
Postgraduate Certificate in Women's Health Coaching

Mental Health and Emotional Well-being

Mental Health and Emotional Well-being Glossary

1. Anxiety

Anxiety is a common mental health condition characterized by feelings of worry, nervousness, or unease about a future outcome or event. It can manifest physically through symptoms such as increased heart rate, sweating, and trembling.

Related Terms: Generalized Anxiety Disorder (GAD), Panic Disorder, Phobias

2. Depression

Depression is a mood disorder that causes persistent feelings of sadness and loss of interest in activities. It can affect how you think, feel, and handle daily activities, impacting both mental and physical health.

Related Terms: Major Depressive Disorder (MDD), Seasonal Affective Disorder (SAD), Postpartum Depression

3. Stress

Stress is the body's natural response to challenges or demands, often resulting in a feeling of pressure or tension. While some stress can be beneficial, chronic stress can negatively impact mental and physical well-being.

Related Terms: Acute Stress, Chronic Stress, Stress Management Techniques

4. Self-esteem

Self-esteem refers to a person's overall sense of self-worth or value. It influences how individuals perceive themselves and their abilities, affecting their mental health and emotional well-being.

Related Terms: Self-confidence, Self-image, Self-worth

5. Resilience

Resilience is the ability to adapt to adversity, trauma, or significant stressors. It involves bouncing back from difficult experiences and maintaining mental well-being in challenging situations.

Related Terms: Coping Skills, Emotional Strength, Mental Toughness

6. Mindfulness

Mindfulness is the practice of being present in the moment and paying attention to thoughts, feelings, bodily sensations, and the surrounding environment without judgment. It can help improve mental clarity

and emotional well-being.

Related Terms: Meditation, Mindfulness-Based Stress Reduction (MBSR), Mindful Eating

7. Coping Mechanisms

Coping mechanisms are strategies individuals use to manage stress, emotions, and difficult situations.

Healthy coping mechanisms promote mental health and emotional well-being, while unhealthy ones can lead to negative outcomes.

Related Terms: Adaptive Coping, Maladaptive Coping, Defense Mechanisms

8. Emotional Intelligence

Emotional intelligence refers to the ability to recognize, understand, and manage one's own emotions, as well as perceive and influence the emotions of others. It plays a crucial role in mental health, relationships, and overall well-being.

Related Terms: Empathy, Self-awareness, Social Skills

9. Trauma

Trauma is a deeply distressing or disturbing experience that overwhelms an individual's ability to cope. It can have lasting effects on mental health and emotional well-being, requiring support and treatment for recovery.

Related Terms: Post-Traumatic Stress Disorder (PTSD), Emotional Trauma, Childhood Trauma

10. Burnout

Burnout is a state of emotional, physical, and mental exhaustion caused by prolonged stress or overwork. It can lead to feelings of detachment, cynicism, and reduced effectiveness in work and personal life.

Related Terms: Occupational Burnout, Compassion Fatigue, Burnout Prevention

11. Self-care

Self-care encompasses practices that individuals engage in to promote their physical, mental, and emotional well-being. It involves activities that nurture and replenish the self, reducing stress and enhancing overall quality of life.

Related Terms: Self-compassion, Self-care routine, Self-care practices

12. Boundaries

Boundaries are guidelines that define acceptable behavior and interactions in relationships. Setting and maintaining boundaries is essential for protecting mental and emotional well-being, fostering healthy connections, and preventing burnout.

Related Terms: Personal Boundaries, Professional Boundaries, Boundary Violations

13. Social Support

Social support refers to the network of relationships and resources that provide emotional, practical, and informational assistance during times of need. Having a strong social support system is crucial for maintaining mental health and well-being.

Related Terms: Social Connectedness, Peer Support, Support Groups

14. Cognitive Behavioral Therapy (CBT)

Cognitive Behavioral Therapy is a type of psychotherapy that focuses on identifying and changing negative thought patterns and behaviors. It is effective in treating various mental health conditions, improving coping skills, and promoting emotional well-being.

Related Terms: Psychotherapy, Behavioral Activation, Cognitive Restructuring

15. Positive Psychology

Positive psychology is a branch of psychology that emphasizes strengths, virtues, and factors that contribute to human flourishing and well-being. It focuses on cultivating positive emotions, resilience, and overall life satisfaction.

