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March 07th 2013: Increase Your Mental and Emotional Health

Annually one third of the population experiences something that challenges their mental and emotional health. Symptoms can range from very minor shorts bouts of anxiety or grief brought on by an increase in stress; to more painful and debilitating symptoms. Mental illness, like cancer can strike anyone at any time and has a variety of causes. Almost half the population has a family member or close friend that is living with some form of mental illness that affects their mood, energy, concentration, relationships, sleep patterns, communication, memory, fitness, and other aspects of daily living

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