
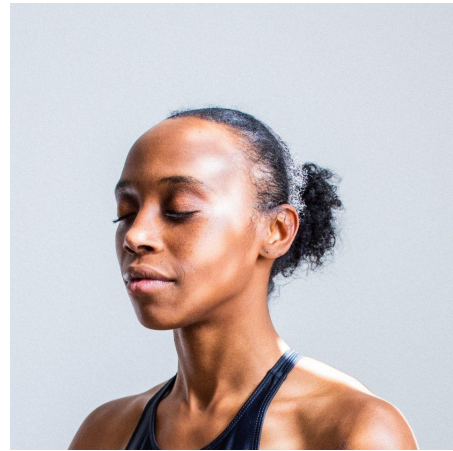




| CAPTION   | IMAGE   |
|---|---|
| <p><b>Post #1:</b></p> <p>Growing up is not easy, especially as a teen with anxiety. Being in a constant state of anxiety is difficult to live in everyday life as it prevents a teen from growing to their full potential. Anxiety is different for everyone. This is a nervous disorder that affects the brain by preventing someone from doing everyday tasks like driving, being out in public settings. It's the uneasy feeling of an event that's about to happen and the person doesn't know the outcome of that situation.</p> <p>Many teens don't have the resources to help them with this. According to Psychology Today's article "Understanding Teen Anxiety" by Raychelle Cassada Lohmann, many teens "... may resort to self-medicating or self-harming because they don't know of another way to bring relief to the all-consuming emotion of anxiety."</p> <p>Some of the ways teens can help with their anxiety are by making sure they have the proper nutrition, having a structured sleep schedule, and by working out as the article states.</p> <p>If you're interested in learning more about helping your teen or yourself, please click the link below or copy and paste it into a web browser!</p> <p><a href="https://bit.ly/2QFOHkO">https://bit.ly/2QFOHkO</a></p> <p>#helpingteenswithanxiety #psychologytoday #anxiety #growingupasateen #anxietyawareness #mentalhealthisimportant #anxietyisreal #yourfeelingsarevalid #endthestigma #mentalhealthawareness #therapycanhelp #teenspirit #happiness #teensandmentalhealth #psychologyadvice #articles #teenhealth #nutrition</p> | <p>Option #1:</p>  <p><i>Description: Girl listening to music, looking out</i></p> <p>Option #2:</p> |

#heretohelpourchildren #youarenotalone  
 #weareallinthis together #starttheconversationtoday  
 #mentalhealthmatters #breakthestigma #bekindoyourself  
 #selfacceptance #itsokaytonotbeokay #selfcare  
 #healingtakestime #selfcaregoals



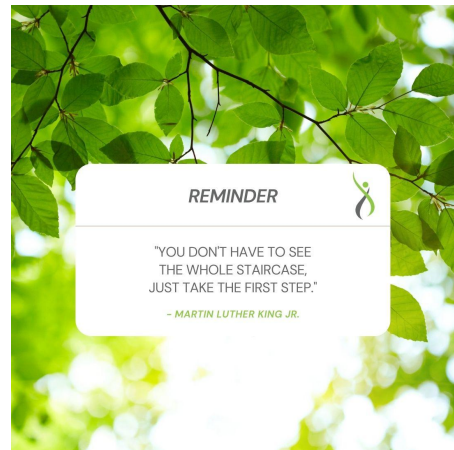
*Description: Girl meditating peacefully*

**Post #2:**

A wise man once said, “You don’t have to see the whole staircase, just take the first step.” Getting your mental health to a great point takes time and effort, do not scare yourself because you see so much that has to be done. Great things happen over time and with the necessary resources and steps, you can achieve those great things!

If you are in need of professional help or not too sure where to start, please call us for a free assessment and we will make sure you’re in great hands! It’s never too late to start working on yourself.

#itsnevertolatetoworkonyourself #mentalhealthmatters  
 #inspiringquotes #wearehereforyou #happinesstakestime  
 #mentalhealthisimportant #professionalresourcescanhelpyou  
 #breakingthestigma #youarenotalone #happinessstartswithin  
 #starttheconversationtoday #youcandoit #staypositive  
 #motivationalquotes #quotestoliveby #mentalhealthawareness  
 #mentalhealthcommunity #anxietyhelp #fightingdepression  
 #mentalhealthisimportant #selfcareiskey #healthymindset  
 #mentalhealthmatters #yourfeelingsarevalid #psychology  
 #mindsetshift #acceptyourself #embracechange  
 #learntoloveyourself #mentalhealthcommunity





| CAPTION   | IMAGE   |
|---|---|
| <p>Buying a home for the first time can be scary, do not worry - here are some tips to help you prepare!</p> <ul style="list-style-type: none"> <li>- Start saving early!! You will have to put in a certain amount for the down payment, this all depends on the mortgage and the lender you choose. Be prepared to save for closing costs and moving-in expenses too!</li> <li>- Determine how much you can spend (reasonably) on a house before looking at Zillow! There are tons of home affordability calculators online.</li> <li>- Make sure your credit is good. Make sure you use a free credit score checker to find out.</li> </ul> <p>If you have any financial questions about the starting process, please call us and we will happily assist you!</p> <p>#realestate #househunting<br/> #firsttimehomebuyertipsandtricks<br/> #checkyourcreditscore #savesavesave #brokerage<br/> #realtor #realestateexperts #investmentproperty<br/> #realestateagent #starterhome #propertytips<br/> #financialtips #homebuyingfinancialtips<br/> #motivation #firsttimebuyer #homesweethome<br/> #canbeyours #investingintoyourfuture #mortgage<br/> #mortgagecalucators #weartheexperts<br/> #professionalfinancialassistance<br/> #starttheprocessofbuyingahometoday</p> |  <p><b>TIPS ON STARTING THE HOME BUYING PROCESS!</b><br/> PLUS HOW YOU CAN GET STARTED TODAY!</p> <p><i>Size Dimensions: 1080 x 1080</i></p> |
|   |  <p><b>TIPS ON STARTING THE HOME BUYING PROCESS!</b><br/> PLUS HOW YOU CAN GET STARTED TODAY!</p> <p><i>Size Dimensions: 1200 x 628</i></p> |

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|---|--|
| <p>#nevertoolatetostartsaving #homebuyertips<br/>#homebuyereducation #realestateinvesting<br/>#realestateexpert #heretohelp</p> |  |
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