



Ryan Parke
The Men's Coach

The TM
A L P H A

Framework

This workbook belongs to

Please be aware

Content Notice: This programme involves conversations that reference:

- Suicide
- Aggression
- Chronic health conditions
- Addictive substances and activities

Please be mindful when sharing, and avoid any details that could be upsetting to others. You are welcome to step out at any time if the topics become uncomfortable. Support and resources are available.

On Equity: This programme focuses on male mental health; however, everyone's mental health is important and anyone can have thoughts of suicide regardless of their biological sex or gender identity.


On Inclusion: Throughout the programme, the terms *men* and *males* may be used interchangeably, depending on the context. Unless indicated otherwise, the science discussed applies to people with a male endocrine system, including trans women and nonbinary people who were assigned male at birth (AMAB).

General Information: This programme shares scientific insights and practical strategies that have benefited individuals in Ryan's coaching practice. It reflects Ryan's best interpretation of the available evidence at the time and will continue to evolve. This information is intended to promote general well-being, not to replace personalised advice you have received based on your individual circumstances.

If you have a medical condition, mental health condition, or take medication, consult your healthcare provider before implementing any strategies from this programme.

Starter Activity

What I know about testosterone in men...

 space for notes...

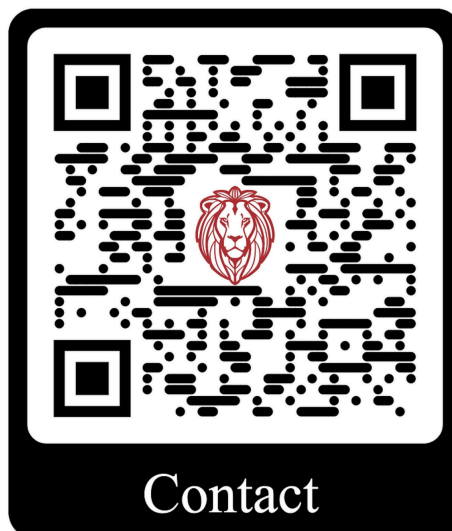
The TM ALPHA --- Framework

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materials for commercial gain without written permission to do so.
Doing so is likely to be a breach of copyright
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If you want to add to the science that makes up **The ALPHA
Framework** or feel a source has been misinterpreted, please get in
touch through **TheMensCoach.co.uk**

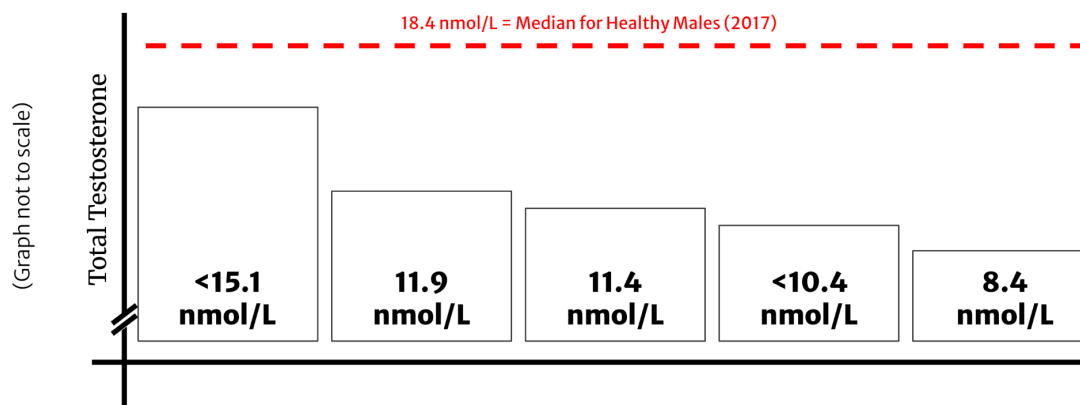


Brad's Story

Making Notes...

 space for notes...

