



Co-Hosts: Dr. Daphne Scott and Dr. Katie Hendricks
Episode 022: You Don't Deserve to Rest... You Must!
August 22, 2014

Daphne Scott: Welcome to the Super Fantastic Leadership Show with Daphne Scott and...

Katie Hendricks: Katie Hendricks!

Daphne: This is *the* podcast devoted to supporting you in leading at the highest levels of effectiveness with the greatest levels of fun. Speaking of fun, Katie...

Katie: Oh, I was just thinking that one time somebody asked Maharishi, the originator of transcendental meditation, what his definition of enlightenment was, and he said, "Fun all the time."

Daphne: Fun all the time! I like that. I'm just blanking on the name, but there was a band that used to say, "Have a good time all the time."

Katie: Oh, I actually don't know that band. I'm sure our listeners will, though.

Daphne: Yes, it was kind of a satirical band. If you know it, tweet it to us.

Katie: Okay, great!

Daphne: I'm really excited. Our topic today is rest, rejuvenation, and renewal. We were talking before the show, and Katie, I know you have been on the go. I've been on the go, and I think this topic is perfect for today.

Katie: I do too! I'm going to do my best to rest, rejuvenate, and renew while we're talking.

Daphne: I love that. Well, that's great. That is excellent. All of us agree that these things are necessary, and yet we all tire ourselves out. We walk around like (I put this in the show notes) zombies. We really want to hit the point today that we are human beings, not just human doings.

Katie: Oh, yes.

Daphne: Yes.

Katie: I was just driving around. For those of you who don't know, my husband, Gay, just had his left knee replaced, so we're having the exotic experience of going to different appointments, and he can't drive for a couple of weeks. So I was taking him to a doctor's appointment yesterday, and as we were pulling out of there to come back home, I stopped at the corner, and there were two high school students who were walking by in the crosswalk. Instead of looking where they were going, they were texting while they were walking.

Daphne: Oh no.

Katie: It just reminded me of that posture, that head-forward posture. I think it's going to create a whole new chiropractic specialty.

Daphne: I think you're right. I've been talking about that for years in my physical therapy career, right?

Katie: Yes!

Daphne: That kind of head-down, hunched over posture... That's also why we're fans of standing regularly, but not standing and texting.

Katie: Indeed, standing and moving.

Daphne: Yes. Not just texting. Yes. So we're going to talk about rest, rejuvenation, and renewal today, but before we do that, we're going to do our appreciation moment, and we're going to do it a little differently today, Katie.

Katie: Great!

Daphne: Yes, so for you who are listening (I know you're listening, and you might have your earbuds in, or you might be listening to us in the car), I want to just extend... I would love to hear what you appreciate. We would love to hear what's going on in your life that you really appreciate... a special person or maybe a place you're at that you really appreciate. We would like to get to know you better and connect with you, and I thought, "You know what, Katie? What does this person who's listening to us appreciate?"

Katie: Hmm.

Daphne: Yes!

Katie: What a great idea!

Daphne: Well, thank you! So you can find Katie and me on Twitter, at hendricks.com, or at daphne-scott.com. Maybe you're listening to us through your phone right now. You can just get on Twitter and say, "I appreciate this." We would just love to connect with you in that way, and I'd love to know what you appreciate in your life right now. That's our appreciation moment.

Katie: Mmm.

Daphne: Sound good?

Katie: Sounds really good!

Daphne: Great! All right, so our topic: rejuvenation and renewal. Well, what do we really mean? I think this is an important thing, and one of the things, Katie, as I was thinking about this as a topic... You gave me the toss, actually, of the topic, so as I was kind of putting this together, I thought, "Usually when people talk about this..."

I'm including myself in this, so let me own my own part instead of just saying it's about you. I've often thought about it in terms of, "Oh man, I need to rejuvenate myself from work. Man, I just need a break." I've sort of had this... It's almost like a resigned part of me that thinks about rest and rejuvenation as rejuvenating from something.

Katie: From something. Yeah, that was the word that I really heard: *from*.

Daphne: Yes!

Katie: I dig a pit, and then I dig myself out of it, and then I dig another pit, and then I dig myself out of it.

Daphne: Yes, exactly! That really led me down my path of just thinking, "Wow, that idea that before I can do that, I have to be completely depleted..."

Katie: Yeah, so I have to get my reservoir... My fuel tank needs to be on empty or beeping at me before I pay attention.

Daphne: Yes. Then I had this crazy thought. I just had this thought today that then my rejuvenation or my renewal becomes a reward.

