

S2 E21 – Mental Health with Darren Clarkson

Ricky Snodgrass 0:00

Hello and welcome to this episode of the coaching podcast from British canoeing.

Ben Woodruff 0:07

Hello, and welcome to this week's episode of the British Canoeing coaching podcast. This week, I'm going to be talking again to Darren Clarkson about mental health, we're going to expand on our conversation we had last time in episode eight. I think it's a really, really important topic. And again, really pertinent in the current landscape. One in four people commonly experienced various mental health conditions annually. And obviously COVID pandemic accelerated that we're now on the way out, which is really good and beneficial for mental health. But we still need to talk and have these conversations and open up to each other. Before you listen, just a pre warning on this podcast, we discuss some sensitive subjects around mental health, and some things that may be triggers for those suffering with mental health conditions. It's an important conversation that's becoming more and more pertinent, but please only listen if you can. On that note, Darren, thank you very much for joining me.

Darren Clarkson 1:05

Hello, everyone. Hello.

Ben Woodruff 1:07

I'm really looking forward to this conversation and I have been since the last one. So yeah, this is this can be really good, really beneficial for our listeners.

Darren Clarkson 1:18

We'll just see how things pan out. Yeah, yeah.

Ben Woodruff 1:21

I'm looking forward to it. So I'm going to kick off with a question straight away. And we'll go from there. So as a paddle sports leader, you're a trusted individual to the paddlers you work with, and may have a Paddler open up to you about their mental health struggles. What advice would you give someone who has been opened up to because it can be quite a challenging experience?

Darren Clarkson 1:45

Oh it can be very challenging for especially if it's like, yeah, the first time you've come across that situation. And the best advice I can give is, unless you are trained, mental health professional, you cannot obviously diagnose you just got to do bear witness, just bear witness. And obviously, educate yourselves. Everyone should be educated anywhere into where to signpost, people. So if you have somebody that, for example, discloses to you, because I want, I'll use the word disclosure, because it is quite an important word, disclose to you that they have PTSD, it's probably beneficial for you to actually have a grasp of what PTSD is before they even disclose. And I know some people listening makes it, but I don't have the time to understand mental health issues, I don't have the time to read up on this stuff. And that's fine. You don't necessarily need to have the time. But I think it's just sensible. For people in this landscape. I can say one in four people at the moment, have issues or concerns, it's really just beneficial to know where to signpost, people. If they are struggling, obviously, you've got the doctors, you've got mind. Lots of other resources that I'm not going to go into now because it's this is not necessarily a podcast for that. And I think each individual if you're in a club, maybe you have a mental health officer with Mental Health First Aid, I would urge people to go on Mental Health First Aid classes, just like you would go on an hour first aid course I would urge people to go on those and refresh those as needed. They'll help you to pick up the signs just like you pick up a sign of somebody with broken wrist. You might be able to pick up a sign for somebody that's suffering with depression, for example, or PTSD, or maybe an eating disorder.

Ben Woodruff 3:45

I think usually it's a lot harder to recognize those signs those symptoms if you like compared to an actual physical, physical issues. So if someone had broken their wrist, it's probably a lot easier to recognize than someone with depression if you're not trained in that.

Darren Clarkson 4:03

Exactly. And I think one of the issues on the back of that is if somebody breaks a wrist or breaks a leg we then don't tell people they can go kayaking either come on a mouth because of broken leg. But when somebody tells us that I'm suffering with depression or PTSD Are you know I'm in a, maybe like a cycle of mental health. Lots of people are like, let's just deal with it. Just come kayaking, just deal with it. And people confuse the outdoors. For therapy, the outdoors environment is therapeutic as research. It is a therapeutic environment. It is not therapy. Which brings me really nicely actually to some of that is a bit of a bugbear of mine. So people you see on social media all the time and you see it in pop conversations and fireside chats and restaurants. No Good morning breakfast and all that stuff is you see, you see people well. Walking's, my therapy. Well, walking is not enough therapy, is it because it's not therapy is therapeutic. And I know it's a linguistically thing. But it devalues the outdoors. And it devalues therapy. Because if you're in a peer group and you're saying Kay Atkins, my therapy, that may stop somebody seeking out therapeutic input from a term therapist, because they believe that there's us as a society or as a collective, or as a peer group, that that's sufficient. And it may stop people from doing that. And we do as, as adults. I think we do hide from mental health issues quite a lot in the world in a in our words and our actions.

Ben Woodruff 5:52

Yeah, I am I massively agree and again, I agree with the Mental Health First Aid, I think, actually clubs, organizations, having a mental health champion, for people to direct any concerns there is, is very, is a good idea. Obviously, you've also got safeguarding officers as well for, for anything like that. From and yeah, like you say, just educate yourself about signpost in places.

Darren Clarkson 6:18

I mean, one of the really easy ways to signpost, it, especially if you're in like a club. It doesn't work so well, if you just pay as paddling. But if you have a club, it's really simple to put the signpost in primers for one of a better word. So leaflets, webpage addresses. Sort of maybe on the back of the toilet system, if you've got club apps to the toilet, you could leave like leaflets for mind. For example, industrialists using mind as a as an example. It just leaves the leaflets

there. There's no big hoopla about it. But somebody goes to the bathroom, maybe picks it up, and it rings a bell for them. And they can follow that film. Nobody's pushing the agenda. But it's sort of there. In the same way that you might have them in doctor's waiting rooms. No one pushes that agenda, but they are there.

Ben Woodruff 7:08

Yeah, yeah, I agree. And I think another thing with when someone opens up to you is important to understand, like you alluded to earlier in not a mental health trained professional. But yes, you are a trusted adult, or trusted person within that person's life. And actually, the best thing you can do there is just sit and listen and be a friend, and be someone who's there to support rather than try and fix the issue. Because trying to fix the issue is not going to work is going to make it 10 times worse, actually, just being there. And being someone to listen, and to help them get the help they need. From professionals from the doctor from therapist, is the best way of going about it,

Darren Clarkson 7:53

Obviously, I mean, obvious. I mean, it seems like it's obvious. I mean, it's not obvious if you don't know these things. Yeah. Because it does seem natural that you want to help and you want to perhaps, you know, if it's the if it's a normal first aid, I say no first and if it's a physical first aid issue, as somebody who's broken their leg, it can be quite obviously your legs broken. So you can tell somebody your legs book. Yeah. Whereas with mental health, especially if you're bearing witness somebody say in I've got Dr. Phil do a big bad depression at the moment are suffering PTSD effects at the moment. I blame ear anorexia, you need to be really careful there that you don't put a value judgment on that yet. Now, we spent a long time in our society a long time. Decades, in fact, of stigmatizing people with mental health concerns and issues and I don't really like the word mental health. Mental wellness is probably a better term, but it's a term we use as mental health. So I'm sticking with that. But we have to be careful that we don't put a value judgment on that stigmatizing. But similarly, anyone that is struggling with their mental health, mental wellness, there's an internal stigma about talking about it, because how will How will people perceive me? How do I perceive myself now I've got this I'm disclosing this information. So there's an internal stigma as well that people lots of people sort of have a battle

with and like I said, the best thing to do is just bear witness this signpost as needed Yeah, there are obvious what's what I'm looking for obvious red flags. I'm going to say that the first obvious red flag and He's the worst in part when he's when people to talk about suicide. Yeah, that one straight away it needs to be acted on it cannot be just bear witness to you know, you cannot just sit and listen to somebody as they talk about their mental health. Hopelessness, their feelings of suicide and walk away from that conversation. Yeah, that's just nothing. It's also not people, lots of people believe that if you talk about suicide to somebody and ask them, that, they will then follow through that. That's not the case. If people have looked them up about suicide, and you talk to them, they're going to be no worse than before I've had the conversation. So you do need to act on that. There's lots of other times, and I don't need to go into these podcast because I think they're all individual. But if you are bearing witness to people telling you things, and you feel that action is needed there, and then you need to signpost, our go to Aly, I've got to the doctors, with the person just in the same way that you would have a physical first aid issue. If someone broke an arm or a leg, you would take them to the AMA, you wouldn't go there yourself. And putting the catalo you would go with them is exactly the same thing. But obviously, each situation is different. And I'm not saying that each individual situation follows the same pattern. So from what I've just described, doesn't necessarily flow with each time somebody tells you.

Ben Woodruff 11:18

Yeah, completely agreed and, and then we've gone down a bit of a rabbit hole here with this question, but it's really good because his opening up caveats that needs to be talked about. And the one that I thought about what you're discussing is, I think the most important thing to do is not be dismissive at all, you can't be dismissive of what that person is telling you. You can't just turn around and say, for example, and don't worry, you're not depressed, you're just feeling a little bit down today. That is going to make it 10 times worse. So I personally, have had issues with my mental health in the past and open up to people, as you say, is one of the hardest things you do because of that internal and external stigma. But there was a stage where I said it to someone and they said, well, no, you're not, you're just having a bad day. And that sort of really knocked me back at that stage right back down to the stage where I didn't want to tell everyone for another few months, because they just dismissed it. And I thought was nothing wrong with me. I'm in my own head. And that was actually

with adopters diverse as well, as you may be questioning. And yeah, just being dismissive is presents the worst thing to do in that situation.

Darren Clarkson 12:33

Yeah, but um, you know, I think you've had this was it, but, you know, it takes a strong person to open up and tell somebody else about their mental health struggles. And it's a struggle to use the word struggle does not dismiss it in any way, shape, or form. You know, you've just talked about your mental health. I mentioned PTSD a lot, because I've got a PTSD diagnosis myself. And it's interesting, because when I first got the diagnosis, I suffered a lot for the internal stigma. Because I believed that having the PTSD diagnosis was only the thing that, like war veterans got, yeah. And I've never been in the fastest. So I was like, well, I've not witnessed all this stuff. But then, you know, there's various sort of parts of my life where other successful years where things have happened, that would be warlike, I guess. But that's not even the diagnosis of PTSD. But when you tell somebody that like, Oh, I never knew you were in the forces. Yes, I have never been, but it's just they're sort of understanding of what PTSD is or what mental health is.

Ben Woodruff 13:39

Instead, perception, isn't it? Yes, that preconception of our PTSD is this or anxiety is the there's preconceptions and biases for our society.

Darren Clarkson 13:48

Exactly. Which is why it's, you know, when people do open up to, you have to be non-judgmental, just bear witness. Because everyone's going to feel differently about it. And it can be hard to talk about, which is why I quite like doing these podcasts, it can be hard to bear witness to or listen to

Ben Woodruff 14:09

Someone you care about as well. Because it then becomes quite a tricky situation, if they're telling you about struggles that they're having in their life.

Darren Clarkson 14:17

And I don't think there's anything wrong, I have a few people that have spoken to me about their mental health issues and concerns. And I use Word concerns quite carefully, because they, they haven't a diagnosis, but they're concerned about how they feel on their sub spectrum. So I use that word quite carefully. But I have stopped conversations, which is really you've got a duty quite well, but I've stopped conversations and asked them if I could invite somebody else into that conversation. Because I needed that third person to be there to support me as much as support the person who's telling them. Now obviously, you got to choose your timing, right? Because you don't want to stop conversation in its flow. Is that mere regression to telling you if you've got a good relationship Good luck are with the person telling you should be that should be okay. Some circumstances

Ben Woodruff 15:08

Because then that safeguarding your own mental wellbeing as well. Yeah. Because a lot to take in, and we're not we're not at all devaluing How odd is the person being opened up to? Obviously, it's extremely hard to open up, it's also hard to be the one that sits there and, and hears it. We're not valuing that in any way, shape, or form. And actually, like you say, you need that support if you're that person in that situation as well.

Darren Clarkson 15:37

Yeah. Well, I mean, what's really interesting, I'm going to sort of go slightly off tangent. Yeah, but it will come back. What's really interesting is not sometimes, sometimes we get to a point of crisis through pleasure. So kayaking, for example, gives us a lot of pleasure, or canoeing or whatever we typically use paddle Spark, maybe use paddle school. We get to a point of crisis because we have our adrenaline surge, we have a lot of friends rounder's, and we, we our lack of emotional high, especially if we're doing things that are pushing out, you know, push us emotionally, and then we want to hide and then a few days later, when our adrenaline's gone, and that's evertonians God, were on an emotional level. Yeah. Now that is the time when we need to be sort of checking in with each other. And I'm not talking about you know, somebody telling you things that you didn't already know. But that is the time I think as, as peer paddlers as club puddles where we can send out that WhatsApp message up, I'm sure that

other social media platforms, we will send out those messages, those phone calls to check in with people, you know, getting on with, you know, maybe on the Monday or the Tuesday we could do that weekend, you know, it's a couple days later, we can check it with me, but are you feeling Are you getting up? And it just needs a little message really? No details? So are you getting on? And if we foster a culture of openness, people will open up about how they feel. Now it's quite difficult for people it's quite hard for, I think, for men, or for a lot of Men of a Certain Age is really difficult. Yeah, because we are in a culture, surrounded by language of masculinity. And we don't like showing our vulnerabilities. Now, something I've actually started doing, when I go to the rivers, especially if it's a drive to a river is have a roundabout chat about vulnerabilities. Bit my friends in the car, just about out, you know, I have a drive along, I flew in, a couple of my friends have got young kids. And then I was appalled that the youngster works been heavy this week. So automatically, I'm thinking about, well, they're in a vulnerable position now, you know, on the way to the gym, because they're tired, they're overworked, they're stressed, so they're vulnerable. And I'll talk about my work patterns. Maybe I've not been in the bar for a few weeks and delivers a high. So we know whether we sit in that sort of vulnerable space. And here's a word from the boss, perhaps not the right word. But it certainly beats a conversation where we talk about mounting up. Yeah.

Ben Woodruff 18:20

And that leads me very nicely onto the next question. So when, as you've alluded to, I think it's quite well known that men suffer more with that more in silence with their mental wellbeing. There's plenty of statistics out there and plenty of research out there saying that men will keep it to themselves until, until unfortunately can't take anymore. And as you say fostering that culture of openness is really beneficial to open up. So the phrase man up, can be flippantly thrown about what are the implications of this on men struggling with mental health crisis is a horrible

Darren Clarkson 19:00

use of words, but we all use it or have used it as a hurdle hyper word implies a certain sort of detached masculinity. Right now, you know, I'm a 46 year old block, I still have my role models as a youngster growing up. We're sort of cigarette smoking, race car drivers, and cigarette smoking footballers and beer

drinking players. And then action movie here was like bond and then you've got like the 80s movie heroes muscles still around and swaps so that they were my role models growing up. So you could never imagine like a Bond movie, or like a Stallone movie where the lead character talks about vulnerability. It just isn't a thing. And if there is that vulnerability, it's masked by and was going to beat this guy up. Yeah, I'm just going to step up and just beat this guy up. Because he's so there is a salt Have a generation of guys that have those role models. And I'm sure that, you know, if you're in your 20s, or 30s are teen, that there are role models that don't necessarily sit with how you see yourself in the world. And that can be really difficult, you know, using the first man up, even in jest can emphasize that sort of stereotype which is really difficult. Very interesting, as well, as I find this myself. I've got a lot of friends I've known for years. And we must say we do this yet do a check in. They are checking with each other's say, yeah, yeah. Yeah. Are you back for that odd curse word in? Because when we were at school, and I'm sure this stuff happens in school now is you know, you walk down the school, you see you met, and you might click on the visa punching in there. It's your way of saying, hello. Yeah, I pushed him you dislike boundaries? And affection isn't the way showing affection without by protecting yourself. So that echoes with adult life and that quite often for my friends, you know? No, I. And that's it. That's our check in. But we started out to the well enough that if we did want to talk somebody about, you know, I'm tired or stressed, we would go into that. Yeah. But it's not enough. Sometimes you do need to expand that to be, you know, how you feeling. I was in a meeting yesterday, just going off tangent, but staying with itself. So I do go off tangents, quite a lot listeners. So I'm going to say that that's really good. But I was, I was in a meeting yesterday, there was about 12 of us in the meeting. And before the meeting started, this was a meeting about without talking about me, it was about children's services, safeguarding stuff. And we're also at about 12%. And before the meeting started, we all spoke about how we were feeling before the meeting, so some people were talking about our time, there were some people was like, I've just got a few days off. This is my first meeting back and I've had COVID. Some people were like, you know what, let me share, can I watch documentary last night, and it really affected me, and everyone just went round, and nobody was guarded. And everyone was open. And at the end, everyone was like, we feel vulnerable now, because we've shared. So then we went round 11 put was like, a positive about everyone. You know, because obviously, mutual completers meetings are people's work. And we went well, first of all, so that was a good, good way to start. The meeting itself put us in the present moment of that meeting. Because I'm sure we've all been in meetings or conversations

where somebody is quite sharp and snipping snap it in your dead wound. But we should get the backstop, you actually know why. Yeah. So that was a really good rest at the meeting. And I like that. And I'm not saying we start all over gems and whatever like that, but it's probably worth thinking about.

Ben Woodruff 22:59

Yeah, and not to say, again, it goes back to that fostering a culture. So you've actually given me quite a good sort of idea for, for almost an analogy. So you say about bond being a role model and how it used to be, you'd never really see any vulnerability there at all. I recently watched the newest Bond movie, and I'm not going to spoil it for anyone. But there are moments in that where you can quite openly see he's showing his vulnerability. And I think that's a culture shift in terms of it's, it's almost more accepted for men like that, to now show they're sort of very much men to now show their vulnerability. And it's showing that there is a cultural shift happening, but there's still work that needs to be done. I mean, the reason I bring up the man up comment is, again, when I was opening up to someone about mine, there was a stage where I was really struggling, and they just said to me, look, usually to man up and get on with it. And again, like that's potentially the worst thing you can hear. Because in that moment, you just think, oh, man up. So because I'm a man, that means I've got to just suppress everything that's making me feel absolutely horrendous. And get on with it for life. And that, that's why sort of deliberately using man up nine times out of 10 might not impact someone massively, but there'll be one time where without realizing you've, if you've really, really hit them hard.

Darren Clarkson 24:26

Yeah, I mean, it's interesting because we don't say things. We don't mean it at all. You know, we say a flippant comment, and that you know, I'm guilty of actually you're guilty of it, I'm sure even parents and children are guilty of it. And that echoes on you know, down the down the line, and we don't mean anything by it, but the person hearing that. Someone said to me the other day, as I was explaining that I was doing this podcast, and I'm talking about mental health was fashionable at the moment. And it wasn't said in a flippant way it was set in a way to like to support the issue. It's good to talk about this sort of thing. And it has become almost like a buzzword to talk about. And that's a good thing. You know, as you just talked about bond, and it's a culture that sort of fostering

openness and discussing those sort of things. But for a moment, I was like, Are you being negative about that? Are you being derogatory about this? Because I've never seen myself as fashionable. So somebody said to me is quite fashionable at the moment. And it took me a while to process that. Yeah. But you know, it's what I said about we need to talk about this stuff. And we really, do we need to sort of stop the stigma. And we'll be a bit more open about it. Really?

Ben Woodruff 25:40

Yeah, no, I can't agree more.

Darren Clarkson 25:44

But you know, so just to listeners, don't feel bad. You know, if you say some sort of word like man up on Sunday is affected by that, because you might know that he didn't say good malice. And it's just a spur of the moment thing and if you realize later that it was down to that for as you can apologize. Yeah, I'd say I meant no malice by it was just a first there are obvious phases that are full of malice. You know, I'm sure we could all about all those off the offensive and it's not the time to because I can bombshell, it but you know, I mean, we're not Bernard Manning.

Ben Woodruff 26:25

Right, I'm going to, going to head on to sort of, we're going to go, last question, I'm going to combine almost a twofold. So firstly, why is it so important to consider your mental wellbeing as a paddle sports leader? And the second fold is, how exercise can in particular paddle sports help people with their mental wellbeing,

Darren Clarkson 26:47

But a good two partner. But if we as paddle sport, leaders, coaches, guides, peer leaders, whatever we want, whatever sort of position we want to put ourselves in, if it was paddling with peers, and we are the one that is taking the lead, as in were going to the river, that is our attractions river are where the stronger whether we did it, we need to sort of understand or at least have a basic grasp

of our emotional grounding. So this sounds a bit sort of weird use of language, but we need to understand how we are on that day, because how we act as I've just alluded to earlier, how we act in that day will rip along with people that we are coaching guiding, they stopped in, you know, whatever words we use, they will live alone for food idea, you know, I can remember the one of the talks I had when I was a teenager, so we're talking 30 years ago, and his way of dealing with people on the river was to shower them, and almost abused them, you know, sweat, and ethnic studies and things like that. But looking back, I can see his mental health and he was a, he was a minor in Yorkshire, he'd lost his job, I can look back at that and see his vulnerabilities there. But at the time, it really affects me as a young teenager. So if we're if we understand our own, our own vulnerabilities, our weaknesses, we can try and keep those in check, and be a little bit more balanced in our purchase. It's really easy, really, really easy to get caught up in adrenaline. It's really, really easy to fly off the handle in stressful situations, I'm thinking not just white environments, or secular, evil, sheltered white environments, but with a larger group. Especially if somebody's not quiet listening. It's really easy to sort of lowly cool if we using those words. Because you always think of the worst case scenario that consider your own bubble up. If that if you saw a person that does sit, think about worst case scenarios. But try keep yourself in check. There for me that there's also to use in other words from Star Wars, earliest sixth, we'll deal in absolutes. So whilst I'm talking about this stuff now, we haven't discussed there's no yes or no, no right and wrong. We've sort of walked down a middle path. I'm sure that some of you would say, but we have to go down a sort of middle path. And just be mindful of, you know, walking off either side of it. And that's okay to walk or feticide as long as we understand that. Which really nicely brings us to the sort of how is the outdoors beneficial. It's funny, there's loads of research on this about mental wellness about going outside in the sunshine and feeling the sun and feeling that then there's also loads and loads of research, loads of research about this. Mindfulness isn't then. I'm sure people that listen to this podcast understand the basic principles of mindfulness. And I'm not talking about you know, some sort of Vipassana meditation technique. Calm feeling stuffy, I'm talking about the basic principles of this is happening now. You know, the water droplets falling off the leaves, the leaves are changing colour we're going into the season at the moment, the birds may be migrated that part of mindfulness No, I'm not thinking about my bellows, I'm not thinking about work, I'm thinking about the moment and PAL spot gives us that in a quite condensed form. Because if we are thinking about, you know, issues of paying bills and maybe work we will, I will say we will enjoy our paddle Spark, but we will not be able to function in a

position that benefits is in power smart, something like a white environment, or surf over rafting, maybe, where if we are thinking about those bills, and not in the present, well, we might miss that edit, we may not be able to put those keystrokes in all the time. So that's really important. But with all that research in place, people still forget it. And that's okay. One really cool thing about doing stuff in the outdoors, and I'm talking about PetSmart in general, is I've alluded to this at the start of the podcast is it does take us to a point of crisis. A crisis is a word web to a couple other words in there and I'm okay with that. It's sort of because it lifts our adrenaline up it gives our heart rate up we can almost put ourselves into a traumatic experience but in a safe way. So if you are somebody that kayaks or canoes in the class cockpit environment during that first time you did capsized well with all of that spirit deck, yeah. And then so you put yourself in a place of trauma because going upside down in a river or even a swimming pool, however, is quite traumatic. Yeah, def. definitely, you know, and I don't care how many people it's sort of waist deep in water on the bunk watching you helping you and all that is still quite traumatic. And then the first time you pull your spirit I can swim out of that book is still quite traumatic. But we sort of put ourselves in that place of trauma and what does a certain level pole spot is it allows us to understand sort of safe trauma so we can then possibly process external trauma and I'm not saying that there's a direct correlation here that what I'm saying is it may help some people and I think that's quite important but also it gives us a good social network of people to talk to as well you know, like we all know that having friends that we can talk to is well important to our mental wellbeing we all know that looking after our physical health affects our mental health we know that we know that sometimes we eat rubbish you know we atrocious food and it makes us feel atrocious Yeah, right. But we still do it because we're human and that's what we do you know, because it's our conditioning really you know we are conditioned to eat rubbish food a lot of the time because fast food chains when people have told us that they nearly all dead fast food chains got bad logos yes well-read fuels are hungry receptors and we eat more but we also we quite often eat sweets and cake significant events in our life you know birthdays Christmases Easter, we sweets and cakes with the bachelors just bachelors but we do it you know you go away to adventure guaranteed these structures grew out of a bag of sweets in the pockets to help people get food but the standard place right? Totally that sugar when people feel bad afterwards because sugar is gone. So by having the club or having a group of peers and having a common interest is really good. Obviously more than more it happens that we talk on social media about stuff and then people just become opinion it's really nice. So you've got a simple question like what boy

should I get? And you really want Boat x from manufacturer and yes who's going to know that's nutritious but not know that he's going to really want it and then you feel bad because you thought it was blue. So just the term be kind is that overused, overused, a lot. Innovate sort of without meaning. So I'm going to say be kind but if we understand our vulnerabilities, when we make that stuff, I would tag that stuff we can start to assess if we play if we understand it a little bit. But yeah, let's go out and enjoy sad, the winning is bad sometimes to sort of get yourself out of the house and do stuff. Especially if you are struggling, it can be really difficult.

Ben Woodruff 35:23

Yeah, massively agreed. But actually, you know, having that kind of support community almost, will sometimes help you out of the house in that situation and having to keep going, like you alluded to earlier, you can use the paddle in English to feel that mindfulness in terms of living in the moment of that moment, rather than constantly worrying. And like you say, hearing the paddle, go through the water in order this time, you know, drops off the leaves and droplets flying off the patent into the water just living in the moment, rather than doing it thinking, bills. Bills. Oh, no, oh, no, as you're paddling is really important. It's a really good practice. I mean, that's, that's it for all of my questions that I want to discuss.

Darren Clarkson 36:15

I don't want to disclose anything. But you know, obviously, having a platform, obviously have a podcast, just look after yourself, listeners. And I don't know you and I'm hoping that we're just stopped talking to ourselves over this, I hope people are listening, because it is important stuff. Dope. I know, it's hard. I know, it's really difficult. But if you need to open up to somebody, please do. If you don't feel like you know, you can open up to your friends or your colleagues or the pathways doctors and you want to open up the sumo is a really good, really, really good for various other professionals, as well. So please, everyone, if you do if you are struggling, make those calls. Invite your friend Rob for a cup of tea. You know, have those discussions. It's okay to be vulnerable. You know, is okay. And on that just I saw a smile today. Yeah.

Ben Woodruff 37:14

And I couldn't agree more. Darrin, you know, thank you very much for coming and having this discussion today. I always think it's so beneficial for the listeners and the paddle sport community to hear more about mental health, mental wellbeing and sort of almost complexities around it. But also just, you know, hearing it from, from someone who's experienced it themselves and, and component guidance to the way of people who haven't really experienced it. And yeah, I'll echo your words in terms of just open up to someone. You're not alone. Like I say one in four. And that's statistically scary when he creep into all three at the minute. Just you're not alone. It's okay to not be okay. And yeah, just try and like you say, have a smile today.

Darren Clarkson 38:08

Yeah, that's lovely. Thank you so much, everyone.

Ben Woodruff 38:11

Thank you very much Darren. Right guys, as with last time we did a mental health podcast, there'll be some powerful links in the description for signposting some helpful learning so it's definitely worth going and checking them out. Make sure you keep listening for the next episode of the British canoeing coaching podcast. See you later everyone.