

Show Notes: Episode 22: Navigating Mental Health with Carla Arges

In this episode of the Old School podcast, host Michele Vrabel talks to Carla Arges. Carla is an author, mental health coach, survivor of childhood trauma and a guiding light for women who are battling mental health issues. She shares her personal journey battling mental health conditions and the path she took to reach where she is today. Carla urges the importance of forgiveness, taking control over one's healing, and the necessity to make daily positive decisions for one's physical, emotional and spiritual health. She also notes the relevance of medication in managing some mental health conditions and the need for a holistic approach to health. Throughout the discussion, both women reconnect with their faith, sharing how their relationship with God has helped them navigate their personal challenges.

Old School: An Intimate Conversation with Carla Arges on Overcoming Trauma and Building Mental Resilience

In this episode of the Old School podcast, the host, Michele Vrabel, invites Carla Arges, an author, mental health coach, and podcast host known for her transparent discussions about her journey through mental health issues. Carla shares her harrowing experiences of childhood trauma, clinical depression, borderline personality disorder, and bipolar, which she faced and overcame. She emphasizes the importance of daily decision-making in the process of personal healing and the positive impact of combining mental, emotional, physical, and spiritual health in dealing with mental illnesses. Throughout the episode, both women share their faith-based perspectives on forgiveness, resilience, and finding purpose amid life's difficult challenges.

00:00 Introduction and Setting the Stage

01:39 The Host's Journey and Purpose

03:01 Guest's Struggles and Journey with Mental Health

08:25 The Turning Point and Decision to Heal

10:24 The Role of Faith and Forgiveness in Healing

14:16 The Power of Choice and Taking Control

18:07 The Impact of Sharing Personal Stories

26:58 The Importance of Mental Strength and Resilience

32:48 Conclusion and Final Thoughts

00:00 Introduction and Setting the Stage
02:48 The Journey Begins: Carla's Story
03:24 The Struggles and Triumphs of Mental Health
07:16 The Power of Forgiveness and Healing
11:28 Understanding Mental Health and Illness
13:37 The Role of Faith in Mental Health
16:33 The Impact of Trauma and the Path to Recovery
22:22 The Importance of Sharing Our Stories
29:59 Conclusion: The Power of Choice and Responsibility

Connect with Carla:

IG: [@carla.arges](#)

Website: carlaarges.com

Email: carlaargeswellness@gmail.com