



# Feel-Good Friday

Our bodies and minds don't always function at peak performance. Sometimes, our thoughts, feelings, or behaviors become disordered. **Just like physical illness, mental disorders can impede daily activities and limit participation in social events.** Genetic factors can increase the risk of developing a mental or physical illness and life situations may trigger symptoms to develop. The balance or imbalance of brain chemicals called neurotransmitters are also involved in mental wellness and mental illness. Distress and traumatic experiences can negatively impact mental health. Understanding that physiological factors are involved in mental health may improve the perception of mental disorders and combat any stigma surrounding mental illness.

**Professional treatment for physical ailments and mental health issues can become necessary for anyone at any age.** By sharing part of your story, you might inspire someone to seek the help they need from a mental health professional to treat an eating disorder, an anxiety disorder, a mood disorder (such as depression or bipolar disorder), a substance abuse disorder, a personality disorder, a psychotic disorder, or a trauma-related disorder.

If you feel comfort in connecting with someone who has faced similar challenges to the ones you face, you can understand how helpful it would be for someone struggling with a mental health issue to hear you say that you're glad you are currently receiving (or successfully completed) treatment with a mental health professional.

**You Can Help Others  
By Thoughtfully Sharing  
Your Mental Health Journey**

\*To receive email updates on current Emotional Wellness Programs, including virtual presentations, send an email saying "Feel Good" to [emotional-wellness-no-reply@tricityfamilyservices.org](mailto:emotional-wellness-no-reply@tricityfamilyservices.org)