

**Overheated?  
Stiff muscles?  
Jaw clenching?  
Confused?  
Difficulty walking?  
Really anxious?**

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

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**GET HELP HERE**

**STAY  
OK**

[stayok.nsw.gov.au](http://stayok.nsw.gov.au)





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