

COMMON MENTAL HEALTH CHALLENGES

Understanding Your Mental Health Journey

Every person's story is unique. Mental health challenges are not signs of weakness — they are signs that support, healing, and understanding may be needed.

Just as a kaleidoscope creates beautiful patterns from many different pieces, our thoughts, emotions, and experiences shape who we are. Sometimes those patterns become overwhelming, and that's okay. Help is available.



ANXIETY DISORDERS

What It Feels Like:

- Constant worry or fear
- Racing thoughts
- Feeling restless or on edge
- Difficulty sleeping
- Physical symptoms such as headaches, stomach aches, or rapid heartbeat

Helpful Supports:

- Grounding techniques
- Deep breathing exercises
- Therapy and counseling
- Healthy routines
- Stress management skills

DEPRESSION

What It Feels Like:

- Persistent sadness
- Loss of interest in favorite activities
- Low energy or fatigue
- Changes in sleep or appetite
- Feelings of hopelessness

Helpful Supports:

- Therapy and emotional support
- Connection with trusted people
- Physical activity and movement
- Self-care practices
- Professional treatment when needed

TRAUMA & PTSD

What It Feels Like:

- Flashbacks or nightmares
- Feeling constantly alert or unsafe
- Emotional numbness
- Avoiding reminders of difficult experiences
- Difficulty trusting others

Helpful Supports:

- Trauma-informed therapy
- Grounding and coping skills
- Building feelings of safety
- Nervous system regulation
- Supportive relationships

ADHD

What It Feels Like:

- Difficulty focusing
- Forgetfulness
- Trouble staying organized
- Restlessness or fidgeting
- Impulsivity

Helpful Supports:

- Structured routines
- Visual reminders
- Organization strategies
- Therapy or coaching
- Medication when appropriate

BIPOLAR DISORDER

What It Feels Like:

- Significant mood shifts
- Periods of high energy or decreased need for sleep
- Increased impulsivity during elevated moods
- Episodes of depression
- Changes in motivation and activity levels

Helpful Supports:

- Consistent treatment
- Mood tracking
- Healthy sleep habits
- Therapy and support
- Medication management

OCD (OBSESSIVE-COMPULSIVE DISORDER)

What It Feels Like:

- Unwanted intrusive thoughts
- Repetitive behaviors or rituals
- High anxiety when routines are interrupted
- Difficulty tolerating uncertainty
- Excessive checking, counting, or reassurance-seeking

Helpful Supports:

- Evidence-based therapy
- Exposure and Response Prevention (ERP)
- Anxiety management tools
- Self-compassion practices

GRIEF & LOSS

What It Feels Like:

- Sadness and longing
- Anger or frustration
- Emotional ups and downs
- Difficulty concentrating
- Feeling disconnected from others

Helpful Supports:

- Sharing memories and feelings
- Supportive relationships
- Grief counseling
- Honoring loved ones
- Allowing space for healing

STRESS & BURNOUT

What It Feels Like:

- Emotional exhaustion
- Feeling overwhelmed
- Difficulty concentrating
- Irritability
- Physical fatigue

Helpful Supports:

- Healthy boundaries
- Rest and recovery
- Self-care routines
- Time management skills
- Professional support

REMEMBER



Mental health challenges are common.



Asking for help is a sign of strength.



Healing is not a straight line.



You deserve support, compassion, and hope.

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