

Episode 179 : Glass Half Full

00:00:00:32 - 00:00:01:13

Hi, everybody.

00:00:01:13 - 00:00:03:47

Welcome to episode 179.

00:00:03:48 - 00:00:06:10

As always, I'm your host, Karen Brown.

00:00:06:55 - 00:00:10:04

Today,

I want to find out if you are a glass half

00:00:10:04 - 00:00:13:12

full or a glass half empty sort of person.

00:00:14:07 - 00:00:17:09

I'm a glass half full kind of person
in case you hadn't realized through

00:00:17:11 - 00:00:18:54

all of these broadcasts.

00:00:18:54 - 00:00:20:51

Pretty happy individual.

00:00:20:51 - 00:00:24:19

Prefer to react to the world around me

00:00:24:43 - 00:00:27:45

in a positive way
and look for what's good.

00:00:28:04 - 00:00:31:48

But I'm very aware that as we head

00:00:31:48 - 00:00:37:21

into the doldrums of winter,

that's just not the case for everybody.

00:00:37:42 - 00:00:40:13

Seasonal affective
disorder is a real thing

00:00:40:42 - 00:00:44:43

and has some very negative consequences
for people.

00:00:45:30 - 00:00:48:41

We're also entering a holiday period where

00:00:49:01 - 00:00:51:27

there is so much going on around us.

00:00:52:29 - 00:00:56:46

And for those who are
alone, grieving loved ones,

00:00:57:44 - 00:01:00:44

finding themselves in situations
with people

00:01:00:44 - 00:01:03:33

they really don't get along with,
but being forced into it

00:01:03:49 - 00:01:07:22

because of the holiday period or,
you know, maybe,

00:01:07:22 - 00:01:14:30

maybe you just don't feel like it,
it can be a very troubling time, just,

00:01:14:57 - 00:01:18:10

you know, a period of time
to be gotten through

00:01:18:53 - 00:01:21:24
and not something that brings joy

00:01:21:33 - 00:01:24:33
into your day and your life.

00:01:24:33 - 00:01:25:38
That's really sad.

00:01:25:38 - 00:01:27:53
But here's the thing

00:01:29:52 - 00:01:33:26
you cannot control how others act.

00:01:34:49 - 00:01:38:54
You can only control how you respond,

00:01:39:58 - 00:01:43:34
so seasonal affective disorder.

00:01:43:49 - 00:01:45:12
Yes, it's a real thing.

00:01:45:12 - 00:01:49:31
You can respond by going outside
when it is sunny,

00:01:49:56 - 00:01:54:05
by putting yourself in light situations.

00:01:54:06 - 00:01:56:09
I bought a light lamp.

00:01:56:43 - 00:02:00:01
It's light therapy
and on really, really dark, dreary

00:02:00:01 - 00:02:03:31
days, I'll get it out

and I'll turn it on for a period of time.

00:02:04:04 - 00:02:05:43

Does it make a difference?

00:02:05:43 - 00:02:07:00

I choose to believe it does.

00:02:07:58 - 00:02:10:24

Many people say it does for them.

00:02:10:24 - 00:02:14:16

I don't find myself terribly affected
by seasonal affective disorder, but.

00:02:15:32 - 00:02:18:45

I'm not taking any chances,
so I take the positive

00:02:18:45 - 00:02:21:01

steps to do for myself.

00:02:22:46 - 00:02:26:38

Holidays are a little more challenging
because there are so many people around

00:02:26:38 - 00:02:31:03

you and, you know, there are always dramas

00:02:31:03 - 00:02:35:44

in family
and there are people who are going

00:02:35:44 - 00:02:40:01

to be unhappy with this, that
or the other thing again.

00:02:40:57 - 00:02:43:18

You control how you respond to them.

00:02:43:48 - 00:02:46:37
And if you choose to respond

00:02:46:37 - 00:02:49:45
with light and laughter and love,

00:02:51:14 - 00:02:53:23
I believe it makes a difference.

00:02:55:34 - 00:02:58:21
You know, looking for the good.

00:02:58:21 - 00:03:00:21
Looking for the positive,

00:03:01:10 - 00:03:03:52
even if you have to fake it
till you make it,

00:03:05:08 - 00:03:09:30
can be a really transformative thing
for you to do.

00:03:10:16 - 00:03:12:35
It changes how you look at things.

00:03:14:02 - 00:03:14:38
You know, the

00:03:14:38 - 00:03:18:28
expression, I'm not sure if it was
Maya Angelou who originally said this,

00:03:19:04 - 00:03:23:00
when you change the way you look
at things, the things you look at change.

00:03:24:26 - 00:03:26:46
I really believe that.

00:03:26:58 - 00:03:29:22

Choosing
to look at things in a positive light.

00:03:29:45 - 00:03:33:07

Choosing to have your glass half full

00:03:33:41 - 00:03:36:18

instead of half empty makes a difference.

00:03:37:10 - 00:03:39:43

The universe is full of energy.

00:03:39:43 - 00:03:43:10

I don't believe that it really understands

00:03:43:10 - 00:03:46:46

the difference between positive energy
or negative energy.

00:03:46:48 - 00:03:48:30

It's all out there.

00:03:48:30 - 00:03:51:58

And if you spend your time

00:03:51:58 - 00:03:55:45

putting out negative energy

00:03:55:45 - 00:03:59:02

it tends to be get more negative stuff.

00:03:59:17 - 00:04:02:01

Don't you find that? I certainly do.

00:04:02:21 - 00:04:06:28

It's it's like the universe thinks
that's what I want.

00:04:07:09 - 00:04:09:10

If I'm putting negative energy out there,

00:04:09:35 - 00:04:12:35

it thinks that's what I want
and it returns that to me.

00:04:13:44 - 00:04:15:14

I do absolutely

00:04:15:14 - 00:04:19:52

find that when I put positive energy
out into the universe,

00:04:20:42 - 00:04:22:50

positive energy is returned.

00:04:24:29 - 00:04:26:49

Fake it till you make it. It

00:04:27:07 - 00:04:28:34

matters.

00:04:28:34 - 00:04:31:57

I hope you will all do that
through this winter season

00:04:32:24 - 00:04:34:30

and this upcoming holiday period.

00:04:35:22 - 00:04:38:12

Do your best to find the good.

00:04:38:12 - 00:04:42:47

Do your best to feel positive energy
and have positive energy

00:04:43:14 - 00:04:46:14

and to give that positive energy
to other people.

00:04:47:31 - 00:04:51:01
The odd person is going to return you
negative energy.

00:04:51:25 - 00:04:52:37
Ignore them.

00:04:52:55 - 00:04:53:40
You don't need them.

00:04:53:40 - 00:04:57:37
That is their problem
and it's not your problem.

00:04:58:40 - 00:05:00:34
Find the good folks.

00:05:00:34 - 00:05:02:52
Enjoy your day, enjoy your week

00:05:02:52 - 00:05:06:07
and we will see you next week
on another edition.

00:05:06:39 - 00:05:07:30
Take care, everyone.