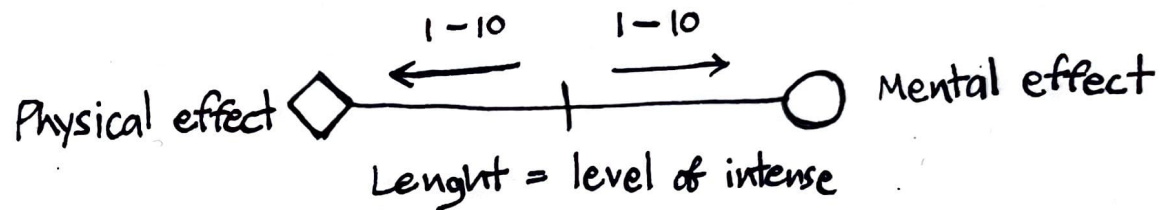














HOW TO READ : MY WEEK OF ANXIETY

↓ time of the day
each line represent
a day



- | I have alchoho
- | I have matcha
- estimate effect 8hrs.

chest		----- +	 thinking about school
hand		hungry	 thinking about myself
leg		~~~~~	 Both
ear		am I stupid!?	
lip		~~~~~ hungry+stupid	
freeze			
cry			
head			
stomach			

SLOPE = weigh which side more