MENTAL HEALTH CHECK-UP

Gone are the days of a stigma attached to those who pursue professional help. This is good news! The healthiest and happiest people are those who have periodic mental health check-ups. It keeps their lives on track.

If we make one physician’s appointment after another for infection, illness, aches and pains, but ignore our mental health, we do ourselves a great injustice – one that costs us dearly in energy, time, and money. There is a saying that there is no health without mental health. Mental and physical health are always linked; we cannot address one without the other.

Carrying emotional baggage, turmoil, or depression will inevitably bring along increased physical ailments.

Benefits of a Mental Health Check-up:

- Reduces your stress
- Gives your life direction
- Helps you get out of “Stuck” mode
- Re-centers you in Christ
- Gives you hope
- Helps you to set healthier boundaries and life goals

Anxiety feels like:

- Constant worrying thoughts, often about the illness and its treatment
- Fearing the worst, for example, that our illness will get worse or that we might die
- Being very aware of our heart beating (palpitations)
- Tension and pains in our muscles
- Being unable to relax
- Sweating
- Breathing too fast (hyperventilating)
- Feeling dizzy
- Feeling faint
- Indigestion and diarrhea
Depression feels like:

- Feelings of unhappiness that don't go away, and are there nearly all the time
- Losing interest in life
- Being unable to enjoy anything
- Finding it hard to make even simple decisions
- Feeling utterly tired
- Feeling restless and agitated
- Losing appetite and weight (some people find they do the reverse and put on weight)
- Difficulty in sleeping and waking up earlier than usual
- Losing interest in sex
- Losing self-confidence and feeling useless, inadequate and hopeless
- Avoiding other people
- Feeling irritable
- Feeling hopeless about ourselves, our situation and the world generally. We may feel as if we are never going to get better, or that we are worthless
- Thinking of suicide – this is common in depression. It is much better to talk about it than to try to hide it

Let Dr. Baker know if you are experiencing:

- anxiety
- panic
- abnormal fears
- guilt
- depression
- self-pity
- remorse
- worry
- insomnia
- tension
- loneliness
- withdrawal
- boredom
- fatigue
- despair

It does not take that long to get you back on the path to peace and serenity. Contact my office: (989) 895-8356 to schedule a mental health check-up. An improved life is available!

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Hope is always available!