



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.



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Video and phone-based mental health therapy.

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Call **888-720-5237** to get help with stress management, depression & anxiety, alcohol & drug abuse, eating disorders, and more.

behavioralhealthsystems.com
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Video visits and messaging with a therapist for treatment of opioid and alcohol use disorders.

boulder.care/getstarted