Katie: Oh, so I reinforce my working hard and not paying any attention to myself until I feel depleted and slightly victim-ish, shall we say?

Daphne: Yes!

Katie: Then I deserve to renew because I've eaten my vegetables.

Daphne: Right! Exactly. Now I did not even think of it in that way, but that's exactly it. That's how we keep reinforcing this loop of completely depleting our gas tanks and keeping this reward system, right? Well, I want to turn this on its head today.

Katie: Oh, yay!

Daphne: Yay! Thank you. I want to talk about this in a way that... Rejuvenation, renewal, is not completely depleting our reserves and then getting to reward ourselves. I see it as a daily, constant practice, and I really thought about it, Katie, when I thought about, "What's it like when...?" You know, I've been with my best friend for three or four days, and we've had a wonderful time, and I even can need renewal then.

Katie: Mm-hmm.

Daphne: Right? I know this is true for you too. I love the work that I do in the world, and I love facilitating these teams. I had a great day today, and I also know that when we're done recording our show, I'm going to want some space for some renewal.

Katie: Ah, yes. Yes.

Daphne: Right?

Katie: Yeah, what I was just thinking of is the in-breath and the out-breath. We don't spend all of our time just breathing out. In order to have a complete breath that creates wholeness and really allows our bodies to operate, we need to have a balance between a full in-breath and a full out-breath, and we've often thought of the in-breath as really being equivalent to your experiencing and the out-breath to your expressing.

When we're working and working, doing and doing, we're really in that out-breath, so experiencing opening up to giving attention to ourselves, giving attention to what it is that could create a different rhythm or a sense of giving loving attention to ourselves, should be a part of every day.

Daphne: Yeah, and every moment... Katie, let's expand on that, because I think this part... I will say this is one of the most valuable things I learned from you around this loop of awareness and what it is to give loving attention to yourself, really almost moment by moment. People ask me, "How do you have such high energy levels?" and I do have a lot of energy anyway. However, I can be with people all day because I've learned that practice.

Katie: Oh, wonderful! I would say it is the biggest source of renewal for me, and it's so simple that you're going to have to try it out, because you're not going to believe it, listeners.

Daphne: Yeah.

Katie: The practice is to give appreciative, curious attention to yourself. Just notice how you're breathing right now, and then let your attention shift to outside of yourself, maybe to something in the room or something that's going on or the work folks who you have. Then give attention to yourself again. That shifting of attention which is first more like a seesaw that may be more weighted in one direction then becomes a loop that's really kind of a continuous... Think of a hula hoop that you're circulating easily around your body, and it's just going.

Daphne: Mm-hmm. Yeah.

Katie: You're giving attention to yourself. You're giving attention to the environment. It's just as easy as blinking, as opening and closing your eyes.

Daphne: Mm-hmm.

Katie: You can do that while you're doing other things. You don't have to stop and take on any special posture or make any special noises or wear a special hat. All you need to do is shift your awareness. I like to kind of add a "Hmm" or just an inner sense of curiosity to it inside. It also reminds me of my cats. We have two 1-year-olds now who are incredibly curious. When anything happens, they are right there. I can just hear them going, "Oh! What's this? Oh, look at this! Oh, this is interesting! Oh, now what?"

Daphne: Right.

Katie: If we can give ourselves that same kind of curious rather than critical attention... It's usually, "Oh, what's wrong now?"

Daphne: Yes. Yes.

Katie: "Why haven't you finished that yet? There you go again." But if it were that "Hmm" of attention instead, it would be incredibly renewing.

Daphne: Yeah. It is so renewing in the moment. That's what I love about it. And you can wear a special hat if you want to.

Katie: Oh, yes you can.

Daphne: You can.

Katie: We're not saying you cannot.

Daphne: You can wear a special hat if you want to. It's not necessary, but you can. Yeah, I love that so much. That practice of being able to loop in, kind of the inhale and exhale you were talking about, looping in and looping out, is really simple. Your mind will want to make it really complicated.

Katie: Right. Like, "Am I doing it right? How many seconds...?"

Daphne: Right! "Is there an outline I can follow?" We'll get to this in a minute, but to keep going along with the same idea, really, when we're living a creative life, being in our creativity requires us to be engaged, right? It requires us to... There's an output to it, and I just love that idea of the exhale, Katie, because there's an output that is happening when we're in our creative zone, right?

Katie: Yes.

Daphne: So if we think for one second that the best way to keep that going is by not renewing until we're totally depleted, just think about the amount of time that we could really lose, if you will, by having to take two or three days to try to renew ourselves so we can have access to our creativity again.

