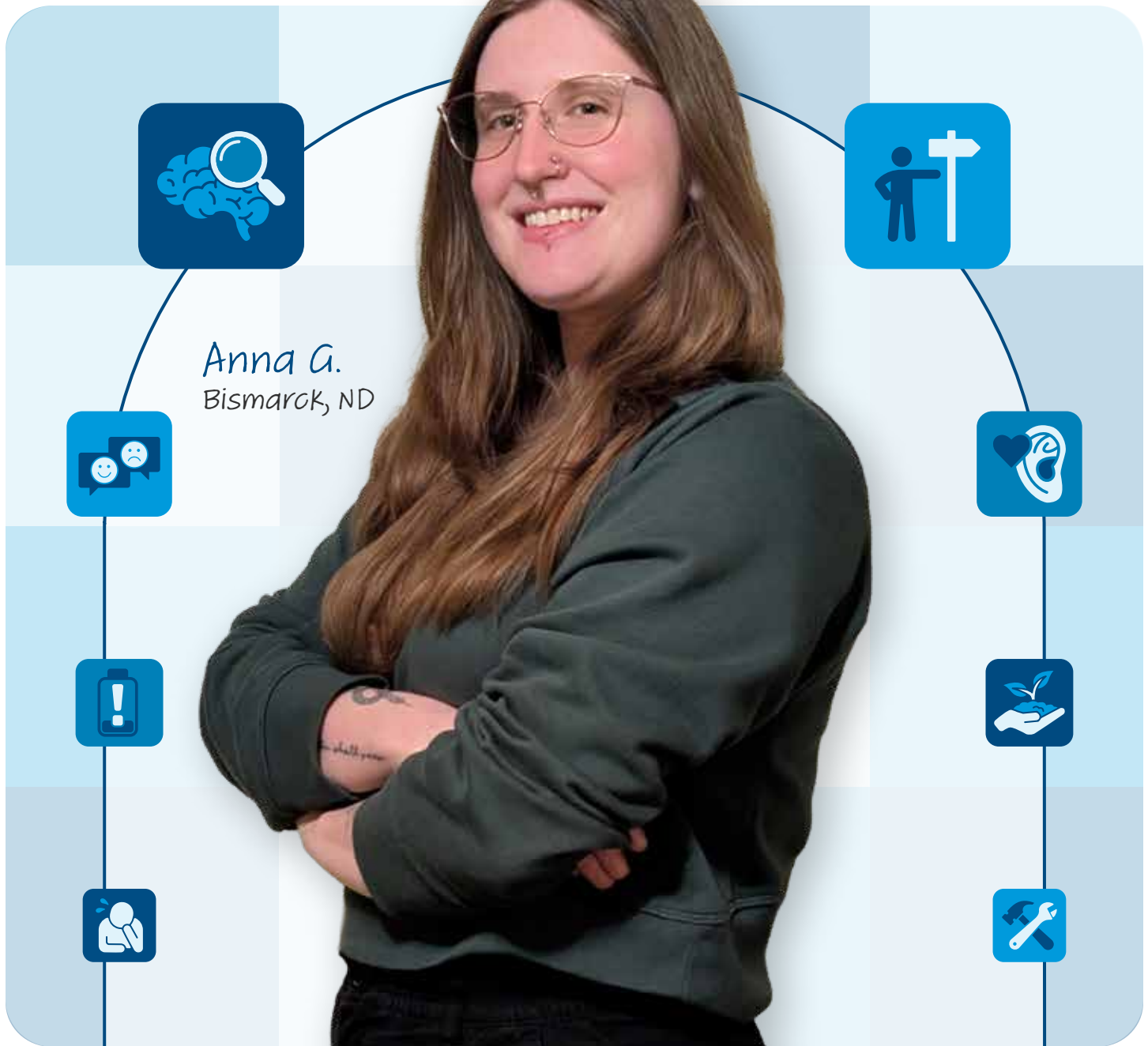


When mental stress gives physical cues.



Anna G.
Bismarck, ND

Healthy habits = Healthy headspace

For Anna, the signs showed up quietly at first. Fatigue. Headaches. Constant stress that never fully eased. What felt physical was tied to something deeper – anxiety she had carried for years. With the right support, Anna began addressing her mental and physical health together, helping her feel more steady and supported along the way. [Flip this flyer](#) to see more of Anna's journey and how similar tools can support your own health.

Listening to the signals

When stress shows up in the body



Anna G.
Bismarck, ND

"I've never felt more supported"

Despite her background in psychiatric nursing, Anna spent years navigating anxiety shaped by a difficult childhood and military service, with stress and physical symptoms accumulating over time. She carried it all in silence, until now.

Reaching out for help

Anxiety, fatigue and headaches became harder to ignore. Anna connected with a therapist at VitellaCare, whose honest, trauma-informed care made her feel safe enough to do the hard work.



Making the connection

With support for her physical symptoms, Anna began seeing progress in her emotional health as well, using tools designed for whole-person care.



Whole-person care

With a coordinated care team, Anna was able to address her emotional and physical health at the same time, without the usual barriers.



Anna's progress was supported by care and tools that work together, many of which are available to you:



Mental and physical health care



Virtual and in-person mental health care



Self-guided mental health support



Tools to manage stress and build resilience



Your turn to take a step

Anxiety, depression, stress and sleep issues can affect your body in unexpected ways. Your health plan is here to support you.

Scan the QR code or visit nd.blue/aboutme to explore preventive care and virtual mental health support.