

# LIVING YOUR LIFE WELL

## What does that mean?



Many times we will address our physical health but neglect our mental health. Life stresses and traumas are at times compounded. For instance, not only did I lose my job but I also lost my home; I want to attend college but how do I handle childcare and it goes on and on...

Because poor mental health can manifest itself physically, we may miss the signs. Stress can affect your blood pressure, cause stomach problems, heart disease just to name a few symptoms. If you are emotionally strained,

you may notice a change in your eating habits, have trouble sleeping, or become irritable for little or no reason.

### YOU ARE NOT ALONE!

Our Counseling and Career Services Office stand ready to assist you. Click on the link below and take the short diagnostic screening to see where you stand with your mental health.

<http://www.midlandstech.com/counseling/personalcounseling.html>

If you want to read more about mental and emotional wellness, click on the link below.

<http://www.apahelpcenter.org/articles/topic.php?id=3>

Counseling Offices are located in the Student Centers on both

Airport and Beltline Campuses

Call and make an appointment

803.822.3505 or 803.738.7636