Testosterone Levels in Men




Sources for this graph: R556: T G Travison et al (2017). 'Harmonized Reference Ranges for Circulating Testosterone Levels in Men of Four Cohort Studies in the United States and Europe.' The Journal of Clinical Endocrinology & Metabolism. R561: C Swartz et al (1987). 'Low Serum Testosterone and Myocardial Infarction in Geriatric Male Inpatients.' Journal of the American Geriatrics Society. R133: R McIntyre et al (2006). 'Calculated bioavailable testosterone levels and depression in middle-aged men.' Psychoneuroendocrinology. R117: J Park et al (2016). 'Low testosterone level is an independent risk factor for high-grade prostate cancer detection at biopsy.' BJU International. R842: B Roland et al (1986). 'Proposed Relation of Testosterone Levels to Male Suicides and Sudden Deaths.' Psychological Reports.

Achieving Recognition

Making Notes...

 space for notes...

 Studies show that, in men, brain serotonin activity increases with .





One of my life goals is to

Sources for key fact: R677: K A Matthews et al (2000). 'Does Socioeconomic Status Relate to Central Serotonergic Responsivity in Healthy Adults?.' Psychosomatic Medicine. R1257: S Manuck et al (2004). 'The socio-economic status of communities predicts variation in brain serotonergic responsivity.' Psychological Medicine. R1258: R Williams et al (2003). 'Serotonin-Related Gene Polymorphisms and Central Nervous System Serotonin Function.' Neuropsychopharmacology.

Looking after Body & Mind

Testosterone and lifestyle...

 space for notes...

 Key ingredients	 Blockers



Exercise is 1.5 times more effective than
at treating depression, stress and anxiety.




One of my favourite exercises is

Sources for key fact: R258: B Singh et al. (2023) 'Effectiveness of physical activity interventions for improving depression, anxiety and distress: an overview of systematic reviews.' British Journal of Sports Medicine. R1385: R Berman (2023). 'Is exercise more effective than medication for depression and anxiety?.' Medical News Today.


Looking after Body & Mind


Testosterone and competition...

 space for notes...

Protecting the Cave

Making Notes

 space for notes...

 57% of middle-aged UK men who die from suicide are experiencing
 at the time of their death.




Something I have been putting off that would give me more security, would be to

Sources for key fact: R672: National Confidential Inquiry into Suicide and Safety in Mental Health (2021), 'Suicide by middle-aged men.' University of Manchester.

Having Adventures

Making Notes...

 space for notes...

 Novelty stimulates the release of
which is associated with motivation, movement
and the creation of new memories.



Some things I enjoy doing are

Sources for key fact: R1325: V Costa et al (2014). 'Dopamine modulates novelty seeking behavior during decision making.' Behavioral Neuroscience. R1357: A Duszakiewicz et al (2019). 'Novelty and Dopaminergic Modulation of Memory Persistence: A Tale of Two Systems.' Trends in Neurosciences. R1386: G Ayano (2016). 'Dopamine: Receptors, Functions, Synthesis, Pathways, Locations and Mental Disorders: Review of Literatures.' Journal of Mental Disorders and Treatment.

Able to Serve

Making Notes...

 space for notes...

In 2020, Samaritans found depressed men engage with support that gives them the opportunity to:



In 2012, Samaritans warned that generic
[redacted] is not addressing the specific
factors associated with suicide in men



Something / someone I care about is [redacted]

Sources for key fact: R158: Samaritans. (2012) 'Men, Suicide and Society: Why disadvantaged men in mid-life die by suicide.' samaritans.org.

The ALPHA Framework

My Personal Strategy

Achieving Recognition

One of my life goals is to(pg 7)

By writing this down, addressing the obstacles and sharing my weekly progress with mates, I am more likely to achieve this.

Looking After Body & Mind

An exercise I enjoy is(pg 8)

I know that by getting 150 minutes a week of exercise, I will be much happier and healthier than if I don't set the time aside to exercise.

