



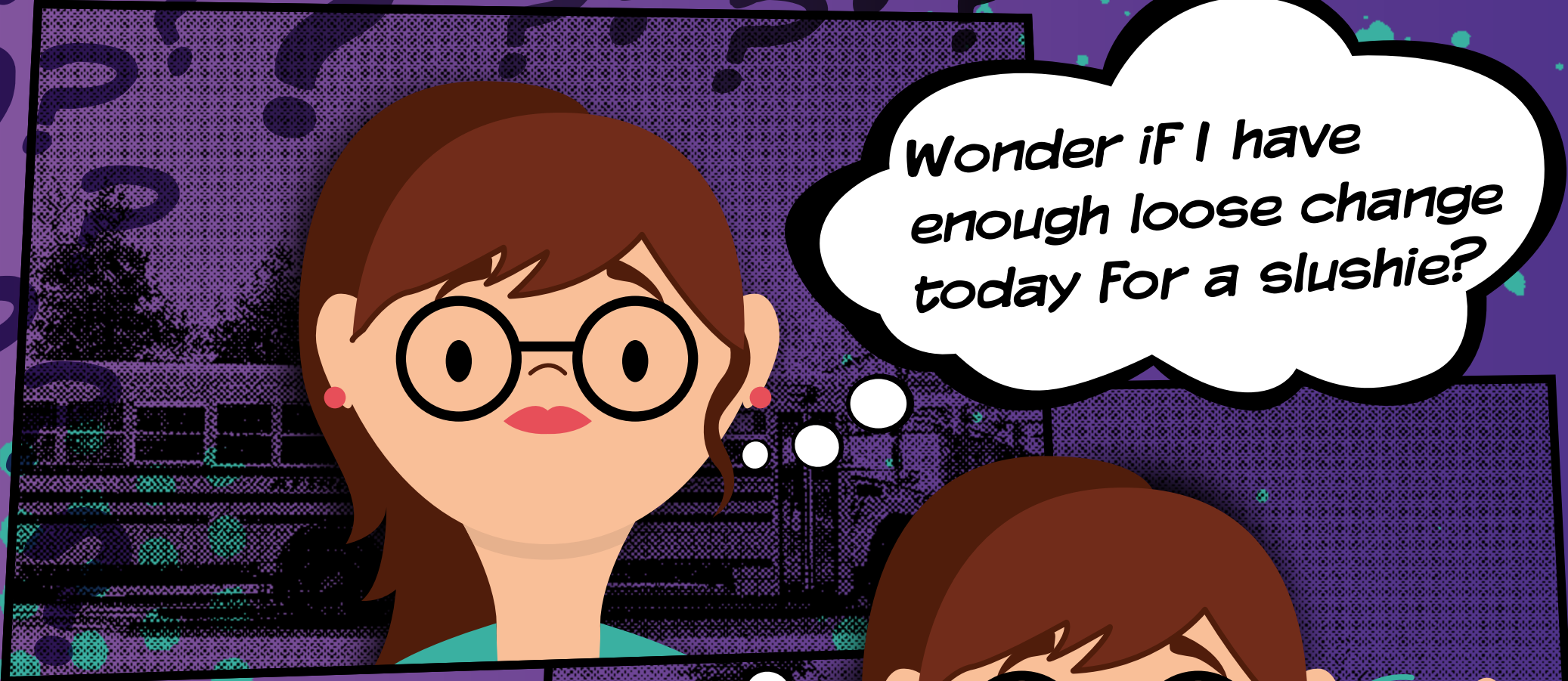
# Monday Freak Out



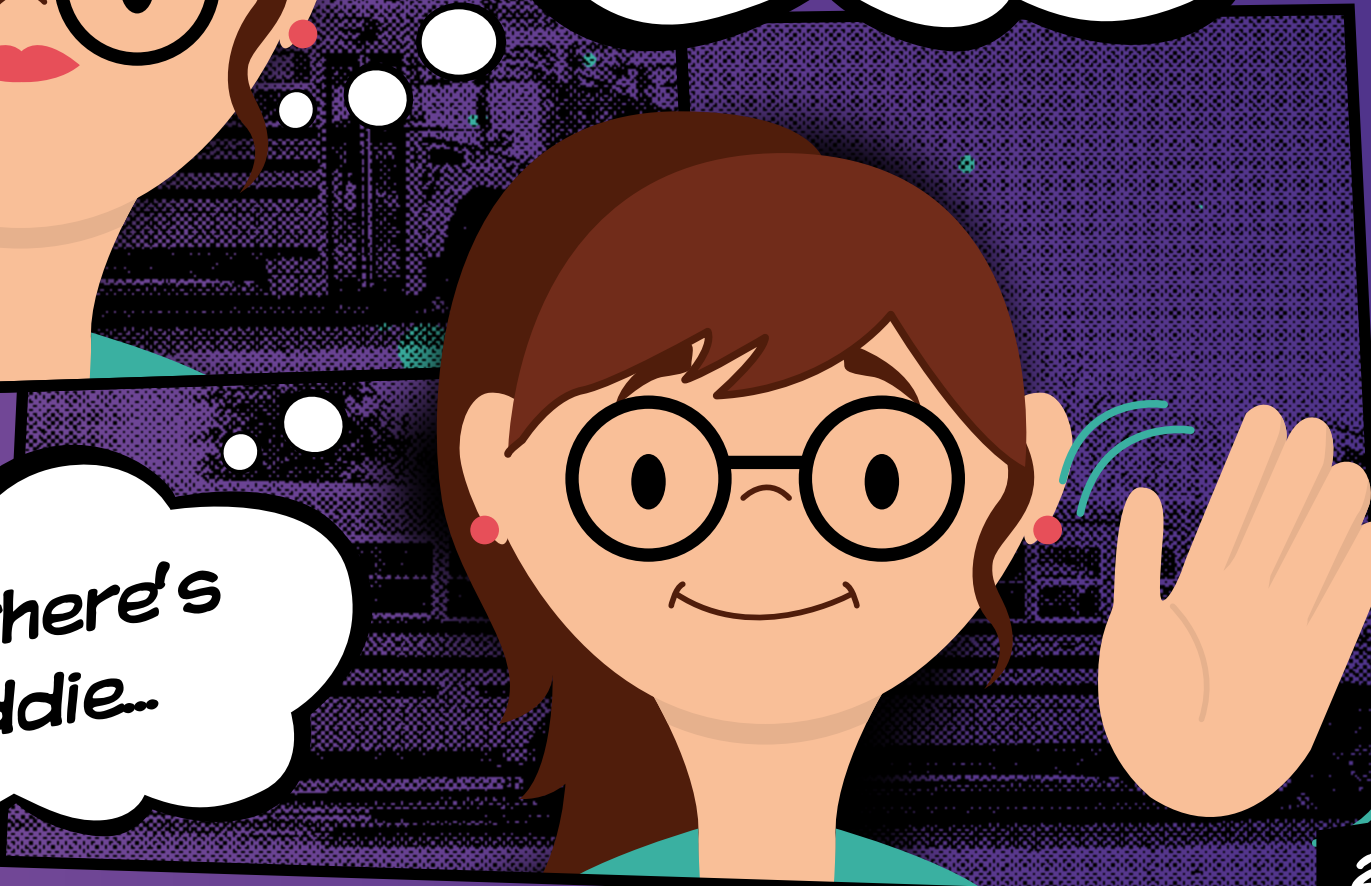
*MONDAY MORNING.*

*So tired.*

*Should not have  
Netflix binged  
last night.*



Wonder if I have  
enough loose change  
today For a slushie?



Oh there's  
Maddie...

