

Mental Health Basics

What is Depression and how does it show up?

Depression is more than just feeling sad — it can affect how you think, feel, and function. You might notice:

- Low energy and motivation
- Trouble sleeping or sleeping too much
- Numbness or loss of interest in things you used to enjoy
- Feeling worthless or hopeless

It often hides behind a smile or a busy schedule. You're not weak — you're carrying something heavy.

What is Trauma and what is the difference between Big T and little t?

Big T Trauma includes events like abuse, violence, or natural disasters

Little t trauma includes things like chronic criticism, being ignored, or sudden loss

Both can deeply impact your nervous system and sense of safety.

Trauma isn't about how "bad" it was — it's about how *alone* or *helpless* you felt at the time.

What is Dissociation?

Dissociation is a way your brain protects you when things feel too overwhelming or unsafe. You might feel:

- Numb or disconnected from your body
- Like you're watching yourself from outside
- Foggy, forgetful, or like time is missing

It's not "crazy" — it's your mind trying to create distance from distress. Grounding tools can gently bring you back to the present.

What can I do when I feel Emotionally Numb?

Emotional numbness can feel like being frozen — not sad, not angry, just... flat.

It's often a protective response to stress, burnout, or trauma.

You don't need to force big feelings — start by reconnecting gently:

- Engage your senses (smell, taste, touch)
- Move your body slowly
- Name what *you would like to feel*, without pressure

Sometimes the safest thing your mind can do is turn the volume down — that's okay.

Do I really need Help if others have it worse?

Yes. Your pain is real, even if someone else's looks different.

You don't have to reach a crisis point to deserve support, rest, or care.

If you're struggling to cope, feeling lost, or just *not okay* — that's enough reason to reach out.

You are not too much. You are not too broken.

You are *worth caring for* — exactly as you are, right now.