Related Terms: Gratitude, Happiness, Flourishing

16. Mental Health Stigma

Mental health stigma refers to negative attitudes, stereotypes, and discrimination against individuals with mental health conditions. Stigma can hinder help-seeking behavior, exacerbate feelings of shame, and impact overall well-being.

Related Terms: Self-stigma, Public Stigma, Stigma Reduction

17. Emotional Regulation

Emotional regulation involves the ability to manage and express emotions in a healthy and adaptive way. It includes strategies for recognizing, understanding, and modulating emotional responses to promote well-being and interpersonal relationships.

Related Terms: Emotional Dysregulation, Emotional Awareness, Emotion Regulation Skills

18. Postpartum Mental Health

Postpartum mental health refers to the emotional well-being of individuals following childbirth. It encompasses a range of experiences, from baby blues to postpartum depression and anxiety, requiring support and intervention for optimal recovery.

Related Terms: Postpartum Support, Postpartum Psychosis, Postpartum Mental Health Screening

19. Neurodiversity

Neurodiversity recognizes and respects individual differences in neurological functioning, including variations in cognitive, sensory, and emotional processing. Embracing neurodiversity promotes acceptance, inclusion, and support for diverse ways of thinking and being.

Related Terms: Autism Spectrum Disorder (ASD), Attention-Deficit/Hyperactivity Disorder (ADHD), Neurodivergent

20. Sleep Hygiene

Sleep hygiene refers to practices and habits that promote healthy sleep patterns and quality sleep. It includes creating a conducive sleep environment, establishing a regular bedtime routine, and avoiding stimulants before sleep to support mental health and well-being.

Related Terms: Insomnia, Circadian Rhythm, Sleep Disorders

21. Emotional Well-being

Emotional well-being refers to the state of being able to cope with life stressors, maintain positive relationships, and experience a sense of fulfillment and contentment. It involves emotional resilience, self-awareness, and effective coping strategies.

Related Terms: Emotional Health, Well-being Practices, Emotional Well-being Assessment

22. Mental Health First Aid

Mental Health First Aid is a training program designed to teach individuals how to identify, understand, and respond to signs of mental health challenges or crises. It aims to promote early intervention, reduce stigma, and provide support to those in need.

Related Terms: Mental Health Crisis, Psychological First Aid, Mental Health Literacy

23. Well-being Coaching

Well-being coaching is a collaborative process that empowers individuals to enhance their physical, mental, and emotional well-being. Coaches support clients in setting goals, developing self-care practices, and cultivating resilience for overall health and fulfillment.

Related Terms: Wellness Coaching, Health Coaching, Holistic Coaching

24. Emotional Resilience

Emotional resilience is the ability to adapt to adversity, bounce back from challenges, and thrive in the face of stressors. It involves cultivating coping skills, self-awareness, and positive mindset to navigate life's ups and downs effectively.

Related Terms: Psychological Resilience, Resilience Training, Building Resilience

25. Mental Health Advocacy

Mental health advocacy involves promoting awareness, education, and policies that support the rights and well-being of individuals with mental health conditions. Advocates work to reduce stigma, improve access to care, and empower those affected by mental illness.

Related Terms: Mental Health Activism, Advocacy Organizations, Peer Advocacy

26. Emotional Intelligence Assessment

Emotional intelligence assessment measures an individual's ability to recognize, understand, and manage emotions effectively. It can help identify strengths and areas for growth in emotional intelligence, guiding personal development and enhancing well-being.

Related Terms: Emotional Intelligence Test, EQ Assessment, Emotional Intelligence Coaching

27. Mental Health Literacy

Mental health literacy refers to knowledge and understanding of mental health conditions, treatments, and resources. It enables individuals to recognize signs of distress, seek help when needed, and support others experiencing mental health challenges.

Related Terms: Mental Health Education, Mental Health Awareness, Stigma Reduction Programs

28. Emotional Well-being Practices

Emotional well-being practices encompass activities and techniques that promote emotional health and resilience. These may include mindfulness, journaling, expressive arts, and self-care rituals to cultivate a positive mindset and coping skills.

Related Terms: Emotional Self-care, Well-being Exercises, Emotional Regulation Techniques

29. Mental Health Assessment

Mental health assessment involves evaluating an individual's mental well-being, symptoms, and risk factors through standardized tools or clinical interviews. It helps in diagnosing mental health conditions, planning treatment, and monitoring progress.