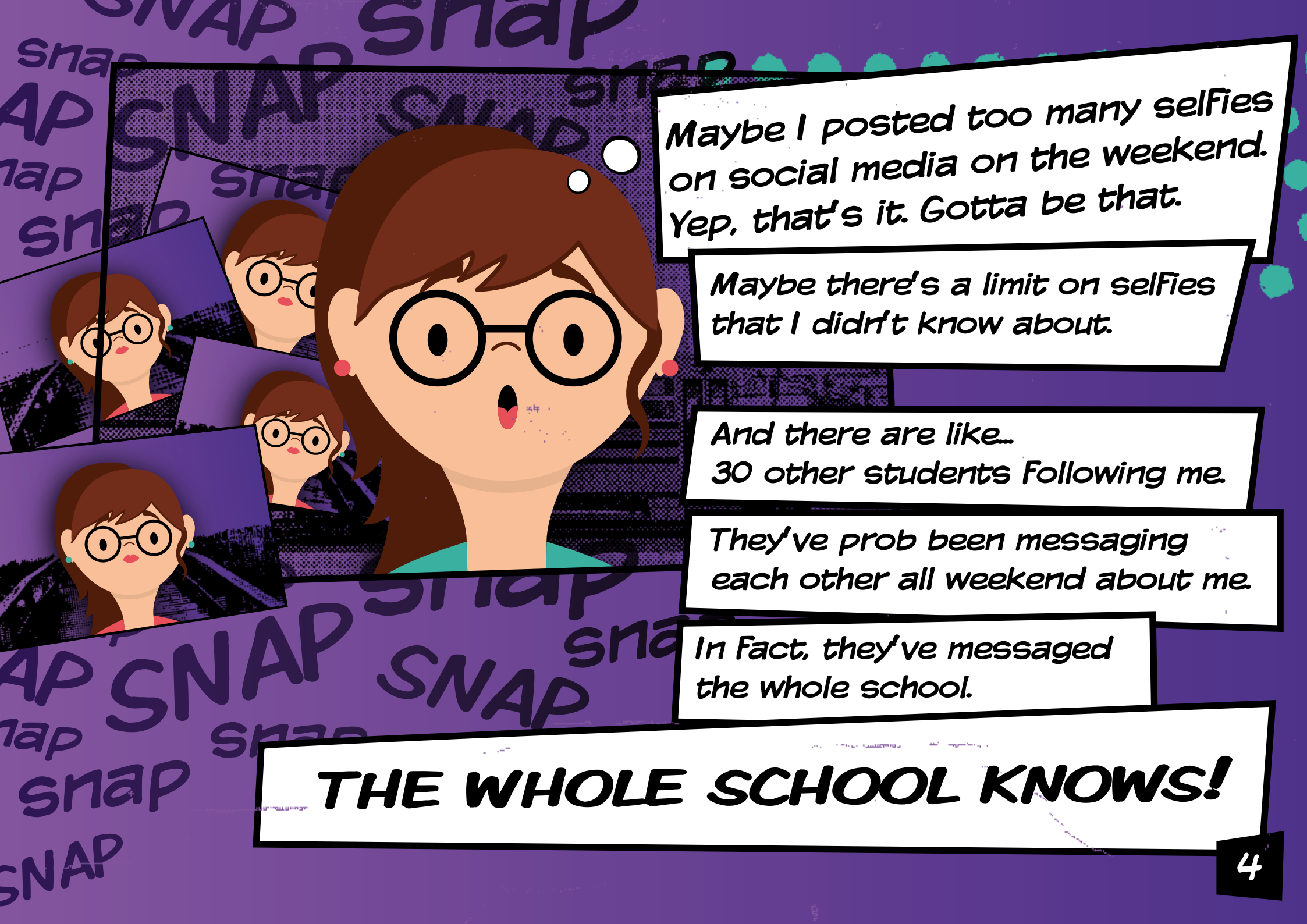




EEK. What's up with her?

She's clearly not happy with me. Wonder what I have done?





Maybe I posted too many selfies on social media on the weekend. Yep, that's it. Gotta be that.

Maybe there's a limit on selfies that I didn't know about.

And there are like... 30 other students Following me.

They've prob been messaging each other all weekend about me.

In Fact, they've messaged the whole school.

**THE WHOLE SCHOOL KNOWS!**

# AND ITS GONE VIRAL...

No-one at school will ever talk to me again.

They'll all laugh in the corridors.



I didn't finish my maths homework because I needed help with a few questions, but my teacher will now think I didn't finish it because I was on social media all weekend.

The principal will probably hear about it, and give a big lecture at school about people who spend too much time on social media.

## THE DAILY POST

THE GIRL WHO POSTED TOO MANY SELFIES  
What was she thinking?

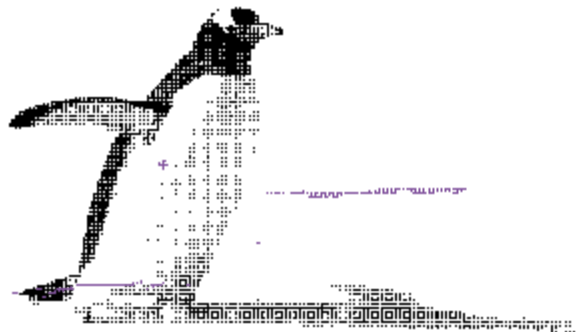




*It will probably be on the news,  
and news cameras will be  
stationed outside my house.*