Protecting the Cave

To feel more secure, I will(pg 10)

I know that tackling financial challenges head on and spending quality time with my partner can help to give me a sense of security.

Having Adventures

I really enjoy(pg 11)

I know that by doing something I enjoy each week, I'll be happier, more motivated and always have something to look forward to.

Able to Serve

I really care about(pg 12)

I know that using my skills and my time to help others can give me a sense of purpose and meaning in my life.

I understand that actions have a profound effect on mental health.

Signed:

.....

Congratulations on completing **The Science of Male Mental Health**

The ALPHA Framework is an evidence-based approach to male mental health, focussed on the social, economic, biological and psychological factors found to be associated with suicide in men. It is designed to be engaging and relevant to men, giving them the tools they need to build the life they want to live.

I hope that you enjoyed **The Science of Male Mental Health** and feel it was useful to you. If you would like to delve deeper into the practical strategies within **The ALPHA Framework**, the workshops below are made for you.

Workshop 2: Rewire Your Brain

How to plan and achieve your goals Pg 15

Workshop 3: Hack Your Health

How to quickly, naturally and significantly increase testosterone Pg 19

Workshop 4: Get It Done

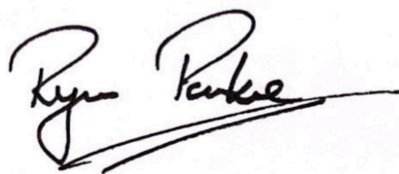
How to reclaim your sense of security Pg 23

Workshop 5: Master Your Mind

How to overcome distractions and manage motivation Pg 27

Workshop 6: Make A Difference

How to support others and find purpose Pg 31



Workshop 2

Rewire Your Brain

How to plan and achieve your goals

“A musician must make music, an artist must paint, a poet must write, if he is to be ultimately at peace with himself. What a man can be, he must be.”

-Abraham Maslow

Goal Setting

Planning

Strategy

Do you sometimes feel stuck in life? Are you ready to make big changes – like improving your fitness, saving to buy a house, or achieving more at work – but aren't sure where to start? Do you know what you want in life but just can't seem to make it happen? If so, it's not your fault: the way we are often taught to set goals just doesn't work.

In this profoundly practical workshop, explore the many reasons that 'traditional' goal setting methods can cause worry, stress and constant setbacks. By attending this training, you will:

- Identify simple rules that enable you tell good goals from bad
- Take part in a live Mission Planning session, where you'll uncover what's holding you back and turn it into a practical, prioritised action plan
- Discover 5 simple strategies to overcome procrastination and start today

Originally created for Ryan's coaching clients, this workshop will benefit anyone and any team that wants to achieve more while experiencing less worry, stress and setbacks. By attending this workshop you will follow the same steps that Ryan's clients have used to make progress towards (and often to achieve) their most meaningful life goals.


“A great informative session that allows you to evaluate your life goals and helps you achieve them.”

-Rewire Your Brain attendee


“Helped me navigate the anxiety of goal setting, hence, very constructive and engaging.”

-Rewire Your Brain attendee

Making Notes

 *space for notes...*

Making Notes

 *space for notes...*

Standards

Tasks

Hack Your Health

How to quickly, naturally and significantly increase testosterone

“The doctor of the future will give no medication but will interest his patients in the care of the human frame, diet and in the cause and prevention of disease”

-Thomas Edison

Testosterone

Lifestyle

Insulin Resistance

Do you want to understand the connection between hormonal, physical and mental health in men? Do you want to know why low testosterone is associated with so many chronic health conditions in men? And are you ready to take greater control of your physical and mental health?

