

**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](https://stayok.nsw.gov.au)**



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OK**

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