



Columnist Cristina Peterson on the ascent during a recent hike with her husband from Suttle Lake to Scout Lake.

Drew Peterson/Submitted

Resilience

Continued from B1

But I'm learning to cope, to adapt. Some days, it's easier than others, but I truly believe that with the right mindset, anyone can persevere through a hard time and become a better person through it. Taking lessons from ecosystems and from other wise people in my life, here are some tips for dealing with time away from a favorite activity.

Diversify your interests to broaden your identity

It can be even harder to take time off if a single activity is your only outlet or form of exercise. Often if an injury prevents you from doing one type of sport, others are still possible. For example, cycling if you can't run, doing strength training if you can't climb. Walking, swimming and yoga can all be as gentle or intense as a person's body allows. If you really have to be still, explore other interests that help you find calm. Escaping into a good book, trying new recipes in the kitchen or learning a craft are all options that often require a focus that leads to staying present the moment.

Similarly, if your identity and self-worth are tied to a single sport, when it is removed even temporarily from life, it can cause real emotional distress. Know that your value as a human goes way beyond how hard you climb or how many miles you run. Think about what you

value in others. Identify yourself by the type of person you want to be. If you want to be a kind or respectful or fun person, you can be any of those things regardless of what you are doing.

Talk to others

Everyone takes time off at some point. So you're not alone, and you're not likely the first person to experience the frustration, fear of missing out or other emotions you might be feeling. Find others who can relate to your situation. You may find that other athletes have been in the same place and can offer support or encouragement that, even though you may be losing fitness in the short term, taking care of yourself will be bene-

ficial in the long term. If you don't know anyone who can provide perspective, seek out a professional therapist to talk to during a down time.

Reframe situations to find the positives

Once you accept a situation for what it is, you can find lessons to learn and focus on the positives that could come from it. Time off from an outdoor activity may open up time and energy for someone or something else in your life. Learn from the circumstances that landed you where you are but don't dwell on the past. Stay present, even if it's uncomfortable. Feel the pain or the suffering; acknowledge them. But know that it won't last and if a

return to sport is possible, use the time off to plan how you can come back stronger.

It's not easy to take time away from favorite activities. Learning to be resilient through hard times though, will improve your mindset in all of life.

TOP OUTDOORS PICK

McKay Park



Makenzie Whittle/The Bulletin

People float along the river near Bend Whitewater Park at McKay Park.

BY MAKENZIE WHITTLE

The Bulletin

You don't have to be a surfer to enjoy McKay Park, though it is definitely a bonus. Sometimes just parking your car and finding a spot on the grass to enjoy while on your lunchbreak is enough.

That's what I have been doing consistently since I started at The Bulletin. Less so since the pandemic led me to work from home, but it's still a nice change to go back to my old lunch spot. With picnic tables, benches, ample lawn space under shady trees, you too can soak in the half-hour or hourlong break in between meetings and water cooler talk.

The 3.9-acre park is also

home to the Bend Whitewater Park, which can provide all the entertainment you need for a midday break. Most popular during the summer for swimming, floating and just having a family afternoon out, the parking spots can fill up fast.

Getting there: Travel southwest on Colorado Avenue in Bend and at the first roundabout at the Simpson Avenue intersection, take the third exit onto Simpson Avenue, traveling east. Follow the road as it curves northwest, and McKay Park is on the right, just past the bridge, at 166 SW Shevlin Hixon Drive, Bend.

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