

Linking Your Mental Wellness Puzzle



1. Depression

- Identify the root cause of your symptoms
- Consider professional treatment options

2. Anxiety

- Practice relaxation techniques
- Seek professional help
- Exercise regularly
- Avoid caffeine

3. Brain Fog

- Stay hydrated
- Get enough sleep
- Avoid alcohol and drugs

4. Bipolar Disorder

- Take medication as prescribed
- Avoid substances
- Seek professional help
- Practice stress management techniques

Anxiety Relief Last 90 Days Tutorial

JA Banks



Anxiety Relief Last 90 Days Tutorial:

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