Katie: Yes. Yeah, I think of it as a dynamic balance.

Daphne: Mm-hmm.

Katie: I'm tuning into it really on a daily basis, and if I know I'm going to be in a highly expressive, getting-a-lot-accomplished kind of mode, I will plan in something that's very nourishing for me in that day.

Daphne: Yeah.

Katie: What has really been interesting for me is to notice that it doesn't take that much clock time.

Daphne: Mm-hmm.

Katie: It's the intention and the giving my awareness fully to nurturing myself. For example, you can wear earphones and listen to music that you really love (not heavy metal; that is not recommended).

Daphne: Well...

Katie: But there are all kinds of different music genres, and you can change your physiology (that is, renew yourself) in three minutes.

Daphne: Yeah, and I'm so glad you brought this up, because I found a great website through my good MasterMind Group I was with this past week.

Katie: Oh, cool!

Daphne: I think you'll really dig this, Katie. It is focusatwill.com, and it's a music website where this music has been curated...

Katie: Ooh!

Daphne: Yeah, that's a great word, isn't it? It has been curated by this neuropsychologist, and the claim is that it's proven to improve your ability to focus. The timer (you'll love this) you can set only goes up to 45 minutes. I just love that because it means you're going to get up and move in 45 minutes. You're not going to sit there for three hours either, right? Now you can obviously stop it and reset it if you want to, but I've been playing with this now for a week since I found out about it, and I have found it fantastic.

Katie: Oh, what a great resource.

Daphne: Yeah!

Katie: I love it when there are resources that actually allow people to give themselves balance and give themselves a new kind of attention.

Daphne: Yeah, so check it out: focusatwill.com. I've been pretty thrilled with it so far. Katie, there was something you said there, and I'm blanking on what it was. I wanted to grab onto it, but then I got caught up in the music thing. You were talking about renewing... Oh yeah! Putting earbuds on and listening to your music... I can't remember what it was now. I can't remember, Katie.

Katie: It'll come around again.

Daphne: It'll come around.

Katie: Or something better!

Daphne: Or something better! We'll get to it one way or another. I'm sure that whatever it was, it was profound.

Katie: Well, as you were just wondering out loud... One of the best ways that I know to relax and renew is to really be looking at, "Am I giving more than I'm receiving right now? Am I receiving more than I'm giving?" Because if I'm receiving and receiving and receiving... For example, if I'm at a seminar...

Daphne: Yes!

Katie: I'm getting a whole bunch of information and papers, and there are decisions to be made. It's like I've gotten filled up like a sausage.

Daphne: Yeah!

Katie: If I don't express, that's a whole other way of getting out of balance. It really goes in both directions. One of my favorite ways of renewing is to do something different rhythmically, because we get into this kind of monotone of the way we move around the office or don't move.

Daphne: Yeah.

Katie: There's that kind of window shopping pace that a lot of people use when they're moving around, or a cocktail party pace, or you're sitting at a meeting and you're in a certain rhythm.

Daphne: Mm-hmm.

Katie: If you change that simply by standing up and letting yourself bounce and jiggle a little bit...

Daphne: Yeah.

Katie: Or making some sharp angles with your body instead of circular ones, or stretching your fingers out in a completely different direction... Those are all very renewing right in the moment.

Daphne: Absolutely. I don't know if you have this experience, but when I yawn, it's incredibly renewing.

Katie: Mmm. Especially if you make a lot of noise on the out-breath.

Daphne: Yeah, exactly! Right. You yawn, and your body does this whole thing, and you just have that moment of, "Ahh!" I think there's really something to that, you know?

Katie: Oh yeah, it resets your blood pH, for one thing.

Daphne: Yes it does. Yes it does. I love that. Stretching the fingers and... I love that you brought up the conferences. I just remembered what I was going to say, by the way. I love that you brought up the conferences too, because I don't know how many people have had that experience.

If you (the very person who is listening to this) have gone to a conference lately and have had that experience of being like, "Man, I am feeling exhausted..." My mind will kind of kick in and be like, "Yeah, well, all you've been doing is sitting here and listening. How taxing could that be?" Well, I'm getting really full.

Katie: Yeah, really! "Come on, what's the matter with you?"

Daphne: Right! Exactly. But you're getting really full.

Katie: Yes.

Daphne: Yeah, and to move that... I don't need any more ideas. I have plenty. I don't have to be at a conference for very long.

Katie: Me neither. I'm always the one who's standing up in the back and stretching.

