



# Ten Signs it's Time To See a Therapist



**Wholly Healing Therapy LLC  
Brionna Murray, MSW, SWC**

## 1. Going out has become a huge hassle

There's nothing wrong with being a homebody, but if your social anxiety makes you miss out on great opportunities with family and friends, it's something you may want to work on because honestly. Even making an appointment to see a therapist will be a step in the right direction — it'll get you out of the house (or get you to your computer, teletherapy style), which will prep you for future outings.

## 2. You are not sure why you are acting the way you are

Suddenly, you get super irritable — with everyone. Someone can simply say hello to you, and you feel like responding to their well-wishes is a big burden. It is typical for moods to change, but a bad mood that lasts longer than a couple of days is something worth investigating.

## 3. You feel like you have nobody to talk to


If you think that everyone is against you, those feelings may just be in your head. A therapist is someone who does not know anything about you other than the things you choose to share. They will not be talking to you with any judgment and that is exactly the type of relationship you may need right now.

## 4. You have experienced grief or trauma

If you have suffered a loss, a traumatic event or are grieving a loss (including death, a job, physical health, relationship, etc.), a therapist can help you process and understand the impact it has had on you. Although some people may cry to cope while others may internalize their experience and withdraw, for example, a therapist can help you understand your feelings and move forward.

## 5. You are starting to notice physical symptoms

Symptoms like frequent stomachaches, headaches, heart palpitations, sensations of shortness of breath and even fatigue can be signs of anxiety and depression. In fact, an October 2017 study in the *Journal of Affective Disorders* found nearly 50 percent of people diagnosed with anxiety, depression or another mood disorder also had chronic pain. Although it might be normal to have a headache when stress gets the best of you, if your symptoms are interfering with your ability to function each day, a therapist can help you figure out why you're having those symptoms and give you strategies to better manage your feelings.



**“There is no  
need to suffer  
silently  
and there is  
no shame  
in seeking  
help.”**

-Catherine Zeta-Jones



## 6. You are having trouble at work

Everyone has experience conflict at work at some point, but if the challenges you face are too much to handle or they're affecting your job performance, a therapist can help you understand what's impacting you and why. *"If you have a problem at work, it doesn't necessarily necessitate that you go and see a professional but I think seeing a professional can only help and lead to less conflict and awareness in the future."*

## 7. You are turning to food, alcohol, sex, or drugs to cope

According to the American Psychological Association's 2013 Stress in America survey, 38% of people say they have overeaten or eaten unhealthy foods in the last month because of stress and nearly half do so on a weekly basis or more. Turning to food, alcohol or drugs can be a form of distraction and help you numb your feelings but when it becomes a habit and it interferes with your life, it's a sign that you need a therapist to help you deal with your feelings in a more productive, healthy way.

## 8. You are starting to have sleep problems

If you are sleeping more than usual or having insomnia, although it could be a sign of a medical problem, it may also be due to stress, anxiety, and depression and could suggest a visit to a therapist is in order.

## 9. Getting out of bed is a challenge

When you wake up, you see no reason to grab a shower or get ready for the day. It is almost like you feel like the world will be a better place if you did not actively participate in it. This is a big sign that you may be going through depression, so it is important to get this checked as soon as you can. Yes, it will be hard, and you will think up reasons not to call but ultimately, you will be so glad you did.

## 10. The self-help books are not working anymore

You may have tried self-help books, a support group, or stress-reduction techniques, but if you are still feeling stuck, a therapist can offer treatments that are personalized for your unique situation. *"There's no way that any single self-help book can speak to the intricacies of each individual in the way that a trained clinician can address and adapt to."*

**If you have  
been noticing  
any of these  
signs, please  
reach out  
today. You *do*  
*not* need to  
suffer alone.**

**Email | [whollyhealingtherapy@gmail.com](mailto:whollyhealingtherapy@gmail.com)**

**PHONE | 570.899.5038**

**Schedule a free 15-20 minute phone or video consultation at**

**<https://whollyhealing-therapy.clientsecure.me/>**