

Linking Your Mental Wellness Puzzle



1. Identify the problem

- Identify the symptoms
- Identify the triggers
- Identify the impact

2. Research the problem

- Research the symptoms
- Research the triggers
- Research the impact

3. Develop a plan

- Develop a strategy
- Develop a timeline
- Develop a budget

4. Implement the plan

- Implement the strategy
- Implement the timeline
- Implement the budget

Anxiety Relief Last 90 Days Tutorial

Joacim Rocklöv



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