

Balancing the Mind & Body: Your Mental Health May Be Affecting Your Physical Health

Health is something that matters to your whole body—including your mind. When things feel off, it's natural to go to the doctor to treat their symptoms. While this is a healthy choice, many people overlook healing their minds and don't recognize physical symptoms in their body that might be caused by stress, anxiety, or depression (see list to the right).

Whether you are struggling with your mental health or physical health, counseling can help. Don't wait until it gets worse.

Contact Crosswinds today to get five free counseling sessions.

Physical Symptoms of Anxiety

- Headaches
- Fatigue
- Insomnia
- Pounding heart or increased heart rate
- Sweating
- Tremors and twitches
- Upset stomach or digestive issues

Physical Symptoms of Depression

- Changes in sleep
- Changes in appetite or weight
- Loss of energy
- Physical aches and pains
 - Feeling agitated or feeling slowed down



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