

Define Mental Illness

Mental illness is defined as a mental, emotional, or behavioral disorder. It includes many different conditions that vary in degree of severity and can range on a spectrum from no impairment to mild, moderate, and severe impairment. Depending on impairment and severity, individuals that suffer from mental illnesses can benefit from mental health services in the form of therapy, inpatient or outpatient treatment/counseling, hospitalization, and/or medication prescribed by a psychiatrist.

Connection

Be in community with others. Reach out to friends/family.

Take care of your body

Do routine check-ups, visit a doctor and/or take medication as needed for any physical illnesses.

Eat Healthy

Make sure to eat clean and regularly. Focus on eating nutritious food and avoid sugar, junk food, and soda.

Prioritize Sleep

Sleep is paramount. Try going to bed and waking up at the same time each day. Adopt healthy sleep hygiene practices. Reduce phone use at night before bed.

Exercise

Consistent exercise is an antidepressant. Move. Stretch. Breathe. Go outside for a walk or be in nature. Mother earth is the best medicine.

Avoid substances

Avoid substance use as a coping

**one MIND
one BODY**



Our mind and body are one entity. It is important that we strive for overall health that focuses on addressing our psychological, emotional, and social well-being. To be mentally well means to be physically well, and vice versa. Reducing stress has shown to have significant effects on how our mind and body responds to anxiety, depression, and trauma.

Symptoms of mental illness may include:

- Persistent sad, anxious, or “empty” mood
- Feelings of hopelessness or helplessness
- Irritability and/or frustration
- Feelings of guilt and worthlessness
- Loss of interest and pleasure in hobbies and activities
- Decreased energy or fatigue
- Moving or talking more slowly
- Feeling restless or inability to sit still
- Difficulties with focus, concentration, memory, or making decisions.
- Sleep Disturbances
- Changes in appetite and or weight
- Thoughts of death or suicide, and/or self-harm
- Body aches or pains, headaches, cramps, stomach or digestive problems without a clear physical cause and/or do not ease after treatment.

(National Institute of Mental Health, 2022)

“Remember you cannot pour from an empty cup”



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Seeking Help & Support

Whether you are seeking help for yourself or supporting a family member and/or friend. Here are some steps you can take to be informed about seeking resources.

Seeking Professional help

Psychotherapy, also known as talk therapy can be vital at

times **Medication**

Visit a doctor and ask for a medication evaluation.

Physiological Therapies

Various brain stimulating treatments, biofeedback and neurofeedback focuses on calming the nervous system to regulate anxiety and other conditions.

Call or text 988 (suicidal & crisis lifeline)

National Crisis Text line

Text HOME to 741-741 (to connect with a live trained crisis counselor for free 24/7 support)

Visit NAMI.org for additional resources