

WELLBEING DURING COMPETITION

Competitive Bhangra can take a toll on your wellbeing. It is quite common for dancers and captains to feel **stressed, burnt out, and demoralised**, as well as experiencing symptoms of **anxiety, low-mood, low self-esteem** and other mental blocks in the build up to and following a Bhangra competition.

Factors that could negatively impact someones emotional wellbeing:

- Struggling to balance workload with the intensity of training
- Compromising on basic self-care, such as eating well and getting enough sleep
- Dependency on painkillers during training sessions
- Getting an injury and having to pull out or continuing to dance through an injury
- Not making it into the final team, or your team having to pull-out of the competition
- The intensity of training
- New dancers may compare themselves to more experienced dancers
- Some people may feel excluded and isolated within the team
- Bhangra politics

