

15 years old, female, ballet dancer

Dancers often have to deal with injuries, which is pretty common in the dance world. Getting through them can be tough. Injuries can mess with your head and your passion for dancing. Imagine having to watch your peers while you're sidelined. And when you're finally back, you often have to start from scratch, retraining your body. It can be super challenging, and it takes a lot of patience and determination to bounce back and get even better.

This happened to me in the fall of 2022. There was something wrong with my foot, so I couldn't dance on pointe - a very important thing in ballet. I went through 2 months on antibiotics, during which I could only dance a few times a week. But when the antibiotics didn't help I had to have surgery. The days leading up to my surgery I was really anxious, because I knew that after that I wouldn't be able to walk properly for 2 weeks and dance for at least a month. The worst part of it was that my ballet school had a performance that month. While I was at home with my foot elevated, my friends were dancing and having the best time preparing for the performance. My thoughts were all over the place and I was really annoyed and sad because I saw everyone progressing while I felt like I was regressing and losing my determination and enthusiasm.

When I finally got back to dancing it was really hard. I wasn't mentally in the same place as before. I would easily get frustrated with myself when I made mistakes and my emotions consumed a lot of my energy. Physically, I wasn't in the same shape either. Things that used to be easy were now very challenging. It was difficult to focus because all I thought about was how poorly I was doing, rather than celebrating the small milestones I achieved.

My mom and dad helped me get through the tough times, reminding me that I easily could regain my former strength if I rested enough and trained with determination.

It's important to remember that when you're going through an injury, you need to rest and start your training slowly but steadily. Keep yourself motivated by celebrating the small milestones along the way to recovery - that is especially one thing I'll be taking with me for a future injury. This way, you can stay positive and maintain the enthusiasm you need to overcome your injury.