*My whole Family will have  
to go live in Antarctica,*

*or the middle of the Australian  
desert or something.*



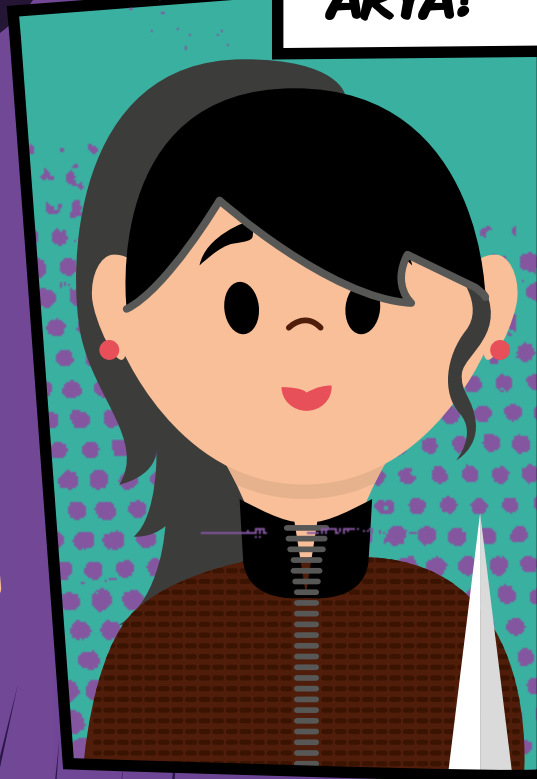
Or I could assume a new identity.  
Get plastic surgery, wear a wig,  
and start over with a new name  
somewhere.

I wonder what  
identity I could take.

WONDER WOMAN?

ARYA?

THE HULK?





*I feel so sick, and my heart is pounding and I can't cope.*

*I need to text my mum and get her to pick me up.*

*I can't breathe. I think I'm going to pass out or vomit or something.*



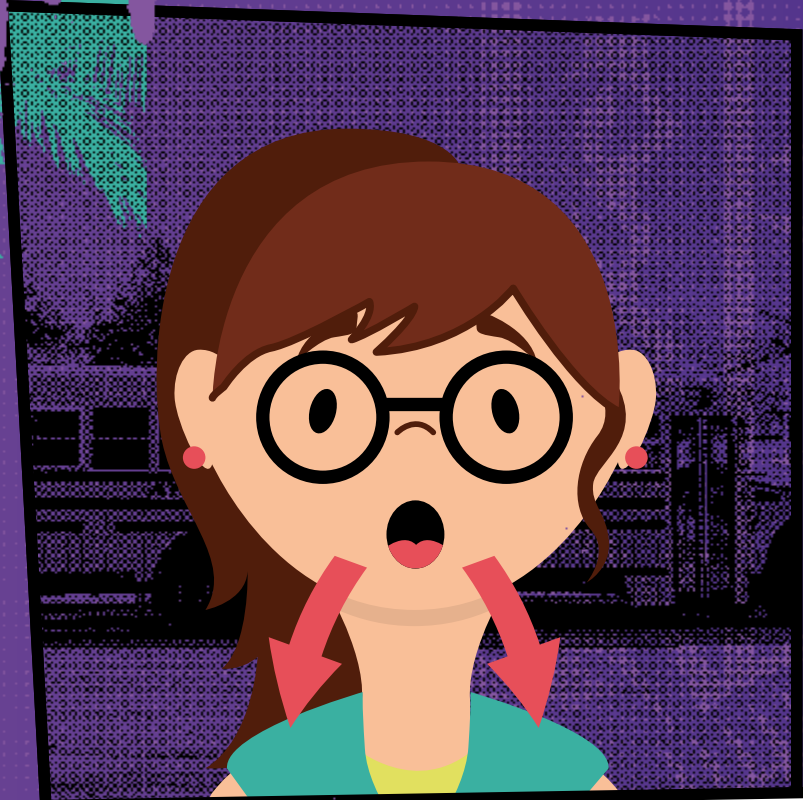
*Ok. Must do the slow breathing my psych taught me before I give myself a heart attack!!*



*In through the nose*

*For slow count of 3,*

*hold...*



*now out gently through  
the mouth for 5 counts...*

*do this at least **5** times.*





*I'll text my sister and see what she thinks.*

*She is a good judge of these things and I know she has my back.*

1 of my friends is ignoring me & I don't know what 2 do.  
Do U think 5 selfies was 2 many??



