

Sport is hard when you get older, it gets more serious and harder. That is often a problem in my life. When I was little I traveled a lot with my family because of my dad. So each country we lived in I moved to a different club which meant that I needed to make new friends and be on the same level as the other children or else I wouldn't get taken seriously. That was very stressful for me as a 7-15 year old girl who missed her old friends very much from the previous clubs, but it always turned out okay i guess. When I was 12 I moved back to Denmark where I quickly became friends with the girls at my new club but they weren't as good as my last club so I quickly realized that I needed a better club with better coaches. I talked alot about it with my parents and we eventually found a club. Which is the club that I play in now. But as a little girl i didn't think a lot of how stressful that all would be, as i turned 14 i found it hard to play handball.

I started in a sports class in 8th grade which meant that I had 2 more training sessions in the mornings and a lot of homework. Although I really liked my teachers and the students, I found it very hard to adjust my life to a lot of homework and training. The same year in December I was very stressed and always tried my best because I really wanted to make it to the best team but also have good grades and that meant I needed to work really hard. As a 14 year old that was very stressful because when i started getting good grades that was my priority at that moment but although i got good grades. I focused too much on it that handball wasn't my biggest priority and i didnt make it on the best team.

That really upset me and I found it hard not to give up. As a 14 year old girl I focused on a lot of things like my friends in school, my big friend group, handball or just my life that I needed to be perfect and a lot of other things. Mentally all that going through my head was very stressful and the things i loved to do and the passion I had for it faded and I felt very low on that point. Thankfully I talked about it with my parents and they helped me with all the things I needed. When I started in 9th grade my mental health was a lot better and I felt like I had it all under control. The things that really helped me was to not focus on the main things that made me happy like playing handball with my friends and also my friends that dont play handball. I realized It's very important to have a good flow and balance in between my school work and my friends. I always do my homework before I go out with my friends so I don't get stressed.

Sometimes I just have to learn that being a 14 year old girl is often very stressful and when everything is not going how you imagined it to be, you can never give up.