

Transcript

Sport v COVID in action

Eilidh Doyle: Hi, David.

David Bellingham: Hi there. How are you?

Eilidh: Yeah, good. Thank you. How are you?

David: Yeah, very good. Very good.

Eilidh: Can you hear me and see me, OK?

David: Yep. Same here, I take it, yeah?

Eilidh: Yeah, just getting used to this--

David: I know. It's--

Eilidh: I've never really used this one before. I've used the other ones.

David: [CHUCKLES]

Eilidh: But I've never really used-- played it before. But it seems quite good.

David: I'm 47 now. But I've always been active, played for most stuff like that. And when I took the COVID in January, it was bit of a shock for me.

Eilidh: Yeah.

David: How bad I felt, because yeah, and getting blood clots and ending up in hospital. So, it was a wee bit of a shock for that. But now the other side of it has not been as fit as what I was.

Eilidh: Yeah.

David: This is a strange place to be. So, it's been quite a strange experience. Although, I've not been the worst. There's been a lot worse than me.

Eilidh: Yeah.

David: And I'm thankful for that. But at the same time, I think, well, no, wait a minute here, the fatigue, the tiredness. And this isn't normal when you feel as if you're missing something.

Eilidh: Yeah, I think it's that not being yourself, isn't it?

David: Yeah.

Eilidh: It's like-- and it's able to think, am I going to get back to the way I was? And I always think from my point of view in terms of trying to get back from an injury, it's literally not thinking that far ahead. I think the hardest thing is you're wanting to get to that point where you're back. And I'm actually currently injured. I just got injured last Friday, tore my calf muscle.

David: Oh, my goodness.

Eilidh: And it's like, right, so I'm seeing the physio. And he's like, you're probably not be running until-- for six weeks or back to where you were for the next six weeks. And you think, God, six weeks. But then, actually, it's like, right, OK. Well, I can't think six weeks ahead. I've just got to take every day. What can I do that's maybe a little bit better than what I did yesterday?

David: Although, it's a major illness, it's not like anything you can really put your finger on. It was this unseen illness. It came and made you unwell. And then, yeah, it's not like breaking your leg when you know, you know what happened.

Eilidh: Yeah.

David: You know that it happened. And it's unseen. It just came.

Eilidh: Yep.

David: Without any -

Eilidh: And with no real explanation either. No real-- and like you say, because everything is happening a lot, and it's like, you just almost feel like you're becoming part of this wheel that's going forward. And I think that's another point as well. I think it's like, although, yes, although you want to be focused in on moving forward and having other distractions going on, don't take for granted how you feel.

The fact that it has knocked you and the fact that it has made you feel this way, don't try and think, ugh, I'll just get over that, because it's important to acknowledge those feelings as well and address them too. And don't just think, oh, because it's going on all over the world and it's-- I should just be OK with it because other people have maybe had worse symptoms or whatever. But I think it's important to make sure that you don't dismiss how you feel. Acknowledge it, and address it, and stuff like that.

David: No, that's--

Eilidh: Yes, it's important to move on. But yeah, don't think, oh, I should just-- other people have got it harder. They maybe have harder symptoms. But everybody experiences things differently.

David: Yeah.

Eilidh: So, I think I would just say that to you, is just make sure you do address how you feel properly. And don't let anybody dismiss that, how you feel.

David: Yeah.

Eilidh: But like I say, try and have those little goals and move on. But yeah, but address those feelings too.

David: The sort of things you've said today that has struck home with me is that I-- that's right. You can't control what's happened.

Eilidh: No.

David: And there's no point in worrying about what's happened.

Eilidh: Yep.

David: Because, it's how you deal with it. And it's how you've won.

Eilidh: Yep.

David: But at the same time, you've got to be logical about how you go on. And you can't expect to go back to 100% when those-- something has happened.

Eilidh: Yep.

David: So, it's very good to take that away.