

The mind is such a powerful beast and I've had a lot of wonderful people in my life over the past few months remind me to stay positive. While I acknowledge the importance of positive thinking I also feel it is just as important to deal with the negative thoughts as well.

December was my month of fighting demons. A month I have put behind me and never want to relive. I am reminded that if today is a bad one, tomorrow's a new one, so leave it behind.

I pushed a lot of great people away and hid from the world. I have learnt to never lose sight of the importance of friendships and not being ashamed to ask for help.

On the positive side I am slowly gaining my strength back, nearly able to do a single leg calf raise. In the pool I'm up to 1km of freestyle pull and gradually increasing the distance. Kicking does not hurt the back now, but still not doing much of it. I'm walking faster and without a limp, up to 40 minutes.

By the end of January I hope to be swimming longer sets and starting to kick more, get back on the wind trainer and spinning the legs over – so we will see if I hit those milestones! 😊

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