

#Run and Talk

During a break from training over September the senior distance running group have taken part in the England Athletics initiative; #run and talk. These runs are focused on chatting to promote positive mental health and removing stigma around the subject.

As the club's nominated mental health champion I will be leading more run and talk sessions in the future. Run and talk is the athletic equivalent of a kick about with mates. No pressure, just a shared passion for a sport.

As an athletics club we focus on performance. Hard training is a key part of that. However performance anxiety can add more and more pressure. I myself have found my enjoyment of the sport impacted by anxiety. It's common and as a mental health champion I hope to help people open up and talk more about the pressure we, and life, puts on us.

If you're interested in joining a run please let me know. If you have any concerns on mental health I'm available as a point of contact. I've had my own experience of depression and can provide guidance on how to seek help.



