



Transform Your Team – 21st August 2017 -Thanks for Memories

#The Essential News Story

If you were told you couldn't look at your smartphone for the next two hours, would that be a problem? Two hours seems minimal, doesn't it? But not being able to Google anything, call anyone, check for messages, reply on WhatsApp, check your calendar or locate your way to a meeting, has the potential to leave us feeling anxious. That anxious feeling now has a name... Nomophobia

You may be familiar with the uneasy feeling of being without a mobile phone for just a short period of time, and scientists now believe they understand why this happens, and have given it a name "SSA" - 'Smartphone Separation Anxiety'. It is not about being unable to make calls but rooted in the fact smartphones are where we store digital memories, the study has found. For many people posting and capturing memories on Facebook, Instagram and Twitter are part of how they experience life with their phones acting extensions of their being - which is why being without them can feel like losing a limb.

Nomophobia -Symptoms of nomophobia include being unable to turn off your phone, obsessively checking your phone, looking at Facebook, Twitter, Instagram etc. Scientists found those with high nomophobia were more likely to suffer wrist and neck pain.

Memories Quotes

"Take care of all your memories. For you cannot relive them."	Bob Dylan
"Memories are the key not to the past, but to the future."	Corrie ten Boom
"Memories the one thing that can never be taken away from us. Make lots of them!"	Catherine Pulsifer
"Your memories are your jewels"	Julie Butler
"Memories are good, as long as we keep them in the rearview mirror and keep moving."	Unknown

View from @PhilJBish

If you own a smartphone, chances are you're addicted to it. 10% of us touch our phones over 5,000 times a day. Smartphones act as extensions of our identity and a repository of memories. We desperately need to feel that we are seen and to be remembered. We like to have records, of the progressions in our lives, in fact, we have written in diaries for over a thousand years. We all want to hold on to the histories of our lives, good and bad – and these platforms used on the smartphone should be acknowledged as the new tools helping us to remember the memories, but do not become a slave to them addictive to them and keep catching those memories.

Well Being & Pastoral Care

As your Sports Chaplain @ Glamorgan CC my role is to provide an impartial and confidential point of contact to talk about any matters you may be worried about on or off the field, offering pastoral support. This support is offered to all connected with Glamorgan CC. including players, coaches, staff, volunteers, and families.

Philip Bishop

Mobile number: 07817 297926

Email: philbish1959@gmail.com

Glamorgan Cricket, The SSE SWALEC, Cardiff, CF11 9XR T: 029 2040 9380 E: info@glamorgancricket.co.uk W: www.glamorgancricket.com

