

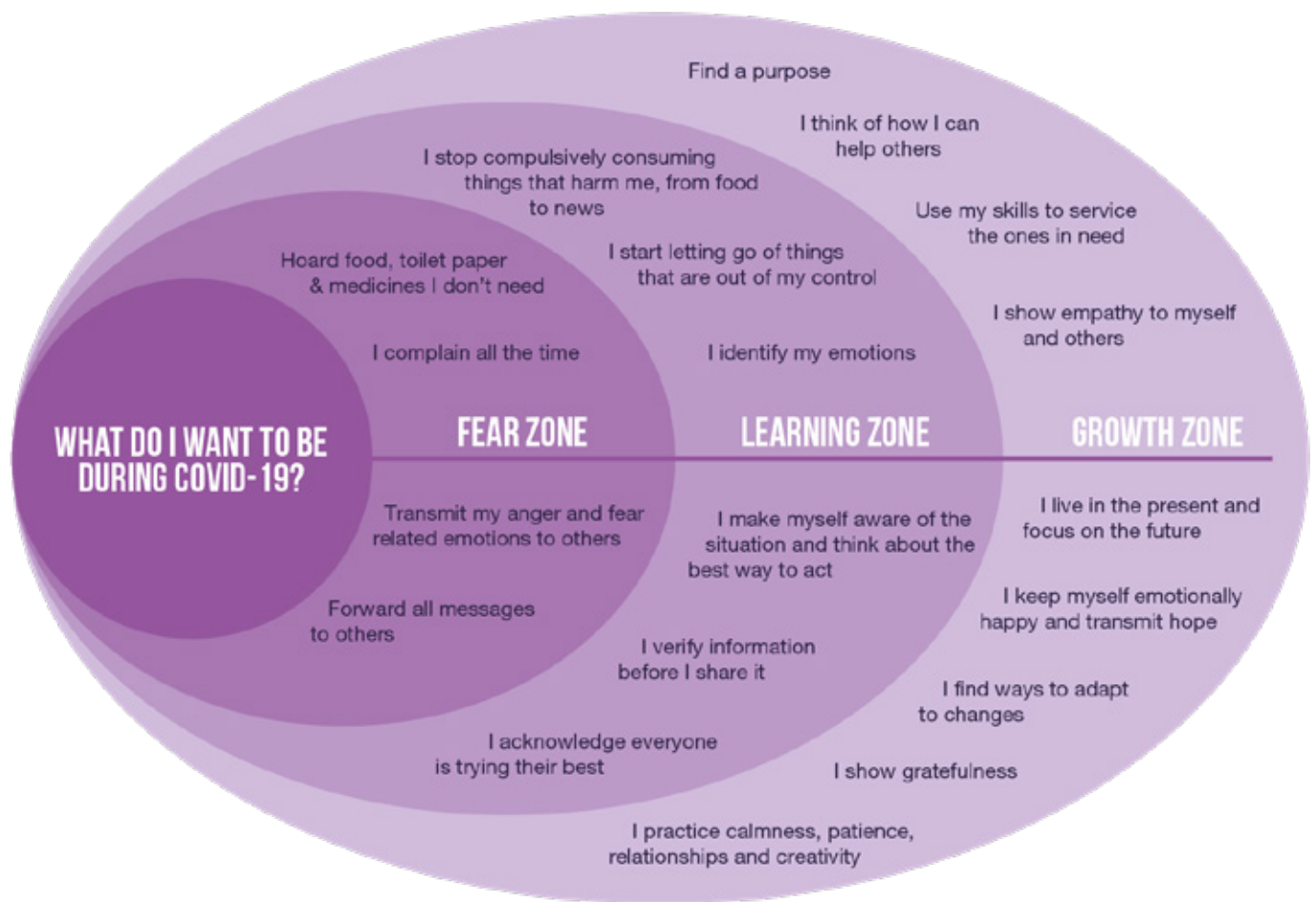
STEVE HEAD

TAKE CONTROL OF YOUR FUTURE

Webinar Recap



Thank you to everybody that attended the webinar last night. In a time of such uncertainty, I hope you will agree that taking the time to pause, reflect and re-calibrate is far better than being consumed by all the negativity around us.



