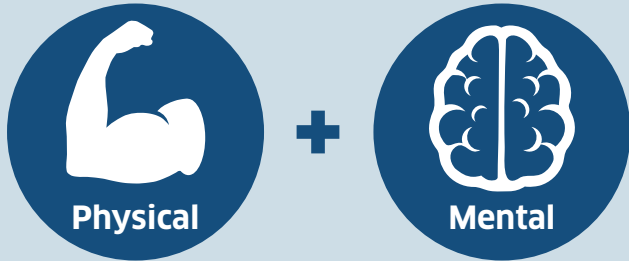


# Promoting Good Mental Health Through Coaching

## What is mental health?

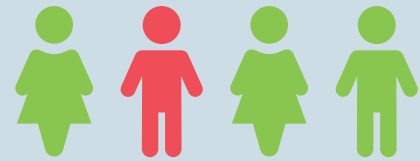


Just like physical health we all have mental health.



### Did you know

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



## 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.



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