

QUOTES, QUIBBLE, QUESTION

6TH EDITION

FROM
THE
COACHING
GUY

WELCOME

This week is focused on 'Mental Health'.

Looking after your mind in the same way you would your body.

QUOTES

"Health isn't about what you eat, its also about what you are thinking and feeling"

[Unknown](#)

"Mental Health is not a destination, but a process. It's about how you drive not where you are going".[Unknown](#)

"Some of the greatest battles are fought within the silent chambers of our own soul."

[Unknown](#)

"Today I refuse to stress myself out about the things I cannot control or change". [Unknown](#)

Q U I B B L E

Far too often I still hear people say, Ohh Mental health, they are just making it up. Or it's all in their mind! Maybe I was the same before I knew the impact it was having on me.

My story revolves around a now close friend who choose to speak up and understand what was happening to himself and in turn made me realize what was happening to me, he saved my life.

If everyone came from a place of understanding rather than judgment, I think you would find that we would have better, deeper conversations that reveal the real truth. It is not ok to make a judgement before first understanding.

Q U E S T I O N

I have found that being more open and talking to others about what I have gone through unlocks the conversation. It allows a platform to speak openly without judgment. Now I am not saying that everyone suffers from it, what I am saying is that prevention is the way forward. Mental ill health is a disease of the strong not the weak. It manifests itself in many different ways and unlike a physical injury like a broken leg, it doesn't show itself, in some cases until it's too late.

What is the one thing that you could do today that would ease the burden on your mind?

Talk openly about what you are feeling – communication is key.

Find those people that allow you to talk rather than it being about them (We all have these people in our lives)

If you have more than 5 things that constantly go around in your mind without resolution – seek help.

Meditation could help, but bear with it as it's like building muscle at the gym, it doesn't happen overnight.

Get off social media and repurpose this time to focus on you. Remove the distractions. (Yes – YouTube is social media 😊)

Give yourself small tasks to achieve every day, they are the steps to climb the stairs.

Reinstate something that you used to do and love, but you gave up because of others. Take back the control. (Do make sure you communicate the 'why' to the people around you so that you have their support and encouragement)

Here is the summary:

1. Communicate and tell people what you need
2. Make more time for yourself – Take back control
3. Be kind to yourself and how you describe yourself. It can be damaging so reframe the dialogue.
4. Be kind to others – Don't judge before first understanding

T H A N K S

For reading this week's newsletter.

If you have other subjects that you would like to hear about, drop me an email at

matt@thecoachingguy.co.uk