

Solving Your Mental Wellness Puzzle



1. Identify the problem

- Identify the symptoms and signs
- Identify the triggers
- Identify the impact



2. Assess the problem

- Identify the symptoms
- Identify the triggers
- Identify the impact
- Identify the duration



3. Develop a plan

- Identify the symptoms
- Identify the triggers
- Identify the impact
- Identify the duration



4. Implement the plan

- Identify the symptoms
- Identify the triggers
- Identify the impact
- Identify the duration

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