

Solving Your Mental Wellness Puzzle



- 1. Identify the problem**
 - Identify the symptoms you are experiencing
 - Consult a healthcare professional for a diagnosis
- 2. Develop a plan**
 - Develop a treatment plan
 - Follow the plan
 - Monitor your progress
 - Adjust the plan as needed
- 3. Implement the plan**
 - Follow the plan
 - Monitor your progress
 - Adjust the plan as needed
 - Seek support from family and friends
- 4. Evaluate the results**
 - Monitor your progress
 - Adjust the plan as needed
 - Seek support from family and friends
 - Consider the need for ongoing treatment

Anxiety Relief Last 90 Days Tutorial

JS Bruner



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