Related Terms: Psychiatric Evaluation, Mental Health Screening, Diagnostic Criteria

30. Emotional Support Animal

An emotional support animal (ESA) is a companion animal that provides therapeutic benefits to individuals with mental health conditions. ESAs offer comfort, companionship, and emotional support to their owners, helping alleviate symptoms of anxiety, depression, or other disorders.

Related Terms: Service Animal, Therapy Animal, ESA Letter

31. Mental Health Crisis Intervention

Mental health crisis intervention involves immediate and intensive support for individuals experiencing acute mental health challenges or emergencies. It aims to ensure safety, stabilize the situation, and connect individuals to appropriate care and resources.

Related Terms: Crisis Hotline, Crisis Management, Psychiatric Emergency

32. Emotional Well-being Assessment

Emotional well-being assessment evaluates an individual's emotional health, coping skills, and overall sense of well-being. It may involve self-assessment tools, questionnaires, or discussions with a coach or therapist to identify strengths, challenges, and areas for growth.

Related Terms: Well-being Index, Wellness Evaluation, Emotional Health Check

33. Mental Health Promotion

Mental health promotion involves activities, programs, and policies that aim to enhance mental well-being, prevent mental health problems, and support recovery. It focuses on building resilience, fostering social connections, and creating supportive environments for optimal mental health.

Related Terms: Prevention Strategies, Mental Wellness Initiatives, Positive Mental Health

34. Emotional Health Education

Emotional health education provides knowledge and skills to promote emotional well-being, resilience, and positive relationships. It includes learning about emotions, stress management, communication, and self-care practices to support mental health and fulfillment.

Related Terms: Emotional Intelligence Training, Mental Wellness Curriculum, Emotional Literacy

35. Mental Health Counseling

Mental health counseling involves therapeutic interventions to support individuals in addressing mental health challenges, improving coping skills, and enhancing emotional well-being. Counselors provide a safe space for self-exploration, healing, and personal growth.

Related Terms: Psychotherapy, Counseling Techniques, Talk Therapy

36. Emotional Well-being Coaching

Emotional well-being coaching focuses on supporting individuals in cultivating emotional resilience, self-awareness, and positive mindset for overall health and fulfillment. Coaches provide guidance, tools, and accountability to help clients navigate life challenges and achieve well-being goals.

Related Terms: Wellness Coaching, Mindfulness Coaching, Emotional Support Coaching

37. Mental Health Treatment

Mental health treatment encompasses interventions, therapies, and medications aimed at addressing mental health conditions and promoting recovery. It may include counseling, medication management, psychotherapy, and lifestyle changes to support mental well-being.

Related Terms: Behavioral Health Services, Psychiatric Treatment, Mental Health Interventions

38. Emotional Well-being Resources

Emotional well-being resources include tools, support services, and information to promote emotional health and resilience. These may include helplines, online forums, self-help books, and community programs that offer guidance, connection, and empowerment for individuals seeking support.

Related Terms: Well-being Apps, Emotional Wellness Websites, Self-care Resources

39. Mental Health Awareness Campaign

Mental health awareness campaigns raise public understanding, reduce stigma, and promote support for mental health issues. They aim to educate communities, advocate for policy change, and encourage open conversations about mental well-being and resources.

Related Terms: Mental Health Advocacy, Awareness Events, Stigma Reduction Initiatives

40. Emotional Well-being Retreat

Emotional well-being retreats offer immersive experiences focused on relaxation, self-care, and personal growth. Participants engage in activities such as yoga, meditation, nature walks, and expressive arts to rejuvenate their emotional health and well-being.

Related Terms: Wellness Retreat, Mindfulness Retreat, Self-care Getaway

41. Mental Health Screening

Mental health screening involves brief assessments to identify potential mental health concerns, symptoms, or risk factors. It helps in early detection, referral to appropriate care, and monitoring of mental well-being for individuals in need of support.

Related Terms: Depression Screening, Anxiety Assessment, Suicide Risk Screening

42. Emotional Well-being Journaling

Emotional well-being journaling is a reflective practice that involves writing about thoughts, feelings, and experiences to promote self-awareness, emotional processing, and stress relief. Journaling can enhance emotional health, creativity, and coping skills.

Related Terms: Gratitude Journal, Mindfulness Journaling, Expressive Writing

43. Mental Health Crisis Hotline

Mental health crisis hotlines offer immediate support, resources, and intervention for individuals experiencing acute mental health challenges or emergencies. They provide confidential and compassionate assistance to those in crisis, connecting them to help and support services.

