ISOLATION
STRUGGLES FOR AN ACTIVE POPULATION

- Identity
- Peer & Social Network
- Competitiveness / Problem Solving
- Physical Release
ISOLATION
STRUGGLES FOR AN ACTIVE POPULATION

- Interaction with team / friends
  - What are athletes trained to do? Adapt
- Set challenges
- Make a routine and set up specific areas for work
- Take breaks for activity
- Limit news
- Stay present / mindfulness