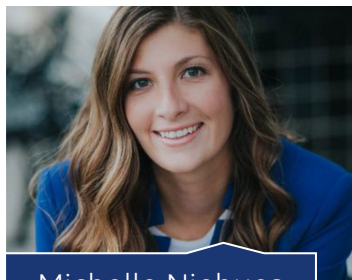




Your mental health matters

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Michelle Niehues
MS, LCMFT

EPISODE 1 What Do We Mean When We Say Mental Health?

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We say it all the time—“take care of your mental health,” “that’s not good for my mental health”—but do we ever stop to ask what we’re really naming? In our first episode, we slow the pace and listen closely to the words themselves: where this language came from, what it’s trying to protect, what it quietly reveals, and why the way we speak about mental health doesn’t just reflect our experience—it shapes it.

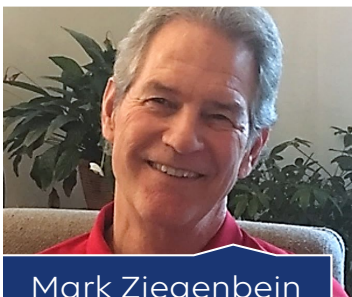


John Ebron
Master Mindset Coach
Behavioral Health Consultant

EPISODE 2 Overwhelmed but Functional

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What does it look like when you’re doing everything “right” on the outside—showing up, producing, pushing through—while inside, your system is maxed out? In this episode, we draw a clear line between overwhelm and trauma, and name what so many people are living: high-functioning survival, carrying more than a nervous system was ever built to hold. Then we come back to what’s workable—small, practical resets that help the body recalibrate, reduce the load, and move toward steadier ground.



Mark Ziegenbein
LIMHP, LMHP, LMFT

EPISODE 3 Just Surviving Is Not the Goal: Raising the Bar After Triggers and Trauma

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Simply “getting through the day” isn’t the goal. This episode is about learning to meet stress, triggers, and trauma with intention—not just reaction. Instead of defaulting to autopilot or rushing straight to solutions, we’ll learn how to establish safety first, then respond in proportion to what’s actually happening. Not bigger. Not smaller. Just true. The aim isn’t perfection—it’s building real, repeatable skills to move through life with more awareness and steadier support.

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