

Linking Your Mental Wellness Puzzle



1. Depression

- Identify the symptoms
- Seek professional help
- Consider therapy
- Medication

2. Anxiety

- Relaxation techniques
- Deep breathing
- Mindfulness
- Exercise
- Avoid caffeine

3. Brain Fog

- Regular exercise
- Adequate sleep
- Hydration
- Avoid alcohol and drugs

4. Stress

- Relaxation techniques
- Mindfulness
- Exercise
- Avoid caffeine
- Avoid alcohol and drugs

Anxiety Relief Last 90 Days Tutorial

Ensheng Dong



Anxiety Relief Last 90 Days Tutorial:

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