

Linking Your Mental Wellness Puzzle



1. Identify the symptoms

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

2. Research the symptoms

- Research the symptoms you are experiencing
- Read up on the symptoms
- Ask your doctor for help
- Ask your family for help

3. Get a diagnosis

- Get a diagnosis from a professional
- Get a diagnosis from a doctor
- Get a diagnosis from a therapist

4. Get treatment

- Get treatment from a professional
- Get treatment from a doctor
- Get treatment from a therapist
- Get treatment from a support group

Anxiety Relief Last 90 Days Tutorial

Albert A Gayle



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