

8 subtle signs you need to care for your mental health

by Theodora Blanchfield

Not all mental conditions show up in the dramatic ways we imagine or as depicted in the media. Living with even a milder mental condition can still impact your quality of life — and potentially turn into something more serious. Here are some subtle signs that your mental health may need closer care.



- 1 You don't enjoy the things you used to
- 2 You're sleeping all the time
- 3 You don't have the energy you used to
- 4 Other people are noticing a change in your behavior
- 5 You're forgetful
- 6 You're feeling particularly achy
- 7 You're staying in more
- 8 You're appetite has changed

> If you're feeling less like yourself lately, a therapist can identify why and help you address the causes.