what I can do about it:
