

KEY TAKEAWAYS

Summary of final session: Keep Going



Interview with Rudi Saunderson

Mark's top tips:

- Check in with yourselves and others regularly. If you know how you and those around you are feeling, you will be able to respond more appropriately.
- Acknowledge the pre-trauma and post-trauma that you are going through at this time. Could you have ever imagined that the whole world would be struggling to take a breath, in more ways than one?
- 'Asking for help is not giving up; it's refusing to give up!'
- 'The best way to take care of our future, is to take care of the present.'
- Mindfulness is the tool that keeps you mentally fit and healthy.
- 'Pain is inevitable, suffering is optional'
- Stephen Covey tells us that "10 percent is what life throws at us, 90 percent is our reaction to it".

A few words from Rudi Saunderson, Managing director of Medscheme.

- "Today I'd give myself a '7', when checking in. Although I'm not feeling myself, there is so much to be grateful for today"
- "We have received a lot of positive feedback from our colleagues and the public alike, with regards to this campaign and we are very proud to be have hosted it."
- "This is a time of loss. We lost a colleague just last week and I've lost many close family and friends due to the pandemic. It is very difficult to not be able to say goodbye to our friends and support their families in their grief, as we usually would do."
- "This 14-day series has been so important to me personally over this time and I'd like to encourage everyone to follow the series and go back to the recorded sessions, whenever you need to."
- Rudi's final message is as follows; "Don't give up, help is available. If you get to a point where it is very difficult, reach out. We will laugh again, we will meet up again, we will braai and have fun again. In the meantime, remain responsible and get vaccinated. Let us stay together and get through this together."

Closing mindfulness practice:

- Take a few deep breaths in and out through the nose. On your last exhalation, open your mouth and sigh out.
- Congratulate yourself for carving out the time in your busy day to attend this series
- You've introspected, dug deep and been vulnerable- not only for yourself but also for those whose lives you touch.
- Feel your body seated on your chair and feel a sense of gratitude for your life
- Become aware of all your body parts and scan over each one,
- Now become aware of the five senses and what they are sensing right now.
- When things feel chaotic, ground yourself into the present moment.
- Place your hand on your heart and say "I am enough". Reflect on all your good qualities. Now think of the fruits, how we can be of benefit to others if we are feeling good.
- Resting on our values, creating boundaries, moving from a fixed mindset to a growth mindset- having practiced all these things, we can soar like an eagle and see clearly with wisdom.
- Never give up hope, never give up. Gently open your eyes once again.

Thank you for your commitment to this series. Your vulnerability and openness have made this series so powerful. May you always remember that YOU ARE NOT ALONE.