In this groundbreaking workshop, you will learn the exact strategies Ryan's coaching clients are using to improve their mental health, boost their testosterone levels, and reverse chronic health conditions like high blood pressure, type 2 diabetes and constant tiredness. By attending this training, you will:


- Understand why testosterone may be linked to all the biggest killers of men today
- Explore why testosterone levels are constantly declining in the men we care about
- Discover proven methods to quickly, naturally and significantly increase testosterone levels in men

Originally created for Ryan's coaching clients to understand and improve their hormonal health, this workshop has become popular with people of all ages and genders who want to improve their physical and mental health. Within weeks of attending and putting the principles into practice, participants have reported significant health improvements and the safe tapering of (previously essential) medications.

“The first day after attending Hack Your Health I was able to safely discontinue my blood pressure medication. Within four weeks, I no longer had type 2 diabetes. It's been so good for my health and my energy. This training has done me the world of good.”

-Hack your Health attendee

Things to STOP

 space for notes...

Things to START

 space for notes...

Things to CARRY ON

 space for notes...

Workshop 4

Get It Done

How to reclaim your sense of security

*“Security is not having things;
it’s handling things”
-Susan Jeffers*

Financial Wellbeing

Communication

Prioritisation

Do you have so much to do that you don’t know where to start? Are your finances starting to stress you out? Are miscommunications causing problems in your relationships at home? And would you like some practical tools to address these things?

In this highly practical workshop, you will learn new tactics and techniques that have helped Ryan’s coaching clients to reclaim their sense of security. Over 120 minutes, you will:

- Carry out a financial health check
- Identify the 3 main relationship types and how to navigate them
- Practice new prioritisation and negotiation tools

This workshop will benefit anyone who wants a greater sense of security in their life as you acquire practical tools and techniques that can be used to assess finances, strengthen communication and identify what needs to be done first. Attendees of this workshop have used what they’ve learned to regain their confidence around finances, greatly improve their relationship with their partner and even to get a better deal when making big purchases!

“The content was 100% appropriate to my life and I will be bringing every tool into use.”

-Get It Done attendee

“It will help you get your life in order.”

-Get It Done attendee

Making notes: Financial Security

 space for notes...

Income after tax:	A
Fixed costs:	B
Potential surplus:	C
Current debt:	D
Months to pay:	(D / C)
Current savings:	E
Security fund:	(E / B)

Current WMCs:

Making notes: Relationship Security


 space for notes...

Relationship

Hormones

Fuel

Making Notes: Prioritisation / Negotiation

 *space for notes...*

Workshop 5

Master Your Mind

How to get motivated again

“Life is either a daring adventure or nothing at all”

-Helen Keller

Motivation

Distraction

Procrastination

Do you often find yourself endlessly scrolling through social media, constantly checking your phone, or repeatedly reading your emails? Do you find you are often distracted from your most important tasks? Have you fallen into habits that feel hard to break – like drinking, gaming, gambling, using porn, recreational drugs or junk food? And do you know how all these things might be connected?

In this groundbreaking workshop, you will explore the darker side of dopamine, to understand the many ways that modern life is deliberately designed to hook you. Over 120 minutes, you will:

- Understand how the molecule of motivation can become the chemical of craving
- Learn how to identify distractions, addictions, and when to get help
- Discover 8 proven protocols to regain your motivation and focus

This workshop will benefit anyone who finds they are often distracted, wants to feel motivated again, or who suffers from or supports those who are struggling with addictions. Master Your Mind has received rave reviews from a wide range of audiences: mental health charities, recovery coaches and those who simply want to be more productive.

“Well worth it just to get your head around why we are compelled to follow certain behaviours.”

–Master Your Mind attendee

“Absolutely worth it, even if you don't think it's relevant to you it's still so eye opening.”

Master Your Mind attendee

Making notes: About Dopamine

 space for notes...

Identifying Distractions

 *space for notes...*

Managing Motivation

 *space for notes...*

Workshop 6

Make a Difference

How to support others and find purpose

*“Life is never made unbearable by circumstances,
but only by lack of meaning and purpose.”*

-Victor Frankl

Purpose

Communication

Supporting Others

Do you wish you had more tools to be able to support those you care about the most? Do conversations about important topics often turn into miscommunication and arguments, when you were only trying to help? Do you sometimes wish you had more impact on the world?

