Promoting Good Mental Health Through Coaching

**What is mental health?**

Physical + Mental

Just like physical health we all have mental health.

**Did you know**

In the UK, **1 in 4 adults** will experience a mental health problem in any given year.

**Good mental health, a state in which one feels able to**

- Realise their full potential
- Cope with day-to-day stresses
- Work productively
- Contribute to their community

**Physical activity works**

Did you know

Physical activity is good for body and mind.

Body + Mind = Happy

It reduces the likelihood of developing problems such as depression by up to 30%.

**Barriers to Activity**

- Medication side effects
- Changing appetite
- Low energy levels
- High anxiety
- Fear of judgement
- Negative body image

[Check out our animation](https://ukcoaching.org/mentalhealth)
### Promoting Good Mental Health Through Coaching

#### What a coach can do?

**Coaching and customer skills**
- Be welcoming
- Talk about mental health
- Offer alternatives
- Get feedback

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**Awareness**
- Ask people how they are feeling
- Pay attention
- Use your observation and listening skills
- Ask how they would like to be supported

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**Respect**
- Avoid intrusive questions
- Treat everyone fairly
- Make yourself available to listen
- Treat information in confidence

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**Empathy**
- Learn from reliable sources
- Listen and seek understanding
- Don't feel pressured to find answers
- See the individual, not their diagnosis

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