

9 THINGS YOU MIGHT BE FEELING ABOUT LOCKDOWN EASING AND RETURNING TO BEING ACTIVE

You might feel relieved or excited that lockdown is easing where you live, meaning you can return to some of your usual activities including some sport and physical activity sessions. But you might also find yourself feeling less positive about the changes and may move through a range of difficult feelings and thoughts. For example you may be:



feel like you have to get back to the sessions as you have subscribed to a membership or a programme



looking forward to face interaction with friends and coaches/instructors



happy exercising alone or following your new routine



concerned about how to travel to venues safely



excited to get back to your old routine



anxious about how activities will be delivered safely, following social distancing measures



pressured to get back to physical activity sessions because other members of your group are, or because there isn't an alternative



worried you might not be able to 'pick up' where you left off with your physical activity programme



worried about loss of fitness, strength or mobility as a result of not being active for a while



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