

## **Mental Health and Wellbeing**

Karate can play a significant role in promoting the importance of positive mental health and wellbeing.

Karate, in itself, promotes mental health wellbeing as well as physical wellbeing. Beyond the technical skills that are taught, our system of training provides individuals with the benefits of self development, self confidence, self esteem and helps to develop an overall positive attitude that can impact all other aspects of life.

The English Karate Council was pleased to be invited by the Sport and Recreation Alliance to demonstrate Karate at the launch of the *Mental Health Charter for Sport* at the Oval in March 2015. This important event was attended by the then Deputy Prime Minister, Nick Clegg and the National Press. As part of this launch the EKC signed up for the Charter and gave it's commitment to support this important initiative.

Karate is an inclusive sport that has always welcomed students of all ages and abilities. It can be practiced by children and by those of mature years.

Karate has, over the years, helped many people with disabilities, both physical and mental, and the English Karate Council met with the English Federation for Disability Sport earlier this year to discuss how Karate can reach more people with a disability.

As an organisation, the EKC continues to work with our members to promote mental wellbeing initiatives within Karate.

Mental Health problems are common. Our mental health affects the way we think and feel about ourselves and others and how we can deal with life. It is a common problem, but still we sometimes find it a hard topic to talk about.

Talking about mental health is important. It can help us to recover. It can strengthen relationships and take the taboo out of something that can affect us all.

Nine out of ten people who have a mental health problem will experience stigma and discrimination as a result. It doesn't have to be this way.

The following information references support resources from both MIND and the Mental Health Foundation.

## **What can you do to promote mental health and well being?**

Here are five simple things you could do to support someone.

*(Extract from MIND Leaflet - "Its time to talk.....")*

- 1. Talk but listen too** – simply being there will mean a lot
- 2. Keep in Touch** – meet up, phone, email or text
- 3. Don't just talk about mental health** – chat about everyday things as well
- 4. Remind them you care** – small things can make a big difference
- 5. Be patient** – good and bad days happen

Here are ten things you can do to look after your own mental health and well being.

*(Extract from Mental Health Foundation – "How to look after your own Mental Health ")*

- 1. Talk about your feelings.** This can help you to stay in good mental health and deal with times when you feel troubled.
- 2. Keep active** – Regular exercise can boost your self esteem and help you concentrate, sleep, look and feel better.
- 3. Eat well.** Strong link between what we eat and how we feel. Your brain needs a mix of nutrients to stay healthy and function well, just like the organs in your body.
- 4. Drink sensibly** – drink is not a good way to manage difficult feelings.
- 5. Keep in Touch** – strong family ties and supportive friends can help you deal with the stresses of life.
- 6. Ask for help** - none of us are superhuman. We all sometimes get tired or overwhelmed by how we feel or when things go wrong.
- 7. Take a break** – a change of scene or change of pace is good for your mental health
- 8. Do something that you are good at** – what do you love doing? What activities can you lose yourself in?

9. **Accept who you are** – feeling good about yourself boosts your confidence

10. **Care for others** – this is an important part of keeping up relationships with people close to you. It can even bring you closer.

Further information and support can be found below:

- Information on mental health, mental health problems, self help and how to get help

Mental Health Foundation: [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

MIND: [www.mind.org.uk](http://www.mind.org.uk)

- Confidential Support

Samaritans: [www.samaritans.org](http://www.samaritans.org)

- General health information

NHS Direct : [www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)



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