Related Terms: Suicide Prevention Lifeline, Crisis Text Line, Mental Health Helpline

44. Emotional Well-being Workshop

Emotional well-being workshops are interactive sessions that focus on developing skills, strategies, and self-care practices to enhance emotional health and resilience. Participants engage in activities, discussions, and exercises to cultivate well-being and coping skills.

Related Terms: Wellness Seminar, Stress Management Workshop, Resilience Training

45. Mental Health Stigma Reduction

Mental health stigma reduction efforts aim to challenge negative attitudes, stereotypes, and discrimination against individuals with mental health conditions. They promote understanding, acceptance, and support for those affected by mental illness to improve well-being and access to care.

Related Terms: Anti-stigma Campaigns, Education Initiatives, Advocacy Programs

46. Emotional Well-being Podcast

Emotional well-being podcasts offer audio content on topics related to mental health, emotional resilience, and self-care practices. They provide information, inspiration, and support for listeners seeking guidance, connection, and empowerment for their emotional well-being.

Related Terms: Wellness Podcast, Mental Health Talk, Self-care Audio

47. Mental Health Peer Support

Mental health peer support involves individuals with lived experience of mental health challenges providing empathy, understanding, and encouragement to others facing similar struggles. Peer support offers a unique connection, validation, and hope for recovery and well-being.

Related Terms: Peer Support Group, Peer Counseling, Mental Health Advocacy

48. Emotional Well-being App

Emotional well-being apps are digital tools that offer resources, exercises, and support for enhancing emotional health and resilience. They may include mood tracking, meditation, stress management, and self-care features to promote well-being on-the-go.

Related Terms: Wellness Application, Mental Health App, Self-care Platform

49. Mental Health Education Program

Mental health education programs provide knowledge, skills, and resources to promote mental health awareness, reduce stigma, and enhance well-being. They may offer workshops, trainings, and resources for individuals, schools, workplaces, and communities to support mental health literacy and support.

Related Terms: Mental Health Curriculum, Wellness Initiative, Mental Health Literacy Training

50. Emotional Well-being Support Group

Emotional well-being support groups bring together individuals facing similar emotional challenges to share experiences, coping strategies, and mutual support. Groups offer a sense of community, understanding, and validation for participants seeking connection and empowerment for their emotional health.

Related Terms: Peer Support Group, Self-care Circle, Well-being Community

51. Mental Health Crisis Plan

A mental health crisis plan is a personalized document outlining strategies, resources, and contacts to support an individual in managing mental health emergencies or high-stress situations. It helps in preparation, prevention, and response to crises, promoting safety and well-being.

Related Terms: Crisis Intervention Plan, Safety Plan, Emergency Response Protocol

52. Emotional Well-being Workshop Facilitator

An emotional well-being workshop facilitator leads interactive sessions focused on enhancing emotional health, resilience, and self-care practices. Facilitators guide participants through activities, discussions, and exercises to promote self-awareness, coping skills, and well-being strategies.

Related Terms: Workshop Leader, Wellness Coach, Self-care Instructor

53. Mental Health Recovery Journey

Mental health recovery journey is the process of healing, growth, and self-discovery individuals experience in overcoming mental health challenges. It involves seeking support, developing coping skills, and reclaiming well-being, resilience, and hope for a fulfilling life.

Related Terms: Recovery-Oriented Care, Wellness Journey, Path to Healing

54. Emotional Well-being Retreat Facilitator

An emotional well-being retreat facilitator leads immersive experiences focused on relaxation, self-care, and personal growth. Facilitators guide participants through activities such as yoga, meditation, nature walks, and expressive arts to rejuvenate emotional health and well-being.

Related Terms: Wellness Retreat Leader, Mindfulness Facilitator, Self-care Coach

55. Mental Health Peer Support Specialist

A mental health peer support specialist offers empathy, understanding, and encouragement to individuals facing mental health challenges based on their own lived experience. Peer support specialists provide validation, connection, and hope for recovery and well-being in a non-clinical setting.

Related Terms: Peer Counselor, Mental Health Advocate, Lived Experience Mentor

56. Emotional Well-being Journal Prompts

Emotional well-being journal prompts are questions or statements designed to inspire reflection, self-awareness, and emotional processing in journaling practice. Prompts can help individuals explore thoughts, feelings, and experiences to enhance emotional health, creativity, and coping skills.

Related Terms: Journaling Prompts, Self-reflection Questions, Writing Exercises

57. Mental Health Crisis De-escalation

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