How can we keep good mental health and cope successfully with anxiety?

Starter

Sarah's explaining her symptoms to her GP.
What do you think might be wrong with her? Why?

shortness of breath

stomach ache

feeling sick

restlessness

Heart palpitations

feeling constantly "on edge"

What might be happening in Sarah's life to make her feel like this?
Why might Sarah have been worried there was something seriously wrong with her health?

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