

Does panic keep you in
prison, away from the
things you want to do?

Are you stuck in a
joyless rut?

You don't have to
live that way.



Tamara Mason MSW, LICSW

Empowering you to live a fulfilling and balanced life.

www.tamaramason.com

Is panic keeping you hostage?

Do you prefer grocery shopping at 6AM to avoid crowds? Do you need to have the TV on so you can fall asleep at night? Do you avoid social gatherings or your child's extracurricular activities because it makes you feel uncomfortable? If you answered yes to any of these questions, you might be experiencing anxiety. Don't let anxiety drive your life. Tamara helps people get their anxiety under control and experience balance in life.

"When I start to panic I remember what Tamara taught me to do and then I can relax and face my fears."

CHILD WITH ANXIETY: *"I am having so much fun trying new things. Thank you so much."*

Is a life slump holding you back?

Do you find it difficult to get motivated? Do you feel like you have no energy? Are you overwhelmed by life's demands? Do you feel like your life lacks joy? If you answered yes to any of these questions, you might be experiencing depression. This does not have to be a permanent way of life. With the right help, you can free yourself from this rut. Tamara works with individuals who want to get out of a rut and back into a fulfilling life. Yes, getting out of a slump takes work, but you are worth it!

"I cannot believe how making the small changes Tamara recommended made such a big difference in my life. I recommend her to anyone who is sick and tired of being sick and tired."

Call (218) 444-0899 to set up an appointment with Tamara or visit www.tamaramason.com to watch a short video about how anxiety is like thistles.



**Call Tamara Mason, MSW, LISW
to see if she can help you.**

Cognitive Behavioral Therapy,
Counseling, and Life Coaching

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