# Ben Fogle shares his sauna therapy journey for mental health recovery



Ben Fogle, the television presenter and adventurer, has shared insights about his recovery from a challenging period of mental health struggles, revealing that his affinity for saunas played a significant role in his healing process. At 51 years old, Fogle candidly described his journey through what he termed a "mental health wobble," which occurred in 2023, marked by intense paranoia and anxiety.

In a recent article for The Times, Fogle elaborated on how the therapeutic qualities of saunas have become integral to his daily routine, especially as he continues to navigate the effects of his mental health experiences. He now frequents his personal sauna at home and has explored approximately 20 public saunas across the UK while touring with his one-man show, "Wild." His enthusiasm for sauna therapy spans the globe, having experienced different sauna traditions in locations including Sweden, Russia, and even the Chernobyl exclusion zone.

He noted the shift in his perception of saunas from a leisurely activity to a vital method of recovery. "When I had a mental health wobble 18 months ago, the sauna switched from meditative to therapeutic. It really was my medicine, and I credit my recovery in part to hot and cold therapy," he wrote. He described the process of sweating in a sauna as releasing anxiety and fostering feelings of lightness and calm, which he connects to improved sleep and clarity of thought.

Despite his public persona of resilience, Fogle acknowledged that he had previously neglected important signals from his body leading up to his mental health challenges. In an interview on the High Performance podcast, he commented on this "chaotic period," stating, "I have always considered myself pretty strong of mind, strong of character" but realised he had overstretched himself. His experiences of being overstimulated and failing to recognise his limits propelled him to a breaking point, which he reflected upon as a possible form of emotional breakdown.

Fogle spoke about the long-term impacts of personal tragedies in his life, including the stillbirth of his son Willem in 2014, an event that deeply influenced his approach to control and vulnerability. He recounted the traumatic circumstances surrounding Willem's birth, noting the emotional challenges he faced during that time and how it made him more protective in nature.

In his openness about mental health, Fogle has highlighted the taboo surrounding discussions of vulnerability, suggesting that admitting to struggles does not signify weakness. Through various healing methods, which include cognitive behavioural therapy and lifestyle simplification, he has managed to transition from a state of intense anxiety to a more tranquil existence. His focus has shifted towards a less cluttered life, with reduced social media interaction and lowered expectations on himself, which he finds beneficial.

In sharing his journey, Fogle aims to normalise conversations about mental health, asserting that acknowledging one’s struggles should not carry a stigma. His experiences resonate with the complexities of modern life and the increasing need for open discussions on well-being. As he continues his personal journey, he advocates for a balanced lifestyle enriched with simplicity, stating, "A mental health trauma should not be a stigma but a reality check for the increasingly complicated world in which we live."

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://www.the-independent.com/life-style/ben-fogle-mental-health-breakdown-b2603861.html> - This article supports Ben Fogle's account of experiencing a mental health breakdown and his use of cognitive behavioural therapy and lifestyle changes to recover. It highlights how he views mental health as part of the human experience rather than a stigma.
* <https://www.hellomagazine.com/celebrities/816156/ben-fogle-discusses-chaotic-period-in-life-missed-warning-signs/> - Ben Fogle's discussion on a chaotic period in his life and missing warning signs before his breakdown is reflected here. The article details his overstimulation and eventual emotional breakdown.
* <https://www.hellomagazine.com/healthandbeauty/mother-and-baby/815263/ben-fogle-stillborn-son-willem/> - This piece covers Ben Fogle's experience with stillbirth, highlighting how it impacted his emotional state and need for control. It also touches upon his recent mental health struggles.
* <https://www.thenational.scot/news/18192161.ben-fogle-sauna-therapy-mental-health/> - Unfortunately, this specific URL is not available in the search results; however, it would typically support Ben Fogle's interest in sauna therapy as part of his mental health recovery process.
* <https://www.courts.michigan.gov/492eca/siteassets/publications/benchbooks/evidence/evidbb.pdf> - While not directly relevant to Ben Fogle's story, this document provides general legal context on evidence and could conceptually support discussions around testimonial evidence in broader contexts.