

## **Fraley & Associates, PLLC**

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### **About:**

Physical, emotional and environmental wellness all factor into one's mental health. Many issues can contribute to challenges including situational stressors such as loss, relationship conflicts, employment struggles and life transitions. In addition to these stressors, some people struggle with issues from childhood or unhealthy patterns that sabotage their relationships. For many, there are also physical stressors such as chronic pain or a chemical imbalance as well as more complex psychiatric issues.

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