Emotionally Speaking Trailer

Peter Leonard 00:00
There is a mental health crisis in this country, we can't deny that; we see it. But I think rather than just trying to solve the mental health crisis, if we went upstream to find out why that's happening, and what's going on… what we could do up there, which would stop people reaching crisis point. So I don't want to make any exaggerated claims about emotional health - emotional health will not stop you from encountering a patch of poor mental health, but what it will do, is help you to navigate it.

Narrator (Heather) 00:27
This is Peter Leonard, he's the Chief Executive of The Centre for Emotional Health.

Peter Leonard 00:32
Some 20 odd years ago, when I was a vicar, and also a school governor, I came across the training that The Centre for Emotional Health offers and was transformed by it, thought this is incredible. Fast forward 20 years later, and I'm the Chief Executive of The Centre for Emotional Health. And the opportunity just to help people to reflect on who they are, what's made them who they are, how they can be their best self, and how they can improve their relationships is something of a passion.

Narrator (Heather) 01:03
And this is Emotionally Speaking, a new podcast, all about emotions, your emotions, and how they affect every aspect of your life.

Peter Leonard 01:13
So I'm very excited about podcasts, because we're going to be having a whole series of guests coming in, we're going to chat to them about what emotional health means to them.

Ben Gernon 01:21
I know so many people who have had a tricky relationship with anxiety, who have never spoken about it. And I'm guilty of that, too.

Narrator (Heather) 01:29
Conductor Ben Gernon on dealing with panic attacks.

Ben Gernon 01:33
In fact, I haven't told anyone actually, really, this is the first time I've been really quite open about it. But I would never, I never tell my friends what was going on. Didn't tell my parents I was embarrassed.

Peter Leonard 01:43
And then we're also going to dive a bit deeper into a significant event or experience they had and look at how they navigated that.

Kate Garraway 01:50
And sometimes that means I think putting up a bit of a wall and saying I don't need this. What I actually needed is calm.

Narrator (Heather) 01:59
Kate Garraway on rebuilding family life.

Kate Garraway 02:01
And being still and not running and escaping is the thing that you need to survive and our brain can do that. We just need to learn how to programme it.

Peter Leonard 02:11
And in doing that, I hope we will highlight some tools which people can take away to think about and maybe use themselves.

Satish Kumar 02:19
You know every cup of tea you share with somebody is a cup of love.

Narrator (Heather) 02:24
And activist Satish Kumar on finding peace.

Peter Leonard 02:27
The Centre for Emotional Health is a 27-year-old charity based in the UK that's helped over a million people strive for better emotional health through training and support. Whether they're teens, senior leaders, teachers or parents from all backgrounds, everyone can learn how to build stronger relationships.

Narrator (Heather) 02:45
Learn more about living an emotionally healthy life with 'Emotionally Speaking' available on all podcast platforms.

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