It is as important now as it has ever been to look after our health and wellbeing and that starts by moving from a feeling of fear into a feeling of calm and being able to manage ourselves through this journey. If you can take one thing away from last night and add into your daily routine and become more at peace during this time, then it was worthwhile, and I'm sure the Stronger Together team would agree.

Top Tips

Here's a recap of my top techniques to help you through this time (as well as a task you can do at home).

Be a 149!

Many of us find ourselves focusing on the 15's in life. Naturally, our brain can only focus on what's incorrect, we only really see the bad. Think of it like this, the good is like Teflon it'll slide away from you, while the bad is like Velcro, it sticks to you. The more we get drawn in, the more the problem seems insurmountable. This, in turn, affects our confidence.

Your confidence is dependent on the situation or outcome. In times of uncertainty, have the belief that you can be the best that you can be. By coaching ourselves, we can change our perspective to find true confidence.

Act as if!

Act the best version of yourself, as we always become the way we act. Act the best version of you – if you want a good day, your physiology reacts how you feel.

Remember, we have a human brain and a chimp brain, our chimp works on emotion and makes irrational decisions while our human brain works calmly, uses facts and makes rational decisions. You cannot control your chimp, but you can manage it when you get out of bed in the morning or are about to walk out of your house, think of 'the line' in front of you...

| Chimp... | Or... |
|--|---|
| <ul style="list-style-type: none">Plays the victim (COVID-19 isn't fair why is this happening)Keeps us awake at night (When will this end!)Reactive (This is not good) | <ul style="list-style-type: none">Accountable (I have the opportunity to help others and I will)Positive (This will end and we will come out stronger on the other side)Reflective (No one chose COVID-19, we can't stop it, but I can decide how I get through it)In control (Here's what I am going to do) |

Our chimp is not the person to make life-changing decisions right now, we have to manage the chimp to perform at our best. With positive, calm and rational thinking we will become more at ease, it may also rub off on others close to you. **The critical moment is the decision we make to get across 'the line'**

Tasks for at home

For 30 minutes in your day, turn off your phone or the television, especially the news and go to your happy place, a nice quiet place in the house and listen to yourself breathing nice and slowly. After it, the world is still the same, however, you will feel a lot better in it. There is a lot of 15 on the news and not enough 149. (For those that have no idea what this means you will have to go back and watch the webinar).

"We always become the way that we act"

Before you go to bed at night, play good experiences in your brain:

- Write three things that have gone well today
 - When you wake up, read those three things
 - It takes 28 days to make it happen - to turn this into a habit
 - You will remember the good stuff over the bad
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Final word

- Pause / Stop / Think
- Be a 149!
- Retrain your brain and focus on the positives.
- Look at facts and not opinions.
- Ask yourself, what side of the line are you on?
- "Worry Less"
- Take care and work together

+ SPECIAL GUEST

KRISS AKABUSI

Kriss Akabusi empathised with the additional dilemmas posed by these challenging times to those working within the optical sector. Especially those colleagues seeing patients in practice, to avoid hospitals and GP's being overwhelmed with patients who can still be seen in an optometric setting in the community.

The Olympian shared personal experiences from his time serving in the army and the challenges that presented to him and his family and recited a poem: Echoes In Eternity.

He highlighted the thoughts of the optical community; "If I serve my community and faced with the unseen enemy, how do I know I won't contract this disease and take it back to my family"?

His answer was to take accountability – your ability to show who you are and how you act in this world; "How you show up and act is up to you".

Kriss closed with "If you have nothing you're prepared to die for, you have nothing worth living for".

Kriss reiterated, that was his own personal view, however everyone has to do what is right for themselves and their individual circumstances. Nobody has the right to judge anyone as everyone has their own considerations they need to make.

