

# Linking Your Mental Wellness Puzzle



**1. Depression**

- Identify the early signs and symptoms
- Seek professional help

**2. Anxiety**

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

**3. Brain Fog**

- Stay hydrated
- Get enough sleep
- Practice stress management techniques

**4. Bipolar Disorder**

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

# Anxiety Relief Last 90 Days Tutorial

**J Ma**



## **Anxiety Relief Last 90 Days Tutorial:**

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