




Calm the Farm Webinar Chat
10 am Friday 27th March 2020

QUESTION: Where are you based?

Digby Scott:	Hi from Plimmerton
Fiona Shrapnell:	Morena, I'm in Wadestown, Wellington, NZ
Roz Parkinson:	Hi from London, UK!
Blair McCarthy:	Hi from Kingston Wellington
Jeremy McClure:	Live from Bulls
Yogesh Kumar:	Hi from Johnsonville , Wellington
natalie stevens:	Hi From Waikanae beach
Jamie Bell:	Mōrena from Lower Hutt.
Noel Berney:	Still Whitby
Meg Hayes:	Hi from Ngaio
Jamie Bell:	Absolutely (all the cool people in the Hutt).
Jamie Bell:	You're close enough...
Blair McCarthy:	Unbelievably first time on zoom, great to test this out
natalie stevens:	That's a ridiculous term hahaha

QUESTION: What is your number 1 question about calming the farm?

- natalie stevens: Don't even know how to spell it!!!
- Blair McCarthy: For me its how you manage everything, as in managing people, kids and yourself all coming at once
- Debbie de Geus: What if those around me don't calm down, whats the worst thing that could happen
- Roz Parkinson: How can you prevent impulsive behaviour/stress reactions - for example, I've spent the past two weeks feeling like I HAVE TO DO SOMETHING and that might not be that useful
- yogesh Kumar: How do people avoid worrying about what the future holds?
- Corinna Chin: How to calm others when I don't feel calm myself and when they're worrying about a variety of things
- natalie stevens: How do I keep my daughters spirits up when she feels so disconnected from her work?
- Jamie Bell: How do you balance and address and differentiate situational stress with/against work stress?
- Jolene graham: How to keep calm when other people are not taking the lockdown seriously and breaking the rules
- Jeremy McClure: Creating certainty in a time of so much uncertainty
- Cathrine Austin: Managing the balance - calm + deliver: the tension between promoting and encouraging people to go slower but without the just stopping
- Jamie Bell: 
- Fiona Shrapnell: How to support people to ensure the calm is sustainable deeply rather than at a surface level
- Corinna Chin: Plans for wine this evening!
- natalie stevens: Using the opportunity to learn new stuff
- Meg Hayes: How do you lower expectations and accept the current situation and slow down on what you need to do

QUESTION: What words would you describe being in a frenzied and unproductive state?

- Roz Parkinson: Stressful
- Jamie Bell: Inefficient
- Corinna Chin: Chaotic
- Jeremy McClure: Disorientated
- Fiona Shrapnell: Panic
- Debbie de Geus: Flapping
- Blair McCarthy: Scrambled

Jasmine Salter: Overwhelmed
Cathrine Austin: Rattled

QUESTION: How would you describe being frenzied and productive?

Fiona Shrapnell: Top left : survival mode
Roz Parkinson: Agree to survival mode!
Blair McCarthy: Sprinting
Meg Hayes: Just get stuff done
Blair McCarthy: Can go fast but not for too long
Corinna Chin: Road to burnout
Jamie Bell: Unsustainable
Noel Berney: Overwhelming
Cathrine Austin: Just plain hard

QUESTION: What words would you use to describe calm and unproductive?

Fiona Shrapnell: bottom right: A Trophy
natalie stevens: Flatlining
Roz Parkinson: Boring!
Meg Hayes: Not present
Debbie de Geus: Holding spot
Blair McCarthy: Yes to boring
Jamie Bell: Unfocused
Cathrine Austin: Chilled
yogesh Kumar: Chilled
natalie stevens: Rewarding
Tania Oolders: Flow state
Jamie Bell: The Zone
Fiona Shrapnell: Happy place
Blair McCarthy: Energised
Tania Oolders: Purposeful
Meg Hayes: Growth

QUESTION: What can you do for yourself or others to get out of the frustration box? What are the practical things that you know work?

Cathrine Austin:	Exercise!
Corinna Chin:	Time outside
Meg Hayes:	Give yourself permission to slow down
Jeremy McClure:	Its ok to take a break
Meg Hayes:	Stop and reflect
Roz Parkinson:	Give yourself or others permission for things not to be ok
Jamie Bell:	Go for a walk (near your house and not within two metres of people who aren't in your 'bubble').
Roz Parkinson:	Self care
Debbie de Geus:	Being in a different physical space and look at getting a new perspective on the issue
Fiona Shrapnell:	Add perspective and check in with myself - is it really as big as it initially seems
Alicia Odering:	Meditation
Cathrine Austin:	Time out from devices - they just keep you tied into the stress
Tania Oolders:	Breathe and count
Debbie de Geus:	Maybe not walking in this climate, but get a cuppa?
Meg Hayes:	Set a routine
Roz Parkinson:	Have a chat
Alicia Odering:	Call a friend not with you
Cathrine Austin:	Headspace has made a short term free offer for people at the moment - good way to try meditation
Jeremy McClure:	Reconnect with people
Blair McCarthy:	We've setup a zoom check in for those at home (a lot of my team is on emergency response)
Noel Berney:	Time dimension is important here ... frustration in the now versus frustration over a few days, weeks ...
Fiona Shrapnell:	Agreed Noel

QUESTION: What can you practically do to get out of the exhaustion box?

Alicia Odering:	Power nap
Blair McCarthy:	Slow down take a day out and disconnect
Alicia Odering:	10 mins
Meg Hayes:	Pause and take time to reflect
Tania Oolders:	Focus on few things that count
Fiona Shrapnell:	Carve out time and turn notfications off
Roz Parkinson:	Recognize warning signs for burnout and act upon them by

taking breaks
 Jeremy McClure: Schedule breaks - set some routine
 Cathrine Austin: Ask yourself does X really matter ?
 Fiona Shrapnell: Bring in the positive stories - rather allow the flow of all the other media to come in
 Corinna Chin: Remind yourself what you do know and are capable of - whihc can be more so than others
 Debbie de Geus: Umm, I can see your chat coming up on the screen?
 Blair McCarthy: I switch my phone off at 8pm
 Debbie de Geus: No sorry I meant I can see your messenger chat on my screen
 Fiona Shrapnell: I have separate phones for work and home
 Roz Parkinson: How do you work out what the essential few things are?

QUESTION: What keeps you in flow? What practical things can you do for yourself and others to maintain the flow?

Corinna Chin: Put your oxygen mask on first before helping others
 Blair McCarthy: Set clear expectations with people that you don't need to do close to normal work
 Fiona Shrapnell: Be aware of the fact your in flow, appreciate it
 Cathrine Austin: Schedule in the stuff that maintains and restores you
 Alicia Odering: Having keep milestones so you can see your progress
 Roz Parkinson: Celebrate your success and your team's success!
 Jeremy McClure: Purpose - (Digby)
 Meg Hayes: Reflect on your progress and where you are going
 Cathrine Austin: Give yourself and others permission to achieve less ... or simply whats possible
 Noel Berney: 70s classic rock
 Roz Parkinson: Drawing
 Roz Parkinson: Knitting
 Roz Parkinson: Creativity