

# 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
- Exercise regularly
- Avoid alcohol and drugs

**4. Bipolar Disorder**

- Take medication as prescribed
- Avoid alcohol and drugs
- Practice stress management techniques

# Anxiety Relief Last 90 Days Tutorial

**AW Rasmussen**



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