


Managing anxiety and building confidence:

- It is common to be concerned about your body and pelvic floor dysfunction symptoms when returning to running.
- Consider the risk versus the benefits of re-engaging with running, they are individual to you.
- Surround yourself with a good network of support and celebrate little wins to increase your confidence gradually.
- If you are unsure, speak to your GP, midwife or a pelvic health physiotherapist about your concerns. Click or scan here to find a physiotherapist: 
- The stages in the guide are flexible – just being in each stage and engaging with the three areas is fantastic progress. The process you go through and understanding how each area is helping you will aid in your recovery and motivation.

- Set clear goals and be aware of your expectations - discuss these with someone if it helps. Although setting goals is a good thing to do – it is even more important not to be disheartened if you do not reach that goal by the time you'd hoped. Good goals are flexible and can be altered to provide that ongoing motivation.
- Consider setting goals related to the process you go through, e.g., doing your pelvic floor muscle exercises correctly. Focussing on the process rather than things you have less control over (for example, a performance goal of holding the contraction for 10 seconds, or an outcome goal of performing the exercises better than others), may aid in achieving these goals and increase confidence and motivation.
- Performance goals may also be useful to set as they don't rely on other people, for example, walk-run 1 km in 20 minutes. However, outcome goals e.g., walk-run further than others in 20 mins, are probably better saved for the latter stages of this guide when/if you are in a more competitive phase. Click or scan here for more information on types of goals:

