

Hello.

Hello.

Hello, everyone.

My name is Lara Spragg, and I'm the host of a show called Life

and Purple.

It's a podcast that you can find on itunes, or you can go

to Lip Talk nation.

Com.

But that's not the reason why I'm here.

So I would like for everyone to stand up.

I know, because I see a lot of people trying not to close

the rise.

So I want to show you before we get into emotional resilience.

I want to show you a few ways is that you can create energy

for yourself naturally and get this.

And you get to help produce all the good stuff inside of

your gut to digest your food.

All right.

Yeah.

You're like, I don't even know what you're saying, but I'm

going to say yes.

All right.

So the first thing that I want you to do is breathe in, like,

you have a straw, like a milkshake, right?

Okay.

Yes.

So we're gonna suck it in, and then we're gonna Si.

Ah.

See, that feels so good.

All right.

Now we're gonna do it again.

Ready and go, brain freeze.

Five.

One more time.

We'd like to do three, three, my number three.

Ready and go.

And by that time, your heart should slow down just a little

bit. Some of you probably feel my energy, and you're like,

I don't know what to do with it.

All right.

So that's one thing that we can start helping our gut, starting

to digest our food.

Now the other things are going to seem really awkward, and

some of you are gonna be like, I'm out, but I'm gonna ask

all of you to give in to peer pressure and go ahead and do

it with me anyway.

All right.

So we're gonna take our hands and make it a fist.

It's not a fancy way of doing a thing, but we're gonna punch

the air, and we're gonna count backwards from ten.

Ready and go, ten, 987-65-4321 and three.

All right.

So you're my student.

You would get a high five.

All right.

So put your hands down and we're gonna do it again.

I know.

They're just, like, all watching me, like, with no noise,

even I think this is really good.

All right.

So go, Ahed, and put your hand back up, and we're gonna count

backwards from five this time.

Ready and go 54321 inside.

You see that already?

So some of you are gonna start burping, and that's actually

a good sign.

That means you're breathing correctly.

And, yeah, you got your food digesting.

It is a little warm in here, FYI.

But anyway, all right.

So there's another thing that we're gonna do.

We're gonna roll our shoulders back.

Yeah.

I'm a voice teacher.

So I'm all about posture.

And so if you really want to get technical, you're gonna

put 1ft in front of the other shoulder with a part.

We're gonna roll our shoulders back.

This is just so that you become comfortable with me and I

become comfortable with you.

Making eye contact is a very good thing.

Hi.

Come on in.

All right, gang.

I think you all here free.

Alright, come on in.

Some of you, you can speak and I'll continue to roll your

shoulders back if you want to.

Very good.

Yes.

It releases the tension.

Then I want you to take the tips of your fingers.

We're almost done.

We're going to take the tip of our fingers.

Right?

You want you feel all right?

You know, there's muscles on the back side of your neck right

here. I want you to pull forward while you look up and we're

going to breathe him through our nose.

I'm so do one more time.

Just kidding, cause we do three.

Do it again.

All right.

This opens up your Airways.

If you're congested got some sinus issues going on.

You can do this.

All right.

Now I'm going to ask you to do something out of your comfort

zone as I want you.

All right.

This is where we're going to get a little tricky on the camera

side. But we're going to do a high five partner.

I want you to find somebody in the room.

Or maybe this section stays there in this section.

Stay there.

How about that?

To keep from the awkwardness, you're going to find a high
five partner that you may not know very well or don't know
it all.

So find a high five partner.

Introduce yourself and give high five.

All right.

Very good.

Very good.

Love it so much.

Did you hear the laughter?

Did you hear the talking?

That's a good sign.

And I'm going to tell you why in a little bit how has to

do with some oxytocin going on?

All right.

Now you're going to find this is going to be awesome.

A different person that you may know a little bit or know

a lot.

Maybe you know, everyone in the room or a new person, but

you're going to go ahead and find a knuckle partner.

Knuckle pal.

Ready and go.

It cannot be the same as it can't be the same as your high

five partner.

Here.

I feel the energy.

This is really good.

All right, guys.

Very good.

All right.

Free.

That works.

All right.

We're going to do one more.

And this one is going to be super fine.

Who was to come up here in front of me?

I'm got to demonstrate a happy salmon person.

Just 1 second.

You want to come up?

No.

All right.

Come on up.

And then you're going to find one more person.

It cannot be your knuckle partner.

And it cannot be your high five partner.

This is your happy salmon partner.

Hold your arms out like this.

And then we're going to do this.

There we go.

And this is our happy salmon right there.

All right.

And go.

So, yes, this is a good sound.

I love the sound I'm hearing.

All right.

Now you have to remember.

You have to remember your high five partner, your knuckle

partner and our happy Simon partner.

You may have a seat.

Do you feel the energy you guys?

So after we eat sometimes it's like one of the hardest parts

of the day, right where we can hit a low that little.

I just want to take a nap after Thanksgiving dinner.

That can happen daily sometimes, right.

Especially with the work that you all do.

You guys are around a lot of sensitive people.

You're around a lot of tired people and you're around a lot

of broken people.

And so I think this is really good to find your support system.

So before we get into the emotional resilience, I do want

to tell you that the thing that I've learned the most important

thing that I've learned in the last three years is when you

decide to do something, you find your support system, that's

the second step is your support system.

If you want to take notes, that's a really cool thing to

remember or remind your happy SEMA partner.

Okay.

Alright.

So again, roll your shoulders back in your seat.

And I would like to introduce myself one more time.

My name is Laura Frag, and I am the host of a show called

Life and Purple.

And now I want to tell you a little bit about what I do and

where I came from and my story.

So we're gonna have a lot of interaction as we progress through

our time together.

But I'm just going to be real with you.

I'm going to be vulnerable with you.

And I have to tell you about my Monday.

How many of you have had a Monday?

How many of you woke up and said, oh, Lord, it's Monday.

Yes, I have family that came in, especially my parents came

in on Saturday.

I've gone nonstop, which is really good to be busy and really

cool to see.

Family helps produce that oxytocin, which we're going to

talk about really soon.

But so my family is here.

My mom and dad are here and they're watching my two kids,

seven and five.

So let me just tell you about today preparation for this

big day to speak to you all.

And I'm Super excited.

My husband has planned a presentation for me, which you're going to see very shortly.

And yesterday he put all of my information on a thumb drive.

Right thumb drive.

Cool.

We talked about it yesterday.

I'm going to put the thumb drive.

It's Orange, by the way.

I'm going to put it right here so no one will touch it.

No one on the desk who comes to our desk anyway, no one does.

The children aren't allowed to touch desk.

