

## FREQUENTLY ASKED QUESTIONS

### **Why is mental health important?**

Mental health is health and is as equally important to our overall wellbeing as is our physical health. Mental health, physical health, and spiritual well-being are intricately connected and work in tandem with each other.

Mental health continuum:

No distress, problem or disorder; Mental distress; Mental health problem; Mental disorder

---

### **What are some ways I can reduce feeling overwhelmed, particularly during times of change or transition (we are coming upon summer as well as the next phase of managing the pandemic – we have survived, now what?)?**

It is very important to remember to take care of you even when it seems like there is so much to do and not enough time to do it. By taking care of yourself, you can actually take better care of others. Self-care can look differently for each of us but going back to the basics of healthy eating, good sleep hygiene, physical exercise, and time for self is central. Slow down, engage your five senses, and be in the moment. Be realistic in your expectations and prioritize your goals and tasks, knowing that it is okay to let some go.

---

### **While mental health encompasses much more, two common symptoms are anxiety and depression. What are some signs of anxiety and/or depression?**

Again, symptoms of anxiety or depression may vary for each of us. An important question to ask is whether you are noticing changes that significantly impact you in your daily activities. Some examples may include difficulty concentrating, loss of pleasure or interest in previously enjoyed activities, increased agitation, frequent crying or feelings of sadness, changes in appetite or sleep patterns, feelings of worthlessness, self-criticalness, state of hyperarousal, inability to relax, excessive worry or rumination.

---

### **What can a counselor do for me?**

A counselor can provide you a safe and confidential place to discuss stressors, develop healthy coping strategies, and help restore balance in your life. A counselor can support you in managing day-to-day demands or adjusting to a recent life change, as well as healing from past wounds or traumatic events that may be related to current symptoms.

---

**What makes the IHMCC unique?**

At the IHMCC, a faith-integrated approach to understanding and responding to psychological needs guides our practice. We recognize and uphold the human dignity in all our clients and strive to be an instrument of hope and healing to all we serve. #HopeintheGoodLife

---

**How do I begin?**

Contact us at 402.489.1834 or visit our website at [www.immaculatehearcounseling.org](http://www.immaculatehearcounseling.org) to learn more.