



When Emotional Health Affects Physical Wellness

Your mind and body are connected in powerful ways. Mental health challenges can show up as physical symptoms, and physical health issues can affect your emotional well-being. Understanding these signs helps you take action early and care for yourself.

Use this checklist to see if your mental and physical health might be affecting each other. If you notice three or more of these, consider reaching out for support.



Physical aches and pains: Headaches, muscle tension, or stomach discomfort with no clear cause.



Mood swings or increased irritability: Feeling easily frustrated or emotionally overwhelmed.



Fatigue despite rest: Feeling drained even after sleeping or resting.



Frequent illness: Getting sick often or taking longer to recover.



Changes in appetite or weight: Eating much more or less than usual, or sudden weight changes.



Withdrawal or loss of interest: Avoiding activities you usually enjoy, or feeling disconnected.



Difficulty concentrating: Trouble focusing or making decisions at work or home.

If these signs sound familiar, it's important to address both your mental and physical health. Early action can improve your overall well-being.



Call **1-888-287-2680**, Monday through Friday, 8 a.m. to 5 p.m. We can match you with a mental health specialist in your area or help you find addiction treatment.

For help after hours, call us at **1-800-297-6877** so we can evaluate your symptoms, provide next steps, or contact an on-call psychiatrist.



The number one app for sleep and meditation—designed to help lower stress, anxiety, and more.

[Sign in to kp.org to get started.](https://www.kp.org)



Headspace Care (formerly called Ginger) offers 1-on-1 emotional support coaching and self-care activities to help with many common challenges. [Sign in to kp.org to get started.](https://www.kp.org)