

Wellbeing & Resilience

**HFMA Annual Conference
2020**

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‘Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare.’

Audre Lorde
A Burst of Light: Living with Cancer

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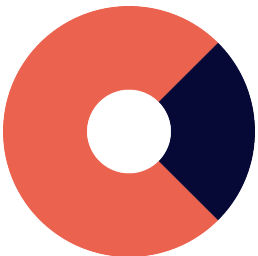
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Awareness and acknowledgement.

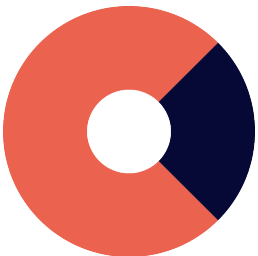
Become aware of moments when you are in the C.R.A.S.H state.

Your body may be tense, restricted breathing, you may be reacting to the news, analysing what's happened, with overwhelming thoughts, feeling alone.



Try this now:

Take a moment to consider when you have been in a C.R.A.S.H state recently. Perhaps now, earlier today, yesterday or last week. Notice what you were reacting to in the moment. Was it the news, social media, WhatsApp, your own self-talk, someone else's behaviour?

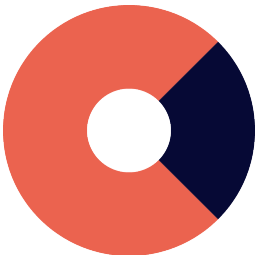


1. Say welcome

It makes sense that you are or have been feeling that way, and I am sure it is important. By noticing and acknowledging difficult thoughts and feelings you can give yourself the opportunity to respond differently. I wonder, what's the positive intention behind that feeling?

2. Next you can ask, 'is this useful right now?'

If it isn't, ask yourself, '**what do I want instead?**'



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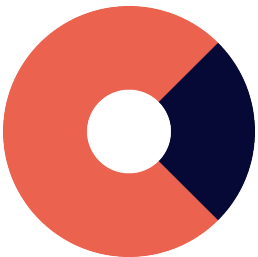
H olding.

Try this now.

1. CENTRE

Sitting on a chair or standing, make sure your feet are firmly on the floor and your body is in a symmetrical position. Drop your weight down so you bring your attention to your centre and let the ground or the chair support you. Imagine you are an old oak tree, your legs are like the trunk of the tree and your feet are the roots, connecting through the earth's crust deep down into the core of the earth. Notice what it feels like to be centred and grounded.

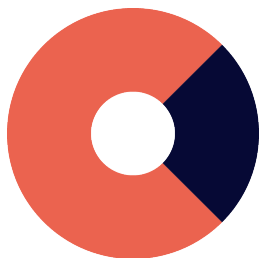
Place your hands on your tummy, the centre of your body, and breathe.



2. OPEN

Bring your attention to your breath and on your next exhalation, squeeze all of the air out, like you are squeezing the water out of a sponge, until there is nothing left, and then let it go. Notice how deeply you are able to breathe again. Start breathing out for longer than you are breathing in, breathing out for a count of 6, holding for 3, and in for 3. Notice how you can let any areas of tension in your body go as you breathe out. Allow your jaw, shoulders and stomach to soften, draw your shoulders back as you open your chest.

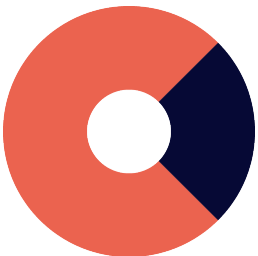
Bring your arms down by your side, palms facing open.



3. AWARE

Become aware and attend to what is going on inside and outside of you. Notice that you can widen your periphery vision as you take in everything from this centred and open state. Notice three things you can see in the outside world, three things you can hear in the outside world, and three things you can feel in the outside world. Do this again noticing two and then one for each.

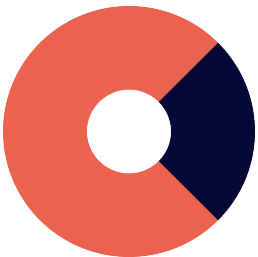
Next attend to your inside world and repeat the process, noticing what you can see, hear and feel within you.



4. CONNECT

While maintaining connection with yourself in your centre, bring your attention to the system you are part of, your household, your family, friends, community, country, and the world.

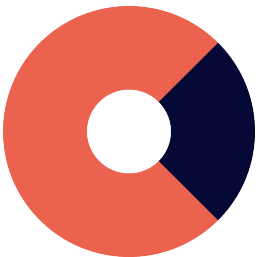
By connecting with yourself you are able to realise your connection to the whole.



5. HOLDING

Hold whatever you are experiencing right now from a place of resourcefulness, in this expanded space where you are able to feel centred, open, aware and connected.

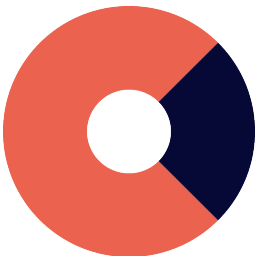
Notice what feels different and how much more possible it seems to make positive choices for yourself and others.



You can use the **C.O.A.C.H state** as a **checklist** to bring your attention to how to feel centred and balanced in yourself any time you need.

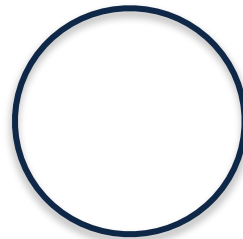
You can also use your own **past experiences** and **wisdom** to access more resourceful states.

Try this now.



Anchoring

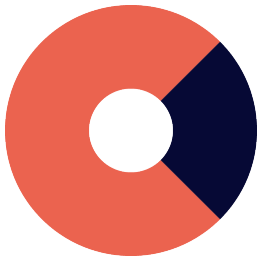
- **Think of a time in your life when you felt calm**
- **Imagine a circle on the floor in front of you that represents this state**
- **Step in and bring your fist together**
- **See what you saw, hear what you heard, feel what you felt that time in your life when you felt calm**
- **Turn it up**
- **Access that memory and state anytime you need by physically taking a step forward and bringing your fist together**



Creating an action plan

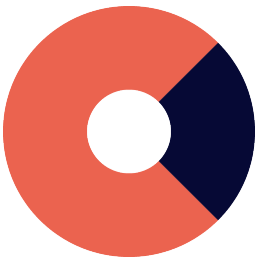
How you can bring this into your future.

Practice is fundamental and daily rituals are vital in keeping you in a resourceful place.



Take a moment to consider what you will start doing from now every day to ensure you are centred in yourself, open, aware, and connected.

Consider your entire day, what do you need in the morning, lunchtime, afternoon and evening to create balance and harmony. Moving your body, eating healthily, breaking up your day, drinking water, getting sunlight, keeping your environment tidy, writing to do lists, connecting with friends and family, supporting others, and most importantly, consider what you have just discovered about **what you specifically need in order to feel centred from these exercises.**



Daily Practice

More of:

Less of:

- **How can I start creating this in life?**
- **What am I committed to doing differently from now?**