

Solving Your Mental Wellness Puzzle



1. Identify the problem

- Identify the symptoms you are experiencing
- Consider the possibility of a mental health condition



2. Research the problem

- Research the symptoms you are experiencing
- Consider the possibility of a mental health condition
- Consider the possibility of a physical health condition
- Consider the possibility of a combination of both



3. Seek professional help

- Consult with a healthcare professional
- Consider the possibility of a mental health condition
- Consider the possibility of a physical health condition
- Consider the possibility of a combination of both

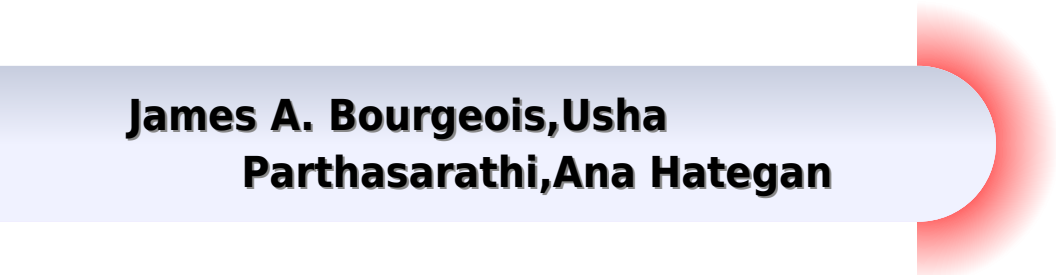


4. Develop a treatment plan

- Consider the possibility of a mental health condition
- Consider the possibility of a physical health condition
- Consider the possibility of a combination of both
- Consider the possibility of a combination of both

Anxiety Relief Last 90 Days Tutorial

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Parthasarathi,Ana Hategan**



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