

# Linking Your Mental Wellness Puzzle



**1. Depression**

- Loss of interest in activities
- Changes in appetite
- Weight gain or loss
- Changes in sleep patterns
- Thoughts of death or suicide

**2. Anxiety**

- Excessive worry
- Restlessness
- Feeling on edge
- Difficulty concentrating
- Increased heart rate
- Sweating
- Shortness of breath
- Headaches
- Dizziness
- Stomach issues

**3. Brain Fog**

- Difficulty concentrating
- Memory lapses
- Confusion
- Slowed thinking
- Forgetfulness
- Difficulty making decisions
- Feeling overwhelmed
- Increased stress

**4. Bipolar Disorder**

- Extreme mood swings
- Manic episodes
- Depressive episodes
- Changes in energy levels
- Impulsive behavior
- Thought racing
- Decreased need for sleep
- Increased talkativeness
- Exaggerated reactions
- Decreased attention to detail
- Decreased self-care
- Decreased judgment
- Decreased ability to think clearly
- Decreased ability to make decisions
- Decreased ability to focus
- Decreased ability to concentrate
- Decreased ability to remember things
- Decreased ability to learn new things
- Decreased ability to solve problems
- Decreased ability to cope with stress
- Decreased ability to handle change
- Decreased ability to deal with setbacks
- Decreased ability to stay motivated
- Decreased ability to stay organized
- Decreased ability to stay on task
- Decreased ability to stay focused
- Decreased ability to stay calm
- Decreased ability to stay patient
- Decreased ability to stay respectful
- Decreased ability to stay polite
- Decreased ability to stay courteous
- Decreased ability to stay considerate
- Decreased ability to stay kind
- Decreased ability to stay gentle
- Decreased ability to stay soft
- Decreased ability to stay sweet
- Decreased ability to stay loving
- Decreased ability to stay caring
- Decreased ability to stay compassionate
- Decreased ability to stay empathetic
- Decreased ability to stay understanding
- Decreased ability to stay forgiving
- Decreased ability to stay tolerant

# Anxiety Relief Last 90 Days Tutorial

**S Ben Porath**



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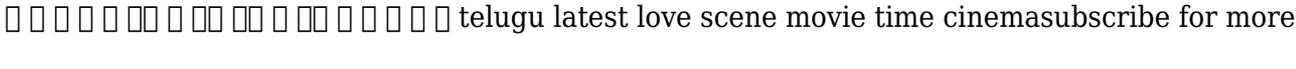
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