

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

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

GET HELP HERE



stayok.nsw.gov.au



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

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

GET HELP HERE

**STAY
OK**

stayok.nsw.gov.au



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

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

GET HELP HERE

**STAY
OK**

stayok.nsw.gov.au

