



10 signs to know that you need a Mental Health Reset (And What to Do About It)

A Comprehensive Guide to Reclaiming Your Emotional Well-Being

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Introduction

Hi there,

I am Dr. Otega Ojukwu, DNP, with over 20 combined years in primary health, mental health and financial health. I am a complete health care provider who considers the interconnection between primary , mental and financial health as well as health laboratory tests. Throughout my career, I have helped individuals.

If you're reading this, you might be feeling stuck, overwhelmed, or just... off. Maybe you've been pushing through exhaustion, ignoring warning signs, or telling yourself, "I'll deal with it later." But here's the truth: Mental health isn't about waiting until you break—it's about recognizing when you need to pause, reflect, and reset.

This guide will walk you through 10 key signs that you may need a mental health reset, plus practical steps to help you recover, rebuild, and thrive. Whether you're dealing with stress, burnout, anxiety, or just feeling disconnected, this book is your starting point for change.

Let's begin.

Chapter 1: Understanding Mental Health

Mental health is not just the absence of illness—it's the presence of well-being.

Just as we check our physical health with regular doctor visits, our minds also need consistent care. Yet, many people ignore early warning signs, dismissing fatigue, mood swings, or emotional numbness as “just part of life.”

But here's what happens when we ignore these signs:

- Chronic stress weakens our immune system.
- Unprocessed emotions lead to anxiety or depression.
- Burnout damages relationships and productivity.

A mental health reset isn't a sign of weakness—it's an act of strength. It means recognizing when you're running on empty and taking steps to refuel.

Chapter 2: You're Always Tired—Even After Rest

The Sign:

You sleep 8 hours but wake up exhausted. Your energy is constantly drained, and even small tasks feel like a chore.

Why It Happens:

- Emotional fatigue (your mind is overworked).
- Poor sleep quality due to stress or anxiety.
- Underlying health issues (thyroid problems, vitamin deficiencies).

What to Do:

- **Track your energy levels** – Note when you feel most drained.
- **Set boundaries** – Learn to say “no” to unnecessary commitments.
- **Get a health check** – Rule out physical causes (e.g., anemia, sleep apnea).
- **Prioritize rest** – Try short naps, meditation, or deep-breathing exercises.

Chapter 3: You Feel Emotionally Numb or Disconnected

The Sign:

Things that used to bring you joy now feel meaningless. You're going through the motions, but life feels dull or foggy.

Why It Happens:

- Your brain is protecting itself from overwhelm (a coping mechanism).
- Untreated depression or prolonged stress.

What to Do:

- **Practice mindfulness** – Ground yourself in the present moment.
- **Reconnect with small joys** – Listen to music, spend time in nature.
- **Talk to a therapist** – Emotional numbness can be a sign of depression.

Chapter 4: Small Tasks Feel Overwhelming

The Sign:

Making a phone call, doing laundry, or answering emails feels like climbing a mountain.

Why It Happens:

- Decision fatigue (too many choices drain mental energy).
- Underlying anxiety or burnout.

What to Do:

- **Break tasks into micro-steps** – “Just open the laptop” instead of “Write the whole report.”
- **Delegate when possible** – Ask for help.
- **Reduce decision overload** – Simplify routines (meal prep, outfit choices).

Chapter 5: Your Mood Swings Are Unpredictable




The Sign:

One minute you're fine, the next you're irritable, tearful, or angry for no clear reason.

Why It Happens:

- Hormonal imbalances.
- Unresolved stress or trauma.
- Conditions like bipolar disorder or PMDD.

What to Do:

-  **Track your moods** – Use an app or journal to identify triggers.
-  **Limit stimulants** – Caffeine and sugar can worsen mood swings.
-  **Seek professional help** – A psychiatric evaluation can provide clarity.

Chapter 6: You Avoid Social Interactions




The Sign:

You cancel plans, ignore messages, or feel drained after socializing.

Why It Happens:

- Social anxiety.
- Emotional exhaustion.
- Depression making isolation feel “safer.”

What to Do:

-  **Start small** – Text one friend or join a low-pressure group.
-  **Try virtual hangouts** – Less pressure than in-person meetings.
-  **Therapy can help** – Especially if social anxiety is a barrier.

Chapter 7: You Can't Focus or Think Clearly




The Sign:

Brain fog, forgetfulness, or zoning out during conversations.

Why It Happens:

- Chronic stress impairs cognitive function.
- Sleep deprivation.
- ADHD or anxiety.

What to Do:

-  **Minimize distractions** – Use focus techniques like the Pomodoro method.
-  **Prioritize sleep** – Poor rest = poor concentration.
-  **Get evaluated** – Rule out ADHD or other conditions.

Chapter 8: You Feel Hopeless or Lost




The Sign:

Life feels meaningless. You question your purpose or future.

Why It Happens:

- Depression.
- Major life changes (job loss, grief, identity crisis).

What to Do:

-  **Journal your thoughts** – Writing helps process emotions.
-  **Talk to someone** – A therapist or support group can help.
-  **Set tiny goals** – Even small wins rebuild hope.

Chapter 9: You Rely on Unhealthy Coping Habits




The Sign:

Overeating, excessive drinking, doomscrolling, or other numbing behaviors.

Why It Happens:

- Temporary relief from emotional pain.
- Lack of healthier coping tools.

What to Do:

-  **Replace one habit** – Swap scrolling with a walk or book.
-  **Identify triggers** – What emotions drive these behaviors?
-  **Seek therapy** – Address root causes, not just symptoms.

Chapter 10: You're Ignoring Your Physical Health




The Sign:

Skipping meals, no exercise, avoiding doctor visits.

Why It Matters:

- Mental & physical health are linked.
- Neglecting your body worsens mood and energy.

What to Do:

-  **Get a wellness check** – Blood tests can reveal deficiencies.
-  **Move daily** – Even a 10-minute walk helps.
-  **Hydrate & eat nourishing foods** – Your brain needs fuel.

Your Mental Health Reset Plan

You don't have to do everything at once. Start with one small step today:

- Book a therapy session.
- Take a 5-minute mindfulness break.
- Reach out to a trusted friend.

If you've tried self-help but still feel stuck, professional support can make all the difference.

How Dr. Otega Can Help You

At Complete Health Inc., I take a whole-person approach—because mental health, physical wellness, and financial stability are all connected.

Services I Offer:



Psychiatric Evaluations

Get clarity on anxiety, depression, ADHD, and more.



Wellness & Lab Screenings

Check for hormonal imbalances, vitamin deficiencies, and other hidden factors.



Concierge & Virtual Therapy

Personalized care from anywhere.



Wealth & Business Coaching

Because financial stress impacts mental health.

Take the First Step Today

You don't have to figure this out alone. If this guide resonated with you, let's talk.

 Call: (305) 978-0288

 Email: contact@completehealthinc.com

Your mental health reset starts now.

— Dr. Otega Ojukwu

Final Note:

If you're in crisis, please reach out to a mental health professional or call the 988 Suicide & Crisis Lifeline. You matter, and help is available.