

Don't feel the burn

*****SOT*****

Sara Bennett

OSF HealthCare psychotherapist

"Things are really expensive right now. People are looking for jobs. There's a political climate with a lot of changes. It's all created a lot of upset. And social media has a big role in how we feel. We see everybody's problems. Or the opposite: Everybody's life is so great and rosy. It leaves us wondering what we're doing wrong." (:25)

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"You're probably going to feel a lack of concern. We call that apathy. You might not care if something's going on. You might have a lack of interest in things you usually enjoy. You might not be sleeping well. You might get stomachaches or headaches. You may be irritable." (:20)

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OSF HealthCare psychotherapist

"Learn to prioritize. Figure out the things you can't say no to. The things that are really important. Or maybe there's some suffering involved, and you're the person that can help." (:12)

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Sara Bennett

OSF HealthCare psychotherapist

"Doctors can prescribe something that might help you through a short-term experience. Therapists can engage you unlike others in your life. They can process stressors with you. They can give you good coping skills and relaxation techniques." (:25)