Nah, don't stress it – sometimes in high school someone will be nice one day and then not the next. IT'S NOT YOU



*Hang on, I'm not thinking rationally. Let's look at the evidence. My Friends post way more selfies than me. I can't be sure that how she is acting is anything personal, so I'm not going to assume that.*

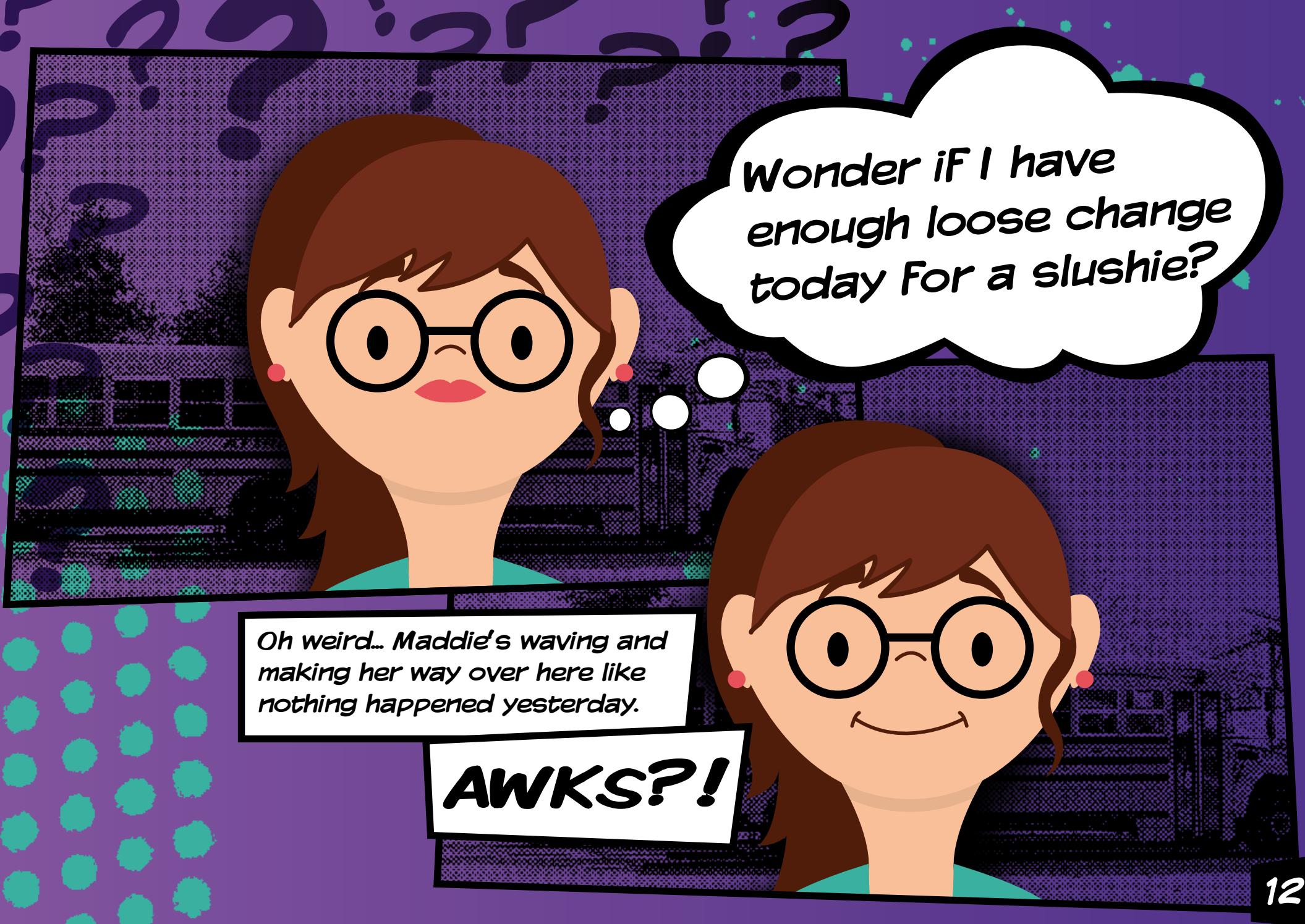
*I have other Friends, I can hang with them today.*



TUESDAY MORNING.

So tired.

Should not have  
Netflix binged last  
night.



Wonder if I have  
enough loose change  
today For a slushie?

*Oh weird... Maddie's waving and  
making her way over here like  
nothing happened yesterday.*

**AWKS?!**

## **About this story:**

Anxiety can be worsened in both male and female students by cognitive distortions (exaggerated or irrational thinking), including catastrophisation (thinking the worst case scenario in a particular situation) and personalisation (thinking everything that happens is somehow about ourselves).

High school is a time in which friendships can change rapidly. This can be difficult for all teenagers to navigate, and especially so for teenagers with anxiety.

This Comic/Story explores these themes, and provides supportive strategies for teenagers as they navigate the challenges of high school friendships.

This story highlights three evidence-based strategies for managing anxiety at school: (i) using deep/relaxation breathing techniques; (ii) seeking support from a trusted person; and (iii) challenging cognitive distortions.



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