

Know now: Understanding the mind-body connection



Did you know that more than a third of all Nevadans struggle with their mental health¹? Anxiety and depression can affect all ages, and change how you feel in so many ways.

It's not all in your head

Physical symptoms of mental distress may or can include:



- Stomach pain or digestive issues
- Back pain or headaches
- Fatigue or brain fog
- Dizziness or lightheadedness
- Sleeping too much or not enough
- Racing heartbeat or palpitations

Start with a checkup

When you schedule regular visits with your primary care physician (PCP), you're building a relationship. Your PCP knows you best and leads your care team as the point person for whole-you health.

That's why it's important to tell your PCP exactly how you're feeling. During your visit, you can talk about:



• Life changes

Whether at work or home, change causes stresses that can lead to physical symptoms.

• Pressures

Are you a caregiver? Are you feeling overwhelmed? Do you feel you don't have the time to eat well, exercise, or get adequate sleep?

• Lifestyle

Do you find yourself using food, alcohol, or drugs to soothe yourself?



There's a simple in-office quiz you can take to help you and your PCP understand if you're experiencing depression and anxiety.

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¹ KFF Analysis of U.S. Census Bureau, Household Pulse Survey, 2023

Mental health is a journey

Taking the right steps

Once you and your PCP start talking about your mental health, there are plenty of ways to get started toward a more harmonious mind-body connection. Possibilities include:



- **Changing your diet**

What you eat makes a lot of difference. Some foods and drinks can actually make you feel worse, so it's good to know what to avoid.

- **Talk therapy**

About 75% of people who participate in psychotherapy benefit from it². Your PCP and care team can guide you during the process of finding a therapist.

- **Medication**

Your PCP can help you explore medication options that safely fit within your care plan.

- **Lifestyle changes**

They may seem daunting, but every little positive change can have a great effect. Talk to your PCP about small steps you can take now.

Put your mind at ease

We want you to be aware that you're never alone. Your care team exists to get you the help you need. All it takes is a conversation to get started. And as always, everything is confidential.



If you feel “off,” if you’ve experienced recent physical issues, or just believe that something is wrong, talk to your doctor.

