



Transform Your Team – Surviving or Thriving? 15th May 2017

#The Essential News Story

Last Saturday Harry Garner reduced the judges on Britain's Got Talent with his heart-breaking song about his grandmother and her battle with Alzheimer's. There was not a dry eye in the house when he performed his own song "Not Alone". The 16-year-old wrote the song after visiting his 76-year-old nan, who had deteriorated with the disease. The chorus of the song goes like this: *"Open your eyes and say hello, open your eyes and just let go, tell me to get the remote, so we can watch your favourite show, and ruffle my hair and say it's bad and tell me there's chocolate in your handbag, and tell me just how much I've grown, and let me know I'm not alone"*

The last week the UK has had a focus on mental health. It can be easy to assume that ongoing stress is the price we have to pay to keep our lives on track. Is it time to challenge that assumption? Good mental health is the capacity of each of us to feel, think, and act in ways that enhance our ability to enjoy life and deal with the challenges we face. It is one of the greatest challenges of our time to a position where people and communities actively thrive rather than just survive. What or who helps you survive or thrive?

#Sports stars & support staff are not exempt

Aston Villa and England midfielder Lee Hendrie, who was earning £40,000 a week and owned £10m worth of properties at the peak of his career said this "I thought this is it, this is where I want to be,". Yet when his life unravelled he reflected and said "I felt like the whole world had fallen down on top of me" and said to myself 'I cannot go on,'

Lesley Speed when she spoke publicly about Gary Speed (Welsh FA Football Manager) death. She says that if someone had asked her whether Gary was suffering from depression, she would have said absolutely not. "He hid it from us and it stopped him asking for help", yet still she regrets not having been able to help him. We were just so sad that we couldn't help him through, that's a huge regret that I didn't get him to one side and say "is everything alright?"

View from @PhilJBish - You were meant to do more than just survive. You were meant to thrive. You were not meant to struggle to just make it through the week, the day, the next hour. You were not meant for your world to feel like a weight, for the break of dawn to be the starter pistol for another meaningless rat race. You were not meant to be shackled by anxiety, worry, and fear. **No, you were meant for so much more.** I'm not saying you won't have trouble in this life. If we are honest, we can look back on the last year and say we only survived it. We survived work, we survived school, we survived with most of our relationships intact. Some of us have not survived very well. **Who do we talk to, who do we trust to become vulnerable to,** maybe our circle of friends, maybe our families or the norm is no-one and we have just survived some major storms.

In fact, a lot of us are in survival mode right now: If I can just get to this weekend... If I can just make it to the first of the month... If I can just get to summer vacation... If I can just finish this project... If I can just beat this sickness... If I can just make this payment... If I can just get the kids through college... You are not alone. if this is you, I can confirm that you are not alone and you are not living the life you were created to live if survival is your word. **You and I were made to thrive. We were meant to thrive and not just survive.** You were meant to have life and to have it more abundantly, you need to become vulnerable to someone you trust and confide in them if you are in that survival mode.



Contact

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 and spiritual support. This support is offered to all connected with Glamorgan CC. including players, coaches, staff, volunteers and families. Please feel free to contact me whenever you need any support.

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