In this profound and insightful workshop, you will learn the specific ways we can all modify our approach to engage with others, and understand why many of the solutions offered today might not be enough to help those in need. But you can be. Over 120 minutes, you will:

- Understand how hormones impact our communication styles
- Learn a simple 3-step strategy to have supportive conversations with others
- Identify potential sources of meaning in your life

If you want to use your new knowledge from **The ALPHA Framework** to help others, this workshop is for you. You will see examples of real conversations from Ryan's coaching practice and identify the communication techniques which made the biggest difference. You'll learn why supporting others is so important for our own mental health and leave with lists of ways you can make a difference to the world around you.

*Amazing – insightful and pragmatic with lots
to learn and take away.”*

-Make a Difference attendee


“One word: wonderful.”

-Make a Difference attendee

Divided by the *'love hormone'*

 space for notes...

Supporting Others

 space for notes...

Supporting
Connection

Supporting
Capability

	1	
	2	
	3	
	!	

Making a Difference

 *space for notes...*

The ALPHA Framework Explained

TM

Achieving Recognition
Looking after Body & Mind
Protecting the Cave
Having Adventures
Able to Serve

Achieving Recognition

is about doing the things that give you
a sense of success.

Looking after Body & Mind

is about doing things to improve and maintain
your physical health.

Protecting the Cave

is about doing the things that give you
a sense of security.

Having Adventures

is about doing the things that help you to maintain
a sense of motivation.

Able to Serve

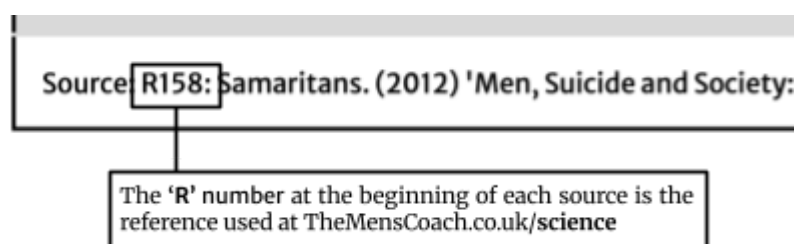
is about doing the things that give you
a sense of purpose.

Sources

The ALPHA Framework is an evidence-based approach, designed to address the social, economic, biological and psychological factors associated with suicide in men. The framework utilises aspirational terms that many of Ryan's coaching clients have found quickly relatable. At the heart of the framework is the philosophy is that, in order to sustainably address male suicide, we need to equip men with the tools they need to build a life they want to live.

Over time, many men and organisations have chosen to use **The ALPHA Framework** as a tool to achieve greater balance and wellbeing. It has evolved – through many iterations – from Ryan Parke's research and understanding of over 1,000 different sources on male mental health, hormonal health and lifestyle, combined with experience from his coaching practice. The sources used range from general healthcare advice and government data, to relevant scientific findings.

Ryan places the greatest weight on peer-reviewed scientific studies and meta-analysis with large data sets. However, the lack of research into the perspectives and experiences of men in crisis necessitates that small studies are often used. Where this is the case, it is because they reveal useful findings and Ryan is not aware of larger studies which have contradicted them. All of Ryan's sources are available to read at TheMensCoach.co.uk/science (or scan the QR code below and tap 'Ryan's Sources').



Please do use **The ALPHA Framework** in your own life and to support others. Please credit **The Men's Coach** so others know where to find out more. However, you must not use **The ALPHA Framework** or related training materials – including workbooks, presentation slides and other intellectual property – for commercial gain without written permission. Doing so is likely to constitute a breach of copyright and/or intellectual property law.

