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This article is about men's mental health.

Did you know that last week was Men's Health Week? Let's talk not just about physical health, but mental health also.

And don't forget, our last article was about the type of love that keeps our intimate relationship connected. Click [here](#) to find out more!

Healthy Minds for Men

By Amanda Pulford
Director and Clinical Psychologist
(BPsych Hons, MPsych Clin)

This year's Men's Health Week theme was "Healthy Body – Healthy Mind: Keeping The Balance". Different events across Australia explored the ways men and boys are managing to keep healthy, physically and emotionally, in a busy and sometimes challenging world. We explore how men frequently deal with mental health, common signs and symptoms of mental health, and what you can do to take action.

Unfortunately, men are known for 'getting on with the job', 'bottling things up' and/or 'downplaying' how they feel. But did you know that one in eight men will experience depression and one in five men will experience anxiety at some stage of their lives. Mental health is more common than you think. But it's important that when you're feeling

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AWAKEN PSYCHOLOGY

Healing Through Growth
118 Partridge Street
Gleneig South SA 5045

e : amanda@awakenpsychology.com.au
w : www.awakenpsychology.com.au
fb : www.facebook.com/awakenpsychology
t : www.tumblr.com/blog/awakenpsychology

p : 0488 954 195
f : 08 8294 3100

down and flat, or stressed and anxious, that you take action – maybe by contacting family, friends, or a professional. Trying to do it all by yourself increases the risk of depression or anxiety going unrecognised and untreated.

Common signs and symptoms of **depression** in men are :

- changes in behaviour (not going out anymore, not getting things done, withdrawing, relying on substances, not doing usual enjoyable activities, being unable to concentrate)
- changes in feelings (feeling overwhelmed, guilty, irritable, frustrated, unhappy, indecisive, disappointed, miserable, sad, lacking in confidence)
- changes in thoughts (thinking “I’m a failure”, “It’s my fault”, “Nothing good ever happens to me”, “I’m worthless”, “Life’s not worth living”, “People would be better off without me”)
- physical changes (being tired all the time, being sick and run down, having headaches and muscle pains, having difficulties sleeping, experiencing a change in appetite and/or weight loss or gain)

Common signs and symptoms of **anxiety** in men are :

- physical changes (experiencing panic attacks, hot and cold flushes, sweating, shaking, racing heart, tightening of the chest, quick breathing, restlessness, feeling tense and wound up)

- psychological changes (experiencing excessive fear, worry, catastrophising, or obsessive thinking)
- changes in behaviour (avoiding situations that make you feel anxious, which can then impact upon your study, your work, or your social life)

Take Action : A lot of men think it’s weak to admit that they’re going through a tough time. And it’s not just as simple as ‘snapping out of it’ or ‘pulling yourself together’ when you’re experiencing anxiety or depression. Anxiety and depression are just like any other medical condition – you need to have an action plan to manage your recovery and get better. So, reach out to your GP who can link you up with an appropriate health professional, and don’t forget to let you family, friends and co-workers know how you’re feeling – their support might be invaluable.

Effectively managing your mental health can give you significant improvements in your quality of life, increase your capacity to support your family and your friends, and let you perform at your best. However, if you, or someone you know, would like assistance with mental, please feel free to contact us on 0488 954 195, amanda@awakenpsychology.com.au or [click here](#)

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