

**OVERHEATED?
STIFF MUSCLES?
JAW CLENCHING?
CONFUSED?
DIFFICULTY WALKING?
REALLY ANXIOUS?**

**GET HELP
FAST**

**These are all signs you or your mates
have overdone it.**


**STAY
OK**

A smiling woman with dark hair, wearing sunglasses and a white t-shirt, is shown from the waist up. She is making a peace sign with her right hand and has her left arm raised. The background is a blurred crowd of people at what appears to be a music festival or concert, with warm, golden-hour lighting.

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