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## QUARTERLY

### Dear Friends Welcome

Hi Everyone

Since we last spoke, the world has changed. It is a strange surreal feeling. When I look out at the beautiful Swan River, the place we call home still looks like paradise. When I listen to the news, the world has changed. When I listen to my clients the world has changed. When my boys are logging into school from home, the world has changed.

Most of us have not experienced a pandemic in our life time. During this time you can expect:

- Increased levels of anxiety
- The need to act faster, faster
- Uncertainty
- Waves of panic
- Future thinking
- Difficulty concentrating
- Difficulty focusing
- Surreal experiences like *this is a dream*

- Tendency to listen to the news which increases anxiety
- Tendency to believe what people say and put too much weight on opinion
- Tendency to engage in gossip
- Knee jerk decisions
- Jumping at shadows

These feelings are all normal when we feel threatened. The threat can feel too big and your internal resources too small. When we practise Emotional Strength, we reverse the size of the external threat relative to our internal resources. What we want is for the external threat to become smaller and the internal resources to become bigger. We flip it around.

To achieve this, it is helpful to go back to basics and remember to feel your feet on the floor, your bottom on the chair, your hands on the steering wheel, the sun on your face. This will ground you and bring you back from trying to predict the future. How long will this last? When will it peak? Will my business survive? These are unanswerable questions that increase your anxiety levels. When you hear yourself asking these questions, just feel your feet on the floor and breathe. While everyone wants to keep informed, listening to media reports and watching the news on television increases your anxiety. Limit your time each day listening to the news.

While the pandemic may be beyond your control, you still get to choose your response. Your response will lead to healthier outcomes when you are in your body and connected to your feelings rather than attempting to 'control' or 'manage' your anxiety levels. In the moment that you have a wave of anxiety just ride the wave, it will pass.

## TRIP TO JAPAN

Some of you may remember that the Tokyo marathon was cancelled. At that time of disappointment I needed to make a call on whether I was going to go to Tokyo as planned or cancel the whole trip. At that stage there was a slight risk that I may be quarantined upon entering Australia again, but I decided to take the risk.

This trip was more than running the marathon and becoming a step closer to my 'Six Star' goal. This trip was about Joel and I writing our first book together. It was Joel's brainchild and it is important in so many ways. His idea was for the book to speak to

my daughter Bianca who died thirteen years ago on 16 March. We were in Kyoto on the anniversary of her death.

I knew this would be a challenging project, but as usual I didn't have any expectations. I didn't think about it before I left, I just showed up with Bianca's diary, her year 12 leavers book and a few photos.

Ash did a great job in finding us the perfect house to write our book. The hundred year old traditional Japanese house was owned by a wonderful Japanese family who looked after us so well. They invited us to a family dinner on our last Sunday in Kyoto. I cannot speak highly enough of these people.

Joel and I settled in very well and we spent our first day structuring and naming the ten chapters of this unique book called 'Feeling'. Every day was a unique experience, there were tears, feelings of regret, laughter, intense sadness, disappointment, shock and I chose to face myself as a mother in so many challenging ways. I went through what my clients go through by persecuting myself, making myself wrong, incredulous feelings of why didn't I see that? or how did I not know that? I gained insights into myself, my daughter, the family dynamics that I created causing my children lifelong pain. The impact of my parenting style 40 years ago. Wow!!

Seventeen days of intense discipline, Joel and I wrote 36,000 words. We wrote the first draft of our book. My need to achieve was extremely satisfied and Joel and I were both surprised at what and how we achieved so much.

The next step is to find an agent and publisher that is brave enough to publish this book. At the moment Joel and I are getting the first three chapters in shape to send to agents. We have set a deadline for completion of the first draft of the entire book by 27 June 2020.

And yes the small risk of quarantine turned into a foregone conclusion that I would need to self-isolate for fourteen days. As I write this, I am day seven of self-isolation. I am also very fit and healthy.

Stay well until next time.

Sharon

## ***Imagine if ... people believed in themselves***

During this difficult time, it is important to continue to stay healthy and well. As we are practising self-isolation and social-distancing, it is important to speak up and continue to have a voice. It is not a good idea to withdraw and feel even more isolated.

We would be thrilled if you would like to use a Sharon Faye Foundation forum to have your say and express your views. We look forward to hearing from you.

**hello@sharonfayefoundation.com.au**

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## **SEE YOU NEXT TIME**

*Sharon Faye Foundation Team*



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