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Figure 1. Thematic Map

Theme	First Order Themes	Second Order Themes
	—Inclusive	
Emotional Wellbeing <i>in</i> Balance	Focused Organised Thoughts	
balance	—Positive Sense of Self	
	—Positive Interactions	
	—Contextual	
	—Disorganised Thoughts	
Emotional Wellbeing	—Negative Sense of Self	
<i>Im</i> balance	Personal & Professionals Relationship Difficulties	
	—Physical Health Difficulties	
	— Spectrum of <i>Im</i> balance	
	Perceptions of Pressure & Judgement	
	—Negative Thoughts, Emotions & Self-Belief	
Wellbeing <i>Im</i> balance – Impact on Equestrian	—Changes in Horse-Rider Partnership	
Sportspeople	—Unpredictable Behaviour & Increased Risk-Taking	
	—Inhibited Performance, Progressions & Development	