So five minutes before I leave for today because my parents

have already taken the children, I'm all by myself.

I got to get the thumb drive.

I started crying.

It was not there.

So how many of you have put in the effort in your work or
maybe the effort to help someone and then you're missing
that piece of information to do your job.

Right to go forward.

I'm under attack.

What is going on?

Texas husband, Where's the thumb drive?

He said I put it in front of the keyboard on the computer.

My Marco pulled him.

It is not there.

I'm not making this up.

And he was in a meeting.

So he stepped out of his meeting.

He called me up and he's like, not there.

We walked through the whole scenario.

I just told him I'm like, not there.

You want to see it again?

So he walked me through on how to download it to another

thumb drive.

Hallelujah.

I could do that.

He's very good, by the way, at explaining things.

So I got my thumb drive and I thought it was going to be

late, but I wasn't.

So that's good.

Get in the car.

Shoot.

I forgot to take life vitamins like it's very necessary for

me because I'm on the strict regimen right now for my health.

So I had to go turn around, go back in.

It's a Monday, right?

What the heck is happening?

So I can go back in and left the car running, praying to

God that nobody takes the car because it's like that.

And I go in and I walk in and the alarm is going off.

Beep, beep, beep, beep.

I like the clock radio alarm.

Why is that going off?

And, you know, I have a dog Coco.

She's a chocolate lab.

Hi, fast.

She's gonna go crazy.

So it was a good thing I went back in because, oh, my goodness,

you know, dog's ears.

They're very sensitive to those high pitched noises.

Right.

All right.

So.

Okay, go turn it off.

Actually, unplugged it because I didn't know how to turn

it off.

She was unplugged.

Boom.

It made that little sound and I'm like, oh, my vitamin.

Should I go back to my I I have goosebumps.

So all you guys are so awesome.

Okay, so I go and take my vitamin really quick.

Actually, I took it out of a pill box and I brought it with

me and then I drank it on the way here and my whatever protein

drink. Okay, I'm in the car again.

I'm right across the Bay and Milton on Avalon.

So I'm not that far away.

Where's the sun pass?

I don't even know where the sun passes, so I'm looking in

the arm rest.

How time pass?

What is happening?

I don't even know.

I just want to get there to talk to you guys so much I'm

crying. I like, okay, well, I remember I had a five dollar

bill cause it just 375 to come across the bridge.

Right?

Alright.

So I'm going to cross Garson Point bridge paid \$5.

And my husband then sends me a text because I'm telling him

in voice texting.

The sun passes in.

Here he goes.

Yes, it is.

And I said, no, it's not.

Why would I lie?

Yeah, yeah.

So have my \$5.

Holly, I don't know how I'm gonna get back.

He said, just go through and they'll snapshot it and whatever,
because we have an account.

But anyway, I tell you this to be vulnerable with you, because
just to let you know that we all can have a Monday.

And sometimes those Mondays can be every day, every day.

And sometimes we can allow ourselves to get caught up on
those days where everything seems to go wrong.

But we don't remember what goes right.

We don't remember.

So after I cross the bridge, by the way, it took me the wrong
direction to GPS.

Like, oh, call enough, Rob.

I don't even know.

And it worked out because I'm here.

The good thing is that I got to come and meet you guys.

You all new people.

What do I say?

What's the political correctness of it?

I don't know everyone.

I get to meet all of you.

And I got really excited because I love, and I crave the

stage. I crave it.

And so I want to tell you a little bit about my story.

I grew up in a very loving home, and we got along great.

You know, the siblings, I'm the middle of five in the peacemaker.

How many middle kids?

We are a rare breed.

Just saying they're still so quiet.

Okay, so I'm a little kid, grew up with my older brother,

an older sister, younger brother and younger sister to an

end. And I'm like, just loving life.

And I'm a happy, go lucky person.

I just love everybody and just loving live going through.

Don't fight me.

I loved you.

That was me.

Seriously.

So I got to College is time for College, and I wanted to

study drama.

Okay, you probably could tell.

And I didn't because somebody else from my school, my high

school is studying drama, and I didn't want her to think

that I was copying her.

How many of you will like that?

You have to be your own person.

And you're like, I don't want to copy anybody, even though

my dream was to be drama.

I'm like, no, I'm going to study music because it can naturally

for me, too.

So I decided music.

All right, cool.

I'm studying bra, and that wasn't working out so well because

I didn't like opera.

I went to school, and my parents were like, Why are you studying

opera? I'm like, because you told me to study music.

Oh, there it is.

My parents told me to study music.

That's how I chose it.

It sounds like opera and cognitive dissonance everywhere
going on.

But anyway, so I'm studying music.

Two years in, I was dating this guy, and our conversation
got a little deep.

You know how you can get to know somebody.

And yeah, I just got really deep.

And he said something to me and my response was me to, hey,
that happened to me too.

And that me too, is probably something that you may see on
a weekly basis, monthly basis, or unfortunately, a daily
basis in the work that you do.

And I was sexually abused when I was younger.

So I grew up in this happy family.

But you know what?

I was told not to tell and that to me is a very impossible

rule. But when I was 20 years old and I was telling my boyfriend

at the time, our friend at the time and that me too.

I couldn't go back.

I couldn't undo those words.

And that was the first person I told.

And so what you're gonna see in your line of business is

probably something very similar.

And it's usually when a child is abused is by someone they

know love and trust.

And so it was the same.

In my case, it was someone I knew love and trusted that that

rule was given to me.

Don't tell.

And I feel like now as I've overcome it, damned if you do.

Damned if you don't.

And I want to go ahead and pull up this slide.

Can you grab the lights for me?

This is the first row.

Thank you so much.

Alright, so this comes into the whole emotional resilience.

You need it on.

He needs it on.

Sorry, I was just kidding.

Can you all see this?

No, that's okay.

Can you all see this?

Okay, that's fine.

Alright.

So as I began my journey being 20 years old, my mind and

body disconnected.

And today I want to tell you and show you scientifically

how you can, no matter the trauma, no matter anything that

you've gone through, how you all can have emotional resilience,

how you can overcome it.

I'm not saying that it's easy, but I'm saying that you can

20 years old, couldn't go back to saying it didn't happen

to me because this somebody knew.

And as a matter of fact, my body here.

I heard it and mine and body disconnected.

You know what I started doing?

Eat my food.

And suddenly I just started throwing up, throwing up.

And it was like after one meal and then a couple of meals

later and then it became after every meal I was throwing

up, I'm like, this isn't good.

I knew this isn't good.

I was like, what is happening to call my mom up?

My mom was throwing up and I don't even know why.

So I wasn't sticking my finger down my throat.

I wasn't trying to throw up.

I mean, it literally came out, for instance, not to be too

graphic, but ice cream was still cold when it came out like

it was just that fast.

I would be next to somebody and I couldn't run to the bathroom

fast enough.

And it has come out.

I want to paint a very clear picture for you all on how it

can your mind.

A body can disconnect.

And I want all of you to know if you're taking notes, your

body is always the tall tale sign.

So that's something that you can remember when you're in

your line of work dealing with kids and even adults and teenagers,

look for the size, the body, the physical size.

And maybe some of you are already trained that way.

So as I began, you know, telling my mom, it wasn't something

I was hiding, but I didn't tell everyone that I was throwing

up. It's not something you talk about.

I was just something I was very aware of, and my small circle

knew about it.

Well, I got to the point where I couldn't.

I couldn't function, right.

So if you're throwing up all the time, Where's your nutrition

going, how can you think?

How can you stay alive?

Well, I went to the doctors, and you know what they diagnosed

me with?

It was like a cat who had a hair ball in their gut.

Right?

You're smiling.

It's so true.

It's like on a piece of paper.

I have a paper somewhere.

He told me it was like a cat verbal coming up.

So you know what they did?

They put me on a depressant.

A depressant.

You know what that thing did?

It made me not care.

Made me not care that I was throwing up.

It didn't stop the throwing up.

It made me not care.

I was very aware of what it was doing to me physically.

And I weaned myself off of it just because I don't know.

You feel like sometimes you're not getting the right information.

You're not getting the right advice or the right counseling.

So that's how I felt like I was determined to not throw up.

So my mom found a holistic practitioner, and we went through

that way because, I mean, I wanted to get better, and the

doctors weren't necessarily listening to me.

So I revamped my whole body.

I took a bunch of stuff that she told me to do herbs and

how to eat.

Right.

And it took a while, and I learned how to convince myself

to not throw up.

Okay.

So I have all these herbs, and I'm determined to finish school

because I had to sit out a semester, and that was not cool

because I don't like, quitting.

How many of you are the type?

That when somebody tells you you can't you want to prove

them wrong?

Yes.

All of you in here, I'm sure is why you got into the work

that you're doing right now.

And so that was me.

But I never verbalized it.

I just kind of kept to myself.

So I went back to school.

After that one semester, I went back and I finished, but

I wasn't throwing up anymore.

I developed TMJ lockjaw, right?

Yes.

Well, really, really tight.

Got to the point where I had to either eat or sing because

I'm a singer.

So I graduated with a music degree and and I'm like, okay,

so I have to choose here.

Not fun at all.

And then after I graduated from College, which was 2001,

there was a series of process of my emotions because I didn't

go and deal with what had happened to me in my past.

My body started.

I had nervous breakdowns.

And this is something I want you to remember.

This is called suppression.

When you try to go back after you said something, after you

said something from trauma, and then you try to go back,

your body is going to always remember, tell you the warning

signs, and I tried to go back.

So I had a couple of nervous breakdowns.

I was diagnosed bipolar throughout the years and PTSD, Poly

sci Ovarian disorder.

I had a lot of stuff.

Add ADHD, all these things listed that was wrong with me,

right? And I'm still determined there's something still so

strong inside me, determined to overcome it.

However, from 2001 to let's say, 2006, I started getting

better. Okay.

I started doing type one dough, so I did the whole physical

physical aspect.

Working out helps us.

So I'm fast forwarding just a little bit to this picture

because 2006 is when I got married.

This is a couple of years after, but this is about the same,

the same mindset I had.

So I'm doing the physical, but not the mental work, and that's

what we're here today for.

We're learning how to do the mental work, right?

We need to learn emotional resilience and every one of you

can. Every one of you can learn how to have emotional resilience.

And I just want to show you the before and after.

So this person over here, I say this person because I am

no longer hurt.

I learned from her and I am strong.

So I want you to look at this.

And yes, I'm smiling in this picture over here.

I want you to notice the hair.

I had very, very curly hair.

So after I had kids, I don't know.

It just left.

I'm not even sure why, but I left, and I want you to notice

the eyes.

You see sadness in the eyes.

Oh, my goodness.

I look at that.

And I'm like, oh, I was so sad.

I had two kids.

I wanted to be there for them.

Happily married.

I knew I had a very loving husband, but I started walking.

I became numb.

I was walking and doing what everybody else told me to do.

Maybe you feel like that.

Do you feel like that sometimes.

So sometimes you're just going through the motions because

it's what you have to do.

I was then taking care of everyone else.

That was my cop out instead of taking care of myself.

Yikes Yikes.

I want you all to understand that you must first take care

of yourself before you can give to others.

Because if you do not take care of yourself, you are going

to run out of self to give.

And so that's what happens.

Here the picture over here on the side with the purple hair,

which is this last year for me is a person who decided to

face my demons.

I decided to.

And so I just want to paint the picture of what can happen.

So some of you may have eyes like this today and some of

you may have eyes like this.

And I want to paint a very clear picture for you.

So I said I would show you scientifically on how to create

emotional resilience.

How many of you have heard of oxytocin?

I just said it earlier.

All of you, oxytocin.

So I'm going to go ahead and read it for you.

Otherwise known as the love hormone is released by the pituitary

gland and is responsible for human behaviors associated with

relationships and bonding.

It's an antidote to depressive feelings.

So I was having you do all the high fives right after we

ate so I can help you lift your mood so you can listen to

me better and I can respond and speak to you better.

So it's an antidote to depressive feelings.

It is the hormone underlies trust.

Oxytocin is your trust hormone.

It makes you want to listen to the story.

Oxytocin is your feel good hormone important for empathy,

generosity and orgasms.

Even there's that word Yikes, everybody alright.

And then yes, it contracts stress and reduces anxiety.

Counteracts.

That's my word.

There's a C right there.

I don't know why it's not showing you, is it because my cup

ha. Sorry about that.

How why is that not working?

Counteract stress and reduces anxiety.

My gift that I do now.

And what I teach is how to help people conquer depression

and anxiety.

And that is by releasing the suppression.

So if we go back to there we read the eyes again.

It's not that I'm smiling too big over here.

That picture over here with purple hair is somebody that's

like, you know what?

I'm okay with me.

There's a couple of fears.

I didn't make this up.

There's a couple of fears that people have three of them.

Actually, I'm going to tell you it's the fear of failure.

You've heard of that one before?

Yes, we got some nods back there a fear of failure.

Then we have fear of success.

That's my category.

Fear of success.

And then we have the fear of what other people think.

It is the opinions of others that hold us back instead of

your own opinion about yourself.

And so I want to encourage you all that you can produce.

Oxytocin, you can overcome depression, you can overcome your

fears. So oxytocin is super fun.

I want you to go ahead and get your smartphones out.

How many of you have smartphones?

Everyone smartphones out.

Okay.

I didn't make this up.

I got this off of a Ted talk.

How many of you are familiar with Ted talks?

Yes.

Alright, so one way, a very fast way for you to produce oxytocin

is to Google your favorite baby animal.

Google, go ahead and Google it.

I want to see what happens.

Oh, we're gonna have some talking.

Yup, Yup.

Yes.

You're going to Google your favorite baby animal.

Who has what?

Kitchens?

Zebra.

Baby zebra.

Yes.

What else do we have?

White Tigers.

Oh my goodness.

Yeah.

Poppy, what is yours?

A baby Penguin.

All right.

So as you're looking at these baby animals, we have the do

you see what I mean?

Automatically there already smiles are happening.

Yes.

And laughing is happening.

This is something that you can do scientifically, scientifically.

You guys to overcome that really sad feeling that you have

when you're having that Monday?

Yes, please.

Okay.

I don't even know if you all can see this.

She Googled puppies.

Did you see that?

It's men holding puppies.

That's the feel good hormone that's happening.

Right.

So Oxytocin, that's a very exciting thing for me to know

that I can Google something as simple as my favorite baby

animal. Or you can go to Pinterest type in funny memes.

And then there you go.

Start laughing.

You don't have to do it now, but that's something that you

can do.

So oxytocin, once again, otherwise known as the love hormone,

the feelgood hormone or the trust hormone.

So far so good.

Do we remember what oxytocin is and we can naturally produce

it? I'm gonna tell you one more way that you can do it.

There's actually several ways there's a bug flying in here.

Alright, so another thing that you can do is one of my favorite

things to do is invest in three people a day.

Somebody's watching a game.

Yes.

So invest in three people a day.

That's what I strive for.

And this is what I mean.

By investing three people a day in your business, in your profession, you're going to be around some really sad people.

But if you find yourself wanting to compliment them, wanting to thank them, that's going to help you naturally produce

oxytocin. So I like to reach out to three people via text

or call them up.

What's the right line and invest in them and thank them.

Or even a Facebook Messenger or Facebook.

Thank them for something.

And you're not wanting anything in return.

Oxytocin, I just making sure everybody can see oxytocin.

So there are several ways.

And if you want to know more, I will send out information,

my information and you can get a hold of me and we can talk

on a one to one level.

But I want you all to know that there is a scientific way

without taking medicine that you can overcome the Mondays

or the Sundays.

Okay, next one serotonin.

How many of you have heard of serotonin?

You got some awesome serotonin is located in your gut.

Did you know that serotonin?

This one is at your happy hormone.

So oxytocin is your feel good hormone.

Serotonin is your happy hormone.

It is an important chemical neurotransmitter in the human

body that can affect mood and social behavior, appetite,

indigestion, sleep, memory and sexual desire and function.

That's pretty cool.

Did you know that you can produce that naturally too?

Oh, there's that voice I like to make.

Alright, so is manufactured in the brain and the intestine

so of serotonin is in your gut.

20% in the brain will marry that together and you have a

happy life.

Alright, so between 80% to 90% can be found in the gastro

intestinal track gastrointestinal tract.

Who wants to say that for me?

Thank you very much.

Important in the treatment of depression, nausea and migraines.

Isn't that very interesting?

So I bet some of you who are all of you at one point have

had a nauseous stomach in the job that you do.

Right man.

And you can't do anything about it or you feel like you can't

do anything about it.

So it's also the original antioxidant antioxidant is so important

to know because it gets rid of free radical free radicals

are what age you fast?

Yes, not cool.

So serotonin can be produced naturally.

Happy hormone.

This is when you want to laugh.

Alright, this is like versus right.

So you can do the whole funny means on Pinterest.

That's also oxytocin and feel good.

And you'll do both at the same time.

Or you can get on there your YouTube channel and watch a
comedic act.

Okay.

Or there's some nutritional products that you can take that
can help you produce it naturally without going to the medicine
side. So as we're going back to this picture right here,

I got to tell you about my last four years.

So I battle depression for over 17 years.

Bipolar for way too long, PTSD for way too long because I
wasn't overcoming my past.

And I told you I already have.

But I want to tell you how I did it.

So about four years ago, I decided enough was enough.

That's the very first thing that you need to do.

I think we talked about it right at the very beginning.

When we came in here, you decide and then you gather your

support system.

But that very first thing was I had to decide that enough

was enough.

But you know what I got what happened to me when I got to

that point?

It took a lot because I'm a stubborn person.

None of you are stubborn.

I'm stubborn.

And I went to pick up my 17 month old four years ago out

of the high chair.

My body locked.

Body is a tall tale sign, right?

Yeah.

Body locked in my back right there.

I was bent over picking up.

I couldn't go up and I couldn't go down.

Talk about a very sad day, 17 months old.

My daughter is three.

She had to go get my phone.

I was able to bend at the knee.

Thank God, not my back locked.

That was the day I knew I needed to change mentally.

Some of you might be facing that right now.

Some of you might be like, I know I've seen the signs.

I've got the warning signs through and through.

And you keep ignoring them and keep ignoring them.

Because what you're doing is you're helping others.

And that's part of it, the scientific way.

Oxytocin serotonin, investing in others.

But the most important thing is you got to take care of yourself,

right? You have to do you.

And so breaking point couldn't get it up.

And I tried.

And I got mad because I couldn't.

You ever get mad at yourself, too?

So not only am I crying in pain, I'm crying because I'm an

emotional pain, too, because I lived in my PJs for five days

a week.

I barely brushed my teeth.

Maybe I took a shower.

It was very sad time, and enough was enough.

I had a friend call me up in Kentucky.

She just checks on me every once in a while, and she goes,

okay, Laura, don't you think it's time to take care of yourself?

Don't you think it's time to take care of yourself?

All those words that question resonated with me so much because

I'm a fighter.

All of you are fighters or you wouldn't be in this profession.

All of you are fighters.

And so what you have to do is decide.

And I did.

So I started taking some nutritional supplements because

I knew they worked for me when I was throwing up all those

years, from 20 to 23.

So for three years, I threw up.

And so I knew it worked for me.

Then I knew I needed to take action on myself.

I started getting better.

I started getting energy and my mind.

My mind cleared up so much.

It's a wonderful thing when you feed your body, the right nutrition and the right information, what can happen to the mind? So you know the good of Bad Wolf scenario story.

Whatever one you feed is the one that comes out.

You've seen Harry Potter?

How many of you seen Harry Potter?

Which one Harry Potter has the good and evil inside of him?

And which one he feeds is what comes out and much one you overcome and good always overcome.

And so as we go back through and I'm starting to get me better,

I was taking a supplement that helped produce serotonin.

So I knew that the inside of me was just crushed mentally
and physically.

The next thing I want to tell you about is dopamine ha.

How many of you have heard of dopamine?

This is something that you can do.

When you exercise, you produce dopamine.

And dopamine is a neurotransmitter that helps control the
brain's reward and pleasure centers.

It's okay to feel good.

It's okay to reward yourself.

I had a hard time with that.

It's okay to treat yourself.

It's okay to go get your nails done or your hair done.

It's okay to buy golf clubs and golf balls and whatever you

all like to do.

It's okay.

It helps regulate movement and emotional responses.

Here we go.

Guys, people, everyone.

It helps regulate movement and emotional responses.

And it enables us not only to see rewards but to take action,

to move toward them.

Did you know that your brain cannot store motivation?

Can't do it.

The only kind of motivation is Jim Ron would say this is

self motivation.

It's the only kind.

So after you come to a motivational seminar, motivational

books, you read, all the information is still up to you to

take the action.

So this helps you to take the action.

So you're going to decide to take the action, you're going

to get your support system and then you're going to do the

scientific things.

Alright.

And controls our focus, cognition and learning.

How many of you have cloudy thinking mid day, right?

Oh man, that's something that I battled way too long.

So I'm a very energetic person.

I get it.

It's okay.

I accept it.

So I'm going to give you some.

But I still struggle with that brain fog that that lack of

motivation in the middle of the day.

So what I did is I found things to help me produce dopamine

I'm like there's got to be a way I'm doing this research.

So I want to keep continue to invest in others.

I'm gonna Google my favorite baby animals.

I want to feel good.

Well, I do this.

And these things you can choose to do while you're sad.

That's the best time to do it while you're crying or when

you're not feeling good is taking that action action to overcome.

And that is going to get to our willpower.

Alright.

So it also helps regulate our sense of feelings.

Awake and alert.

We did that.

There's that time.

That noise.

We did that right.

When you all came in here eating the right foods, boost dopamine

levels. Okay, that one got me because I just like grilled

cheese and French fries all the live long day.

And so I knew that I wanted to be there for my kids.

So now seven year old and now five year old, it's amazing.

So along the way, as I'm learning how to produce dopamine,

I'm learning how to do produce serotonin oxytocin.

And that's where I get into the whole podcast thing.

So I'm overcoming.

And when you release suppression, you allow yourself to feel

all the good feelings along with the bad.

Because feelings are superpower.

You fall into your calling, you fall into passion.

Doesn't matter the trauma you went through or the trauma

that you see when you do these things it allows you to fulfill,

to have a reason to have a purpose to help others.

And that's what I want to do is help.

And so that about two years ago, I started a podcast called

Life in Purple and Life and Purple is all about where the

broken can heal and the successful can conquer.

I get to interview people across the world, just figuring

out how they conquered their crap and they tell us how they

did it.

And that's all it is.

Their stories, just like you and me.

We could hear them and then provide hope.

And that's the one thing, not the one thing, but it is the

one thing.

Hope is what I want you all to know that happens when you

tell your story.

So some of you are thinking my story doesn't matter.

It's not like yours, but it is.

It does, because telling your story no matter what you went

through, provides hope because somebody else, I bet you and

I guarantee you, is going through something that you went

through two.

So I started Life in Purple.

I'm super excited, became a speaker, motivational speaker.

But that's not a thing.

But it is.

And then I'm taking all these.

Right.

You got some laughing going on, all the good things I'm putting

internally and mentally.

Remember it's all about that, right.

Information that you're feeding.

Alright.

So here's what happens, though.

All right.

So if you don't feed yourself the oxytocin and you're not

finding ways to produce serotonin and you're not finding

ways to produce dopamine, here is the mother load of all

stress hormones, which is something that I've had to conquer

as well.

Cortisol.

Cortisol.

How many of you had a cortisol test?

Yeah.

Did you have to spit in the tube or did you do the blood

work? Yeah, I did this whole spit in tubes and stuff.

And either way, Cortisol is your mother stress hormone.

Cortisol is one of the steroid hormones and is made in the

adrenal glands.

It can help control blood sugar levels or regulate metabolism

metabolism, help reduce inflammation and assist with memory

formulation. So Cortisol is not always bad?

No, but it's when you have either too much or too little.

And that is actually the majority of America, and they don't even know it because we're taught to make sure that we take care of other people first.

And I'm like, oh, my goodness, you guys, if we only get it right, you got to make sure that you're strong to help them be strong because you're going to run out.

Remember, you're going to run out of all the juices and all the energy and all the mental strength and capacity.

So Cortisol is not necessarily bad.

But again, if you have too much of it, it causes the heart to race.

It causes you to not digest your food.

It causes you to put on toxins everywhere in our bodies.

And so we want to make sure that we have a good harmony of Cortisol. So it also helps maintain blood pressure, affects

blood glucose.

It helps regulate the immune system, which is good.

But cortisol is both fat storing and fat releasing.

So if you have too much, it's going to store it and you have

too little, it's going to release it golly y'all.

We need to balance that out.

So it's also is intimately related to thyroid function, which

is very important because the thyroid is your metabolism,

right? Pituitaries and siren.

And it is associated with the desire, the desire for sweet,

salty am, fatty foods.

So if you find yourself craving all three of those, then

maybe it's time to think about oxytocin serotonin and dopamine

so here's another one.

Adrenaline.

How many of you have heard of adrenaline junkies?

Oh yeah.

How many of you are adrenaline junkies?

Yeah.

You get this really cool thing that starts racing in your body. And sometimes if you really let yourself, you can get addicted to adrenaline because it helps.

It gives us.

I need more.

I need more and I need more.

But then what happens is you get to the point where it's not satisfying at the same time.

So if you find yourself where you're never satisfied, your adrenals can be off.

Remember that's where the cortisol is at too.

And so adrenaline, it triggers the body fat of our fight

or flight response.

You've heard of that before?

Right?

It or flight.

Alright.

So here's something really cool.

That fear and appreciation cannot exist in your brain at

the same time.

Did you know that fear and appreciation or thanks, gratitude.

We'll replace the word appreciation with gratitude.

So my kids, when they feel like that they've had a really

bad day, I automatically ask them what they're thankful for.

They hate it.

They hate it so much.

But my goal is to help them focus on the right information.

The right information.

Today you're receiving the right information to help you

take the right action.

Because remember, if the action doesn't change, the reaction

won't change.

Remember that if the action doesn't change, the reaction

won't change.

So we have the adrenaline decreases the body's ability to

feel pain.

So if you have too much adrenaline, then yes, we're going

to get into some dangerous areas released during stressful

situations, but we'll end up causing restlessness and irritability

if no danger.

So here's the thing.

Fear.

And then there is no danger.

Then it stays in your body and you become very irritable.

Yeah.

Isn't that crazy?

All these things I started discovering after I decided to

take care of myself and I'm like, oh my goodness, everybody

needs to know this information, right?

Yes.

I think you all need to know.

And then you go tell to the world, form a tribe.

Yes, that'll be fun.

Alright, so expands the air passages in your lungs.

So sometimes it is good.

Adrenaline is good to have in your body as well.

So it's all about the harmony all about the balance.

So we have all of it working together.

Alright, synergistically, I love that word and also can stop

allergic reactions and heart attacks.

So adrenaline is a good thing.

Remember we got the fight or flight response, but remember

if there's nothing that resolute the fear or the danger,

it stays in your body.

So whenever you have the adrenaline, you're going to need

to. It's a natural thing to want to conquer.

It's a natural thing to want to overcome.

And we've been taught to hold our feelings in.

We've been taught to care what everybody else thinks instead

of ourselves.

And so I'm here to tell you that it's as simple as saying

thank you.

It's as simple as being thankful.

So if you don't remember anything else, remember telling

your story.

Hope right?

Telling your story provides hope and gratitude helps you

produce oxytocin.

Gratitude can help you produce serotonin.

Gratitude can help you produce dopamine it's all in the manner

of what you do it.

I wanted to make it so simple, but I had to tell my story.

So here I am doing Life and Purple, the podcast becoming
a speaker.

And I also taught for many years music.

I created my own curriculum, my own style of teaching people
how to sing and how to play piano and write music.

So I want to stop right here in my story and I want to show
you a couple other ways to produce oxytocin.

And this is where I'm going to need some volunteers.

What?

What?

How much time do we have left?

I didn't even look at the time.

40 minutes.

Oh, perfect.

This is exciting.

Alright, so I'm going to need six volunteers.

Otherwise I'm going to pick you out.

I need some volunteers.

Awesome.

Yes.

Come on up.

What's your name?

Eleanor.

Yeah, my grandmother.

Oh, come on up.

Come on up.

We're going to have some fun and come over here on this side.

We'll do over here so you don't have to change the camera.

All right.

Five.

Okay.

Yes.

Purple hair, kindred spirit.

Right here.

How great is that?

Yes, we want.

So you can see we're here too.

We're all just going to gather around and we're going to

have Kumbaya sessions and a little bit.

I'm just kidding.

Alright, I need some more people.

Kumbaya?

Yes.

Awesome.

What's your name?

Victoria.

Come on over here.

You're going to come ver here on this side too.

And we're getting close.

I need some more volunteers.

Okay.

I'm going to share with you the secret also to life.

If you do, come on up.

I need.

Okay, three more ya.

What's your name?

Lara.

That's right.

Okay, come on over here.

Yes.

I'm trying not to stand in front of the whole yes.

Okay.

Come on over.

Okay.

You're going to come up here too.

Alright, gang.

Here's the secret to life.

Okay, watch out, Lars.

Sorry.

Hold on a second.

We got this lack of willpower leads to more failure than

lack of intelligence or ability.

Here's the secret, guys.

Your emotions have a muscle memory.

Your physique has a muscle memory, but your willpower has
a muscle memory.

So if you can practice working on your physique, if you can
practice working on your emotions and overcoming them, then
you can practice your will power.

And this is what we're going to be doing.

I'm going to show you something here.

Alright, so I got some hula Hoops up here.

It's dangerous.

Watch out, everyone.

All right, so I want you all to form a circle.

If we can, I might have to have you set back a little bit

so we can have this area.

All right.

We're gonna form a circle and you're gonna also hold hands.

Oh, this is going to be so fun, but this is very important

for all of you to see.

All right, so if you need to stand up, just don't get in

the way of the camera.

If you need to stand up, feel free to do them.

Okay, go ahead and call it hands too.

I'm going to be your cheerleader.

Yes.

All right.

So will power.

You can practice.

And I'm going to show you a few other things too.

But this one right here.

Oh my goodness.

It's a camaraderie right here.

Team building.

Okay, so what we're going to do as I have this lovely hula

hoop. Yes, yes.

This hula hoop represents the circle.

There is no beginning and there is no end right now.

Our friends are in a circle.

There is no beginning and there is no end unless they break

loose unless they let go of hand.

Now this, if I smash, it will break.

If I bend it, it will not be a fully complete circle.

Hey, look, it has highlights on there too.

Alright, so I'm going to ask you.

I'm not.

They read my mind.

Alright, so this right here is our hula hoop and it needs

to pass through the circle.

Imagine your work.

Imagine your job.

Imagine your life.

Imagine your emotions.

Imagine what it would look like if you allowed all the feelings

allowed. All of it to work together instead of fight instead

of resistance.

Say no, I have to be strong if you continue to say no, I

have to be strong.

Do you know that you're suppressing your feelings?

So we got to process through the feelings.

Alright, so this time we're going to pass it.

I want to drop it right here.

And what you all need to do is go around the circle without

breaking the arms.

If you break the arms, we have to start over because sometimes

we have to start over in life.

All right, so you're going to have to start over.

You're allowed to talk.

You're allowed to cheer each other on.

You're allowed to cheer each other on too.

Right?

What traction?

It doesn't matter.

I'm not picky.

I just don't want you to let go.

So if you are trying to see it from this.

Yes.

And I'm gonna move out of the way.

Yes.

On your market set.

Go.

And we could cheer one.

Alright, guys, come on.

You can totally do this.

Sweetpea.

Come on.

Yes.

All right.

Yes, yes.

Here we go.

Here we go.

Alright.

You can do it.

You can do it.

Well, the circle be broken.

We don't know.

We don't know.

You got it.

Yes.

Right here.

Because we need support in life, right?

Yes.

Come on.

You got it.

Yes.

All right.

Very good.

All right.

Very cool.

No, you're not done.

Yeah.

Oh, Geez.

Alright.

Because sometimes we don't have one thing coming at us.

Sometimes we have two things coming at us or more.

So I'm going to put this here.

Haha.

Now they're gonna go opposite directions.

What?

They're frozen on the face.

Yes.

All.

But you can.

Okay.

All that you can.

It can happen.

It can happen.

Both have to go opposite directions.

And you may cheer each other on on your Mark.

Sorry.

No, I promise.

No, willpower.

We are practicing our willpower on your Mark.

Get that.

Can we shift the circle phone?

Here we go.

Okay.

All right.

There we go.

On your Mark.

Get set.

Go.

Go.

Right.

Opposite directions.

All right.

Hear each other on.

Come on.

It's totally okay.

You got that, Sunshine.

Oh, yeah.

One other time.

One at a time.

I'll take the green one.

Yep.

Okay.

Come on.

You totally can do it.

You totally got this.

Look at this.

All right?

Yes.

Okay.

You're good at.

I totally wanted to help them.

I'm not helping.

Yes, I like that one.

I know.

Okay.

So you look at that.

You just pointed out something very good.

Layer.

Oh, Victoria.

Sorry.

Sorry.

Cut that out on the camera.

Okay?

Yes, Victoria, you pointed out something very good.

You can only do one at a time.

You can only face one thing at a time, but you can totally

practice your willpower.

Do you see where I'm going with this?

Everyone.

I'm so excited.

All right.

Now I'm gonna take one away.

One away.

There we go.

Hello, Pink.

How are you?

Yes.

Alright.

Now here's the thing.

Now you can't talk.

I'm going to take your voices away.

Right.

Take a voices away.

Because sometimes that's a hurdle that we have to go through

to and especially in the job that we're doing.

So I'm going to take your voices away.

Okay.

And I'm just going to see how well you communicate without

using your words and on your Mark.

Don't tear each other on.

But in your head.

Ready?

Go.

And her.

Okay.

Thank you so much, ladies.

You guys did awesome.

Give him another hand around the lot.

Right.

So sometimes we don't like the hurdles that we have to go

through. Right?

We don't like it at all, but it is your perspective.

It is your idea.

It is what you're looking at that can help you overcome.

Do you see the camaraderie, the teamwork?

Yes.

Willpower.

Alright.

Now this is the time where we have to stand back up.

Yeah.

It's a little cooler in here now.

It's no longer warm.

All right.

And now I want you to go and high five, your high five partner.

Ready and go.

Very good.

Awesome.

All right.

Now we're going to say standing because I want to show you

another way to practice your willpower.

And I've had many clients do this one.

And while they're crying, I've had them call me up while

they're in the closet, in their room and telling me that

that is what they're doing.

I did not make up this one.

And you're going to see what she's doing is called the victory

pose and the victory pose.

If you hold it up for 10 seconds, actually allows you to

practice your willpower.

I'm telling you, when things are difficult, there are things

that you can do, very simple things that you can do to overcome

all the Mondays.

So I want you to go ahead and hold up your arms.

Ten 987-65-4321.

You just want a gold medal in the Olympics, right?

Yes, that right.

There is something that you can do daily, as many times as

you want to, as many times, if you remember, I want you now

to find your happy salmon partner ready.

Go.

Right.

Adrian.

Yes.

Okay.

Now there's another one that you've probably heard of before.

And that is the Wonder Woman post.

Yeah.

This helps you practice your willpower as well.

It's yes.

Yes.

Look at that.

They're all like, I got this.

We're in cheer stance right here.

And now find your knuckle partner and go.

Oh, awesome.

Awesome.

Awesome.

You know what?

You may have a seat, you guys, I just wanted to express to

you that you can scientifically create emotional resilience,

emotional resilience.

We got gratitude.

That seems to be the theme that we have.

Alright.

This is a theme that we have a snapshot sorry selfie.

I want you now to take out your cell phones again, because

once again, motivation is not stored.

And I want to help you motivate yourself.

So I want you to go to your timer or your alarm.

Set your alarm.

Yeah, for tomorrow and you pick a time.

And I wanted to say Practice your willpower.

I want you to say practice your willpower, because sometimes

we need that reminder because life happens.

Sexual abuse happens, trauma happens.

Life has horrible circumstances oftentimes, but we can also

have good things come.

It's all about our perspective.

So I want you to set your timer for anytime during the day.

You can set it for every day at the same time if you want

to. It's kind of fun to remind yourself that you can practice

willpower. So this is the point that I want you all to know.

Scientifically can produce oxytocin and serotonin.

Right.

Dopamine.

Then we have cortisol and adrenaline, which are good to have.

But we want to make sure that we have harmony with them.

And then what marries the mind and body back together is

your will power.

Your emotions have a Muslim erase.

So I want to go to this point right here.

So this is not something I want you to respond to out loud,

but I want you to think about a time.

Maybe right now this time of year is really bad for you or

harder or more difficult.

Maybe that is.

And ask yourself, is it really about the circumstances or

what happened this time last year?

What happened at this time?

Two years ago?

What happened at this time?

Five years ago for me, what happened this time when I was

five? It's what we do with the information.

When you release suppression, you free your mind for innovation.

It's difficult, but doable.

And when you do it, that's when you have emotional resilience,

that's when you can overcome.

And that's when you can help someone else.

That's when you start taking care of yourself.

You have a lot of self to give.

We were created that way.

We were created for purpose.

We were created to help others.

We were created to laugh.

Feelings are a gift.

How many of you have seen inside out?

Joy is your favorite one, right?

Okay.

But at the end of the movie, she's like, no, no, that's funny.

We'll talk about that later.

So joy.

Joy wouldn't be joy unless there was sadness because everything

has an opposite.

Everything has an opposite.

I no longer have PTSD.

I have PG.

Do you guys know what PTG is?

Post traumatic growth.

Post traumatic growth is the opposite of posttraumatic stress

disorder. Posttraumatic growth is when someone decides to

not let their past define who they are.

It is someone who decides to go out and fulfill their bucket

list. It is someone who decides to get up and tell their

story. It is someone who decides it decides to fall into

their calling and not let anybody else tell them.

No.

So remember everything as an opposite.

You wouldn't know what joy is without knowing what sadness

is. Vice versa.

Feelings are a gift.

Super power.

So I want to now open up if we can have any questions.

Sometimes people are just like, I don't even know, but I

want to know if any of you have any questions.

You're in a job where you're required to have a lot of emotional

resilience, right?

What are some of the hardest things that you guys have overcome?

Or you have seen that you're allowed to talk about?

You see it's.

Your story will always be a journey.

I've overcome my past.

I've confronted my past.

I've told my story on a podcast.

Now the whole world gets to hear it.

But you have to decide.

You have to decide what you want to do.

Decide that it is a matter of my parents think it's wrong

or not.

I know that's a big deal for a lot of people.

People have a story, but they don't want to shame their parents.

And you know what?

We work through it because we're supposed to tell our stories.

