



## Transform Your Team – 18<sup>th</sup> June 2018 – Help, I can't breathe! ... 'stuffocation' ...



### View from @PhilJBish

How can I live in the moment when my thoughts never feel like my own and don't know how to admit I'm broken? Help, I can't breathe! ... 'stuffocation' ... A new word which we could quickly add to our dictionary. Do you ever have those days you can't find time to breathe? When you come to the end of the evening, and you fall into bed exhausted and frustrated at the list of everything I didn't accomplish runs through your mind. Don't get me wrong I'm sure that you are thankful for the life you have the people around you family and your job, but amidst all these blessings of life, it is easy to get overwhelmed with all that is to do and forget to pause and breathe. Where do you go to hear the calming voice and the healing words that give you peace that wash all over you for those few moments: the to do lists are gone, and the stresses fade away, and you transported into a new realm where you can find rest and breathe. How do you destress? How do you lose your anxiety? When do you take time for a moment to breathe you will feel connected with life again. It will never go away until you find a piece to breathe and feel rejuvenated. It's a fact that in today's culture material goods have become substitutes for sincere and genuine meaningful human desires. We have reached a crisis. The more we have, the more stress this brings. It all has to be managed, used, repaired, stored, maintained – as this is not delivering the satisfaction we expected!

**“I don't deserve a soul, yet I still have one. I know because it hurts.” — Douglas Coupland, The Gum Thief**

We all at some stage need to face our issues, addictions and look back at our own story to be able to move on and remove the objects of the dependencies. Take time to breathe.

We all want a new adventure so how are we going about to discover our story who can help us to restore our broken, falling lives. There is no magic formula, and however, we look to come to deal with the pain the sadness the hurts and even the loss we need to share our story.

**“Vulnerability is the birthplace of love, belonging, joy, courage, empathy, and creativity. It is the source of hope, empathy, accountability, and authenticity. If we want greater clarity in our purpose or deeper and more meaningful spiritual lives, vulnerability is the path.” — Brené Brown, Daring Greatly**

### Well Being & Pastoral Care

As your Sports Chaplain @ Glamorgan CCC, 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 provided to all connected with Glamorgan CCC. Including players, coaches, staff, volunteers, and families. **Philip Bishop** **Mobile number: 07817 297926**



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