



functional synergy

Being Present in Challenging Times

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This is your time

Being Present is hard. But you can do hard. You have been through difficult times before and you have come out better - more connected, more compassionate, and with more clarity on your steps forward.

This time is no different.

So let's begin.

One simple and small step at a time.

(And breathe)



My name is Susi Hately.

In my 20's, I recovered from chronic, persistent pain from recurring injuries as an elite athlete. In my 30's, my twin sister tragically died and shortly after I divorced my husband of 10 years. In my 40's, I navigated my new husband's son's addiction, jail time, and ultimate recovery. And then, after a period of incredible uncertainty, thinking my own kids were not in the cards, I welcomed our twins.

I know that Life happens for me and not to me. I know that with each event, Life is asking me to feel deeper, to be more present. And with each experience, I come out better the other side. A better teacher, a better wife, a better mom, a better friend, a better human.

My ability to be present has also given me great insight for being a teacher and advisor to high level leaders for almost 30 years. I've worked with some extraordinary people. Physicians, physiotherapists, occupational therapists, CFO's, CEO's, high level entrepreneurs, former professional athletes and Olympians - all of whom were feeling the limitations of their body and mind and wanted something different.

Despite their circumstances, they knew they could feel better in their bodies, to breathe better, to get quieter, to be present. Because like me, they knew that they could come out better on the other side. And they all did.

I lead one of the most successful yoga therapy certification programs globally. My trainees develop consistent results with their clients and build sustainable businesses even before they graduate. The process sets them up for great success post graduation.

I am the author of 10 books and video series, and the lead teacher of Susi's Resource Library. Two of my yoga programs have been studied at the University of Calgary - for cancer recovery and for idiopathic pulmonary fibrosis.

I created this How To Be Present in Challenging Times Playbook because in challenging times, you are needed more than ever - by your clients, customers, your families and your communities.

You can do this. And we can help.

How To Begin

1. When Life is feeling too out of control, take a moment to breathe and feel.

- As you breathe, be aware of what is real in your body now.
- Feel your feet on the floor. Particularly 3 points - the ball of the foot, the base of the pinky toe, the centre of your heel.

2. Take an inventory of what you need to get done and prioritize.

- Make a list. Get it out of your head and onto paper or into your phone. Your brain is not designed for holding lists of to do's.
- Notice where you need support. Who can you ask for help?

3. When you are wondering what you can do next, ask yourself about serving others. Ask:

- Who can I help?
- How can I help?

4. And then breathe some more.

7 Principles

The following principles are designed to support you and those in your inner circle - family, clients, friends - whenever times are challenging, uncertain and scary.

1. Yourself First

Remember the oxygen mask metaphor. We hear some variation each time we fly. "Should the cabin lose pressure, oxygen masks will drop from the overhead area. Please place the mask over your own mouth and nose before assisting others."

- Consider - Feel what you need . . . is it getting back to eating well, improving sleep, taking quiet time, going for a walk . . . ?

2. Grow Your Awareness. You Can't Change What You Aren't Aware Of

One of my most spoken lines is, "Where the pain is, is not the problem. It is a sign of dysfunction or limitation. The actual problem is under your level of awareness.

- Consider - To improve your awareness, notice how your body feels at different times of the day. How does it respond to the various aspects of the day from waking up to going to bed?
- Consider - It is not uncommon to feel emotional or mental load in the body since we tend to process emotional and mental load in a similar way to physical load. It may be in your neck, shoulders, chest, guts, back, knees . . . Notice the relationship between your mind and your body.

3. Improve Your Biomechanics

The mindfulness that comes from become aware of your body and mind (point 2) will open your awareness to how your body actually moves, where you compensate and the patterns of movement that contribute to pain and other symptoms.

- Consider - When you are moving, are you holding any extraneous gripping or bracing elsewhere - Eg. In your jaw, back, shoulders or neck? Can you move without those extraneous patterns? What does that free up?

4. Your Body Doesn't Lie. Listen to Your Symptoms

It is easy to push aside symptoms to get a job done. But symptoms pushed aside, will make them come back louder in number and intensity. Not only will this be draining and depleting, it will make your progress slower. If you listen and act, your symptoms won't have to.

- Consider - Meet yourself where you are at. Your symptoms are communicating needs. They are messengers. Instead of "shooting the messenger", get quiet. Ask your body what it needs. Pause long enough to hear an answer. Don't be surprised by the novel solutions that arise in those times of pause.

5. Feel One Moment More

It can be challenging to feel during difficult times. Building on point 4, it is in the moments of feeling, that we get our best, most usable answers. Can you sit with that uncomfortable feeling one more moment.

- Consider - Notice, be aware. feel. If you are noticing that you are in a cycle of over-eating, over-drinking, or other distraction, feel the urge but don't follow through on the action. See what happens as you simply feel. What arises?

6. Effortless Effort

We gain resiliency in layers. As your awareness increases, you'll be better able to perceive more subtle levels of tension and freedom that exists in your body and how this corresponds to your mental state. You'll learn what you need to reconnect and you'll have grown better inner feedback loops. You'll be able to respond with more grace and ease.

- Consider - Notice whatever feeling you are experiencing right now. Whether it is some version of tension, tiredness, brace, numb, grip or lightness, easy, supported, responsive. Reconnect by noticing where and how you are breathing. Try not to change it - just notice it and practice. See what happens.

7. Baby Steps. The Slower You Go, the Faster Your Results

Progress happens quickly in small baby steps. Our bodies and minds, our neurological and musculo-skeletal systems integrate more quickly when we go slow.

- Consider - No need to rush. Your results will come faster the slower you go (and the more feeling that you do).

There is incredible power in feeling and in being present. More energy, better sleep, less body pain, greater creativity, more problem solving, and better relationships.

Your job is to feel.

And then do it again.

You can do this.

We can help.

What We Do

We teach executives and entrepreneurs how to become more present in their bodies and minds, so they come through whatever challenging time better than they entered.

We also train results oriented health care professionals and yoga teachers how to integrate yoga therapeutically so they get better results with clients, and build sustainable flourishing businesses.

My Governing Values

1. **I fundamentally believe that healing is possible.** People can recover and get well again.
2. **Slow, thoughtful action leads to rapid progress.** Accurate and deliberate are key components to consistently steady and sustainable results.
3. **I love science, research and evidence AND it has its limitations.** Evidence is all about xx% of people with abc symptoms benefitting from a certain protocol. How do you know if you or your client are in the xx% that benefited? This is where presence is so vital. Instead of blindly using a protocol and hoping and praying it will work, the choice can be much more accurate and effective.
4. **I teach remarkable people.** I work only with people who inspire me not people I can inspire.

If you're ready to see what being present can do for your body, your mind and for your life, please email Susi at health@functionalsynergy.com



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