Daphne: Yes! Me too. Me too. Too much energy. What I was going to comment on that I thought was a beautiful thing you said, Katie, was about how much time it takes to renew. I can have this pie-in-the-sky idea. "I need to go away for five days. I need to just be..." You know, there's some truth to this, though. However, to think, "I need to go away for five days and not talk to anyone. That's the only way I'm going to get my energy back..." Well, I'm not going to do that.

Katie: No. You're not going to do that. Plus, the whole issue of getting ready to go away for that period of time is more stressful on both ends, getting ready for it and then taking care of everything you didn't do while you were gone.

Daphne: Then Lord help me when I come back.

Katie: Right! Exactly!

Daphne: So the renewal is wasted. It's gone. Okay, we're not saying not to take five days off, but it's just the point that what we're really talking about here is this daily renewal, this moment-by-moment renewal. That was really what I wanted to hit as we were talking through this on the show today. What's the moment-by-moment renewal? I will tell you I have a practice.

I know you have a different name for this, so you can rename it, but I call it *free day*. A free day for me means I don't turn on the computer. I don't get on my phone. I don't talk about work. I don't read anything associated with it. Now if thoughts pop into my head, I can't help it. I give myself some latitude there. But other than that, it is a day when I just let myself do whatever is going to happen.

Katie: Yes. You just roam around and follow your whims.

Daphne: Yes.

Katie: It's wonderful to have it. We could call it a *whimsy day*.

Daphne: Oh, whimsy... I like that. I'm going to call it that from now on.

Katie: Okay! I like that.

Daphne: Yes. A whimsy day.

Katie: I think those are incredibly valuable, and I do those regularly. The big rule for me in that is, "No business."

Daphne: Yeah.

Katie: So no email, no computer. I don't open anything that is going to tempt me to go into any kind of business mode. Other than that, I putter. I just follow whatever I... I read something I've had on my stack for a while.

Daphne: Mm-hmm.

Katie: I go out and ride my bicycle. I just follow my whimsy.

Daphne: Yeah, I love that. That's what I do. Maybe I'll have some house projects or something that I want to do, so I'll do those things.

Katie: Yeah!

Daphne: It's very easy. I find... I just want to admit this to you, Katie, and I'm going to admit it to those people who are listening out there.

Katie: Okay.

Daphne: I'm on a 12-day streak with no free days.

Katie: Whoa!

Daphne: Yeah.

Katie: Uh-huh. You're due.

Daphne: I'm due! I'm due for my free day, and not in a reward sort of way, and I have my daily practices (which I want to talk about in a minute, because I know you have them too) and what I call rituals to keep my energy going and elevated throughout the day. I'm noticing that I would like to have a day... I've been really working on my business, and we have an announcement at the end of the show, by the way, Katie, on this event we have coming up.

Katie: Yes.

Daphne: I've been working away at those things, which I love, and I'm ready for a free day. I'm ready. I'm going to take my little renewal time.

Katie: Great. When do you plan to do that?

Daphne: I'm doing that starting tomorrow at 3:00 and all the way through Saturday night.

Katie: Oh, yummo! Oh, fabulous!

Daphne: Doesn't that sound fun? Yes, and I do have a massage booked. I am going to get a massage, which I'm super excited about.

Katie: Oh, wonderful. Yeah, so those kinds of things are incredibly useful, but I think we should also share with the listeners the things that we use throughout the day, our practices.

Daphne: Yes. This is where the idea of ritual and transition pops up for me, how I prepare myself to be ready to have all of that creative output. One of my big energy renewal practices and rituals is meditating. That is a daily practice for me. Here's my ritual when I wake up. I wake up. I drink a big glass of water. I usually have it right on my nightstand, and I go right to my meditation room. That's my practice every morning.

Katie: Mmm.

Daphne: Now sometimes that requires me to get up a little bit earlier to get that done.

Katie: Yeah.

Daphne: But the impact it has on my life has been profound. It's a ritual. It grounds me.

Katie: Yes, it's a ritual that you've chosen and that you keep re-choosing. You re-commit to it. Mine in the morning is very similar. I get up, and I have a glass of water and a small espresso.

Daphne: Oh, I love that. I'm going to add that in.

Katie: Then I stretch, and I have certain stretches that I do and certain kinds of breathing practices that I do for, oh, 10 minutes or so. Then I also meditate. I meditate twice a day and have for over 30 years.

Daphne: Yes!

Katie: I would say that is the number one renewal resource we could recommend to you. There are all kinds of different styles of meditation.

Daphne: Mm-hmm.

Katie: The only thing I've ever heard... