

# Case Study

## Health and Wellbeing Coach helps Brian\* to keep his anxiety levels at a manageable level

### Summary and Background

Brian was referred to the Health and Wellbeing Coach by his GP, following a course of Cognitive Behavioural Therapy (CBT). Family members close to him were coping with severe illness and going through treatments. He found himself worrying about what the future held, struggling to structure his day and feeling anxious a lot of the time, causing his IBS to flare-up regularly.

### What happened next?

“ I have found it really helpful talking to the Health and Wellbeing Coach, and talking through ideas to deal with things if my thoughts become too much again.

The first appointment was spent talking about Brian's situation and how this was affecting his own mental and physical health. He explained that he had found the CBT really helpful but felt the coaching would be a good stepping stone, as he was still experiencing periods of anxiety. His IBS symptoms were severe enough to stop him from wanting to go out and be with others.

Brian was keen to work with the Coach to find ways to add structure to his day and to include practices that would help to keep his stress at a manageable level.

Over the course of five hour-long sessions, the coach introduced Brian to various techniques to control his stress and anxiety and helped him form a basic structure to his day. He was able to talk about his worries and as his stress levels came back under control, so his IBS symptoms calmed down and he was able to enjoy planned events with friends and family.

Brian now knows the stress management methods that work for him and they have become part of his everyday life. This means that when things do get tough, he is better able to cope with them.

**Herefordshire Primary Care Networks**  
**HEALTH AND WELLBEING COACHES**

**Working alongside GP Surgeries to offer patients access to non-medical support within their local community**

\* Not client's real name