We're supposed to take those deep breaths and sigh.

We can practice our willpower, right?

Yes.

Okay.

So do we have any questions?

They're not making eye contact.

Do we have any questions?

I know, right?

Yes.

Yes.

Where you stand up so I can hear you.

I say that not use medicine then.

Okay.

So that's a very good question.

So what other ways can you naturally produce serotonin without

taking the drugs?

Alright.

So this is my perspective.

Remember, I'm not here to treat mitigate or cure anybody.

So this is only my opinion.

So be careful and whatever we record here.

Okay.

So I chose to do it naturally through nutritional supplements.

I take a product that actually has dopamine in it with it,

and it helps my mind focus because my mind is fast.

So I need something that can slow it down as the natural

product that I can tell you about after, because I'm not

here to promote certain products.

But I do take supplements.

So there are supplements out there that can help you with

your gut health.

Gut health, right?

That's like the big thing right now.

Your gut health leads to mental health.

That's a really great question.

That's a very huge passion of mine too, as we continue to

go, if we have another course, if we had another time, I

would really dive into that part.

But your gut is your second brain.

So if some of you or if you know someone who is dealing with

high anxiety, do you know that's in your gut anxiety is in

your gut?

So I take probiotics and I can tell you which ones after

you can come up and ask me.

I take certain probiotics that help my gut balance out and

my anxiety level.

And I'm a singer performer.

I love people and I get up in front of people to sing in

front of a couple of thousand people and I'm thinking like

this and I've done it since I was six.

So I started taking them the probiotics, especially.

And it just was a life changer, a game changer.

But that's a really good question for sure.

I'll have to do another workshop on gut health.

Yes.

Have you written a book?

I have written a book.

All right.

And I can send it to you all if you give me your email addresses

because it's not online anywhere, but I can totally send

it to you.

And it's called how to Face Your Fears and Live a Life With

Passion. It's an ebook and it comes with a workbook as well.

Yes.

So it's short, short and sweet to the point.

Very doable in a day or two days if you want to take a week.

But yes.

So if you want it, you got to give me your email.

Any other questions?

Can you tell us the few foods that you would recommend?

A few foods that I could recommend?

Yes.

So I'm huge right now into the gut health, which I think

I always will be because health leads to mental health.

And that's my passion.

So some of the foods that I like to eat are green foods,

Greens like spinach and anything that has chlorophyll in

it. Yes.

Hemp.

All right.

So hemp is another superfood hemp powder protein powder.

You can get it at Whole Foods Whole Foods Fresh Market.

I'm sorry.

Here fresh market and Everman carries it.

So some of the foods that I eat there is a pickle, a pickle

product called Bubbies that has probiotics in it.

Yes.

So yes.

Yeah.

I would stick to the yes.

And if you do yogurt, it can't have any sugar in it or it

won't work.

Sorry.

Yes, it has sugar in it.

It takes away all your probiotics.

That's why I have to add ticket supplement.

Yeah.

So gut health all of this right here.

So you guys are like I totally want to feel good.

And sometimes it's not your intentions.

I believe that everyone wants to feel good.

I truly believe that deep down and sometimes it is just something

inside of us that holds us back.

And sometimes that can be self sabotage.

That can sometimes be our routine that allows us and can
sometimes can be the lack of discipline, but is not the lack
of intentions.

And so I feel like I can help people get to that level where
they can sustain and go through and help them overcome pretty
fast. So I have a method to help people mental method as
well to help overcome depression.

Four steps.

But that's again for another day.

But yes.

Any other questions we're all like?

Yes.

You guys are doing so great.

I think you need to stand back up.

I'm gonna give you some more of my energy.

Yes.

Alright.

So now I want you to roll your shoulders back again for me.

Yup.

Roll your shoulders back for me.

And now you're rolling back, rolling back one more time.

Now I'll take the tip to your fingers again and hold your

neck forward.

They're holding your neck forward while looking up, raising

through your nose.

And so right.

It feels really good.

Could do it again.

Hold your neck up.

Pull your fingers in.

Pull your fingers.

Pull your neck.

Pull your neck.

Come forward.

Yes.

How great is that Wonder Woman pose?

Yeah.

Sorry guys.

That's what they call it.

What do we call it up?

Give us another.

Okay.

Cool.

Alright.

The French or willpower one more time.

Ten 987-65-4321 emotional resilience can happen.

It really can.

My story is not done yet.

Your story is not done yet.

Life and purple still a process.

Raising kids is still a process.

Working is still a process.

So it's like a matter of do you want to face yourself?

Do you want to confront yourself?

You can sit back down again.

Yes, they're all so good.

And I have a gift for all of you.

Can I get some help?

Yeah, I have a gift.

Don't look at the camera.

Alright.

It's a bookmark.

A bookmark on another talk that I do decide to find, determine

and dedicate.

And it's really cool.

There are simple ways.

Simple.

I didn't say easy, simple things that you all can do just

to take that next step.

And that sometimes is the hardest one to take the next step.

So I'm really excited.

I have a lot more to say, but I'm going to go on to another

topic and I don't want to do that.

I don't want to confuse you.

Emotional resilience can happen.

Willpower gratitude be thankful, right?

Oh, what are you all thankful for?

That's everything.

Give me some specifics.

I like it.

Everything.

A healthy lifestyle.

A job, a healthy lifestyle.

Yes.

No.

We need a couple more BOOKMARKS.

Iran.

Oh, I got more in there in that box.

Family and friends?

Yes.

What else sound?

Mine because that's what we were given.

Not fear life.

Yes.

What else has a beautiful environment so be able to smell.

Oh, my goodness.

I was saying that on the way here because of my Monday.

I am thankful for the air that I'm breathing in.

The ocean, in the blue sky.

Yes.

And the peace and the sound mind.

I love that.

So another really cool thing that you can do.

This is just a P when you're in a situation where you can't speak and it's really rough and tough, you can practice a grateful heart exercise.

This is something that they do in meditation world.

They do in chiropractic care and alternative care, if you will. I didn't make this up.

But you can practice what you're saying for or and you can place that around your heart.

So if you want to say your parents or your children or air or yoga pants or chocolate or God, whatever you want to put around your heart, you can do that while you're facing that situation as well.

When you can't hold up your arms and you can't do the Wonder

Woman pose, you can do that.

There's lots of things that you can do.

You're just not aware that it helps produce the oxytocin

and practice your willpower.

Think of it this way.

If it produces oxytocin, you're practicing your willpower,

then go that way.

Do you have any questions?

How do I say you're dismissed.

Okay.

Thank you.

Yes.

Go ahead.

Thank you.

Thank you.