When to Get Professional Help For Your Stress

Getting professional help might seem like something only people with major relationship problems or mental health disorders get, but just about everyone can benefit from it. If your stress is getting to where you can’t take control of it and it is severely affecting your life, now is the time to seek help.

**Why You Need Professional Help**

First of all, it helps to know exactly why someone might need to seek a counselor or therapist for their stress. While it is true that there are many natural and healthy ways to relieve stress on your own, sometimes it tends to be a bit much. For example, if you are going through a major life event, such as a divorce, the emotional and financial stress can be overwhelming to where you can barely take care of yourself, let alone your kids. In this situation, seeking professional help is ideal.

**Signs You Should Seek Additional Help**

You should also know that stress can have a large impact on your overall health. It can cause mental and emotional health issues, including anger, resentment, depression, and anxiety. It also increases your risk of abusing drugs and alcohol. In addition, some physical effects include migraines, stomach pains, increased or decreased appetite, and insomnia. If you are struggling with any of these effects, it is a good reason to get professional help.

**How a Therapist Can Help You**

There are many ways a therapist can help you with your stress. Here are just a few of the different methods they use:

*Family counseling* – When your stress is the result of home or family issues, therapy with your entire family is highly recommended. The professional can work with you each individually, with you and your significant other, and with the entire family. This is often combined with talk therapy, where you can release some of the feelings or thoughts you have been holding back.

*Pain coping therapy* – If your stress is due to suffering from physical pain, especially chronic pain, then a therapist can help with that as well. While you should still see a medical doctor, the mental health professional helps you cope on a daily basis with the pain, instead of giving you options to relieve that pain. They help with the stress that often comes from physical ailments.

General stress management – Everyone has different levels and sources of stress, but that doesn’t mean it isn’t severe enough for help. Therapists can also help with general stress, whether you are having a hard time with your kids leaving the nest, you are struggling with a career choice, or you have more serious problems that are causing your stress.