

Emotional Overwhelm in High-Functioning Adults — Experts Explain Why

Emotional intensity, hidden stress, and relationship challenges are affecting many high-functioning individuals who appear fine on the surface

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/EINPresswire.com/ -- [Emotional Overwhelm](#) on the Rise: Why More People Are Struggling Silently Ahead of Mental Health Month

As Mental Health Month approaches this May, growing attention is being placed on a quieter, often overlooked issue affecting thousands of individuals: emotional overwhelm in people who appear to be functioning well on the surface.

While conversations around mental health have become more common, many individuals continue to struggle internally with intense emotions, relationship difficulties, and a persistent sense of disconnection; without recognizing what they are experiencing or seeking support.

Mental health professionals are observing an increasing number of individuals who report feeling emotionally reactive, drained, or misunderstood, despite maintaining careers, relationships, and daily responsibilities.

“Not all mental health challenges look like a crisis,” says Marinela Trickett, a Registered Psychotherapist and founder of Trickett Psychotherapy & Trickett Counselling based in Ontario. “Many people are doing everything they’re supposed to be doing—working, showing up, staying productive—but internally they feel overwhelmed or disconnected, and they don’t know why.”

This growing pattern highlights the importance of increasing awareness around emotional regulation—how individuals experience, process, and respond to their emotions.



Marinela Trickett, Registered Psychotherapist, specializes in BPD, DBT & emotional regulation and helping high-functioning individuals navigate overwhelm and relationship challenges

Experts point to several common experiences that often go unrecognized:

- Feeling emotions more intensely than others
- Difficulty managing reactions in relationships
- Fear of abandonment or rejection
- A recurring sense of emptiness or emotional fatigue

These patterns are often misunderstood or dismissed as general stress or anxiety, when in many cases they reflect deeper emotional regulation challenges that can be addressed with the right tools and support.

Evidence-based approaches such as [Dialectical Behaviour Therapy](#) (DBT), Cognitive Behavioural Therapy (CBT), and other integrative methods are increasingly being used to help individuals better understand their emotional responses and develop healthier coping strategies.

“

Emotional overwhelm doesn't always look like a crisis, it often shows up in people who appear to be managing life but feel unstable inside”

*Marinela Trickett, MACP, RP -
Clinic Director*

As awareness grows, mental health advocates emphasize the importance of reducing stigma and encouraging open conversations—particularly for individuals who may not identify with traditional perceptions of mental health struggles.

“People often assume that if they're functioning, they're fine,” adds Trickett. “But emotional well-being is more than just functioning—it's about feeling stable, understood, and connected.”

With Mental Health Month serving as a catalyst for dialogue, experts encourage individuals to pay closer attention to their emotional patterns and seek information, support, and resources when needed.

About Mental Health Awareness Month



**EMOTIONAL
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– Experts Explain Why

Marinela
TRICKETT

REGISTERED PSYCHOTHERAPIST
Specializing in Emotional Regulation
& Relationship Patterns

When everything looks fine on the outside, the real struggle often goes unseen

Mental Health Month, observed each May, aims to raise awareness about mental health challenges, reduce stigma, and promote access to support and resources for individuals and communities.

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Eleni Kapetanios, psychotherapist at Tricket Psychotherapy, supports individuals navigating emotional challenges, relationships, and personal growth

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