

# 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!

## Educational Therapy

Dr. Sherry Baker PsyD, CCLC • Executive Director  
Christian Counselor/Life Coach: #090064  
601 N. Van Buren Street • Bay City, MI 48708-6538  
989.895.8356 • 989.895.1197 (fax)

[forhisglory@charter.net](mailto:forhisglory@charter.net) • [www.drsherrybaker.com/](http://www.drsherrybaker.com/)

*Hope is always available!*

