

# 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
- Irritability

**3. Brain Fog**

- Difficulty concentrating
- Memory lapses
- Confusion
- Slowed thinking
- Forgetfulness
- Difficulty making decisions

**4. Bipolar Disorder**

- Extreme mood swings
- Manic episodes (high energy, decreased need for sleep, racing thoughts)
- Depressive episodes (low energy, loss of interest, changes in sleep and appetite)
- Thoughts of suicide

# Anxiety Relief Last 90 Days Tutorial

**S Baum**



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