Promoting Good Mental Health Through Coaching

What is mental health?

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.

Physical activity works

**Did you know**

Physical activity is good for body and mind.

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

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

Bars to Activity

Medication side effects

Changing appetite

Low energy levels

High anxiety

Fear of judgement

Negative body image

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mind.org.uk

nhs.uk/oneyou

Check out our animation

ukcoaching.org/mentalhealth