

Prioritize Your Mental Health: Recognize the Signs and Seek Support

In today's fast-paced world, it's easy to overlook the importance of mental health. Just like a car needs regular maintenance, your mind also needs regular check-ins to stay healthy and balanced.

Understanding the signs that indicate you might be pushing your mental engine too far is crucial for maintaining overall well-being. Here are some key indicators and tips to help you recognize when it's time for a mental tune-up.

Constant Busyness

Being “too busy” to relax, skipping breaks and pushing through exhaustion are all signs that stress is building up more than you realize. When you find yourself constantly occupied with tasks and unable to take a moment for yourself, it can lead to burnout. It's important to schedule regular breaks throughout your day and prioritize self-care activities to maintain a healthy balance.

Disrupted Sleep Routines

Trouble falling asleep, waking up in the middle of the night or feeling exhausted even after a full night's sleep can indicate underlying mental health issues. Sleep is crucial for mental and physical well-being, and disruptions in your sleep patterns can be a sign of stress, anxiety or other mental health concerns. Establishing a consistent sleep routine and creating a relaxing environment before parking yourself under the covers can help improve your sleep quality.

Increased Irritability

When small inconveniences start making you want to blare your horns, it could be a sign that your mental engine is running too hot. Increased irritability and frustration over minor issues can indicate that you are overwhelmed and need to take a step back. Practicing mindfulness and stress-relief techniques, such as deep breathing exercises or meditation, can help manage irritability.

Changes in Appetite and Hygiene

Noticing significant changes in your eating habits or personal hygiene can be a red flag for mental health concerns. Whether you are eating more or less than usual, or forgetting your personal care routines, these changes can be indicators of stress, depression or anxiety. Paying attention to these signs and seeking support from a mental health professional can help address the underlying issues.

Feeling Overwhelmed

If you're feeling overloaded by daily tasks or responsibilities, it might be time for a check-in. Feeling overwhelmed can make it difficult to focus and complete tasks effectively. It's important to recognize when you need help and to reach out to colleagues, friends or mental health professionals for support. Breaking tasks into smaller, manageable steps and prioritizing them can also help reduce feelings of overwhelm.

Where to go for a mental tune-up

There are many routes to improve your mental health. The most important part is to find the route that works best for you. Here are a few options that are available to you at no extra cost with your health benefits from Blue Cross Blue Shield of North Dakota:

- [BCBSND.me](#) can make it easier to find experts and access tools that come with your health benefits to help maintain your mental health.
- Learn to Live, which is available in BCBSND.me, can help you learn skills to address social anxiety, insomnia, stress, substance use, panic and resilience.
- meQ improves resilience by understanding your stress response, mindset and habits. You can also access this tool within BCBSND.me.
- [Care management](#) can offer a level of one-on-one support for your mental and physical well-being.