KAY
PSYCHOTHERAPY

16

Signs That It's Time To Care For Your Mental Health

JENNIFER KAY | KAYPSYCHOTHERAPY.COM

16 Signs That It's Time To Care For Your Mental Health

- [ ] You no longer enjoy the things that you used to.
- [ ] You're sleeping and eating habits have changed.
- [ ] Your emotions are heated up. You're upset a lot more than usual these days.
- [ ] Social situations are a no go. You're not comfortable socializing although you don't want to lose your connections either.
- [ ] Unhealthy habits are becoming problematic. We automatically think of drinking and drug use when this comes up. But this could also involve excessive shopping, excessive dieting, risky behaviors, etc.
- [ ] Your relationships aren't being nurtured. Arguments with your spouse. Snapping at your children. Ignoring your friend's phone calls and texts.
- [ ] Something horrible happened. You've experienced a trauma that has shaken you to your core. Trauma isn't just for combat soldiers. A car accident, affair, loss of a loved one, or anything you feel is traumatic – is trauma.

- [ ] You're unsure of who you are. Understanding ourselves better can help us break maladaptive patterns of behavior or allow us to give ourselves more grace.
- [ ] Your support network is diminished or nonexistent. Everyone needs someone to talk to and process with. Therapy is a great place to receive the validation and support that you deserve.
- [ ] You wake up and feel dread or your worries make falling asleep very difficult.
- [ ] You aren't performing as usual at work or school.
- [ ] You want to improve yourself but you don't know where to start.
- [ ] Your friends or family are worried about you. Or you are worried about you.
- [ ] You have dark or suicidal thoughts.
- [ ] You don't feel like yourself.
- [ ] Nothing else has helped. You've tried exercising. You've tried meditation. You even tried reading that self-help book your Aunt recommended. But, nothing seems to give you relief.

Thank You!

People often shy away from therapy, thinking that it is only for people who “really” need help. At Kay Psychotherapy, our professional therapists believe we can all benefit from understanding ourselves more, so that you can discover your version of a better life.

- Jennifer Kay

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