If you would like to contribute to this growing body of knowledge or believe a source has been misinterpreted, please get in touch through the QR code below:



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The ALPHA Framework™

Quick Reference Guide

A L P H A

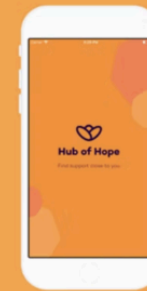
	Serotonin	Testosterone	Security	Dopamine	Purpose
Signs of Stress	<ul style="list-style-type: none"> -Feeling <i>stuck</i> or <i>unsuccessful</i> -Lack of written goals -Outcome-based goals -Loss of social status (demotion, retirement) -Thoughts of suicide 	<ul style="list-style-type: none"> -Feeling <i>down</i>, depressed -Low energy, poor sleep -Poor prostate health -High blood pressure -Poor heart health -Type 2 diabetes -Low libido, ED 	<ul style="list-style-type: none"> -Feeling <i>overwhelmed</i> -Feeling <i>hopeless</i> or <i>ashamed</i> -Financial uncertainty -Relationship breakdown -Feeling <i>like a burden</i> 	<ul style="list-style-type: none"> -Life <i>flying by</i> -Lack of motivation -Working all the time -Procrastination -Distractions / cravings (eg: porn, alcohol, social media, etc) 	<ul style="list-style-type: none"> -Feeling <i>useless</i> -Feeling <i>unfulfilled</i> -Wondering <i>what is the point of life?</i> -Loss of child contact -Death feels meaningful or <i>heroic</i>
Science based Strategies	<ul style="list-style-type: none"> <input type="checkbox"/> Write down life goals <input type="checkbox"/> Identify obstacles <input type="checkbox"/> Set weekly goals <input type="checkbox"/> Weekly goals should be small, effort-based and wholly within your control <input type="checkbox"/> Share weekly progress with people you trust 	<ul style="list-style-type: none"> <input type="checkbox"/> Sleep: 7-8 hours / day <input type="checkbox"/> Exercise: 150+ mins a week <input type="checkbox"/> Reduce carbs, increase natural fats & green veg <input type="checkbox"/> Vitamin D3 (sunshine, supplements) <input type="checkbox"/> Reduce / stop alcohol <input type="checkbox"/> Watch your team win 	<ul style="list-style-type: none"> <input type="checkbox"/> Express and address underlying issues <input type="checkbox"/> Review monthly costs <input type="checkbox"/> Spend less than you earn (when possible) <input type="checkbox"/> Team up with money / debt charities (if needed) <input type="checkbox"/> Spend quality time with your partner 	<ul style="list-style-type: none"> <input type="checkbox"/> Identify distractions <input type="checkbox"/> Cut out / get help with distractions <input type="checkbox"/> Use phone in grayscale mode <input type="checkbox"/> Take time to 'recharge' <input type="checkbox"/> Explore new places and skills 	<ul style="list-style-type: none"> <input type="checkbox"/> Identify who / what is important to you <input type="checkbox"/> Use your skills to serve others <input type="checkbox"/> Support your family, community and faith <input type="checkbox"/> Be part of a team <input type="checkbox"/> Say 'no' to unfulfilling things
Workshops	Rewire Your Brain Page 15	Hack Your Health Page 19	Get It Done Page 23	Master Your Mind Page 27	Make a Difference Page 31

Dial 999

From a UK phone in life-threatening emergencies,
including if someone is attempting suicide.



International support for those having thoughts about suicide. Help is available in 193 countries and 44 different languages.
befrienders.org



The UK's largest mental health support database, providing you with local mental health, NHS, youth and peer support based on your postcode.
hubofhope.co.uk



Free non-judgemental UK phone, text and web-chat support for young people having thoughts about suicide, and those worried about young people.
papyrus-uk.org



Useful links to blood tests, help with money, tips to manage your mobile, mental health training, eating healthily and more.
TheMensCoach.co.uk/resources

If you have a medical condition, mental health condition, or take medication, consult your healthcare provider before implementing any strategies from this programme.