Jonas Ginsburg - Mental Health Awareness

Academic Pressure and Discovering the Mind-Body Connection

Jonas: I was in college, and I had this dream of being like a straight A student, and kind of showing my parents, “Hey look, you know, I’m working really hard.” I kind of put the pressure on myself. But eventually it kind of showed up in my body. Eventually the doctor was like, hey why don’t you talk to a counselor. And then, wow, a counselor!

That was really eye-opening for me to see the body-mind connection. And from there, I slowly studied it and then got into the field. I kind of get it when people are talking about similar things, which helps me connect with them and helps me understand just how hard it is.

Depression as a Full-Time Job

One client I worked with, he struggled with different things. And he told me that for him, depression was a full-time job - just to manage it every day and to live in a safe way. And his words really shook me. It’s like wow, “it’s a full time job”. And I think, yes, it is. You might not see it, they might look really healthy and happy. But they’re carrying a lot.

I just learned a lot from the people I worked with, probably the most about myself. And that’s the part of the process I do like about mental health, because to me, there really is no end. We can just keep learning and growing together.