

Linking Your Mental Wellness Puzzle



1. Identify the symptoms

- Identify the symptoms you are experiencing
- Keep a journal of your symptoms

2. Research your symptoms

- Research your symptoms
- Read articles
- Consult with a doctor
- Seek support

3. Get a diagnosis

- Get a diagnosis
- Follow the treatment plan
- Monitor your progress

4. Take care of yourself

- Take care of yourself
- Exercise regularly
- Get enough sleep
- Eat a healthy diet
- Seek support from friends and family

Anxiety Relief Last 90 Days Tutorial

CO Houle



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