***Glossary of terms***

* **Run Talk Run** – founded in London in 2017, by Jess Robson who herself at the time was experiencing depression and the initiative has since spread nationally. It is a mental health support community first and a running group second.
* **Mental wellbeing** –state of well-being in which every individual realizes their own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to their community.
* **Anxiety** – a feeling of unease, such as worry or fear, which can be mild or severe.
* **Self-esteem** – used to describe a person's overall subjective sense of personal worth or value. In other words, self-esteem may be defined as how much you appreciate and like yourself regardless of the circumstances.
* **Depression** - Depression is characterised by persistent low mood and/or loss of pleasure in most activities and a range of associated emotional, cognitive, and physical (for a period of time that extends past 2 weeks).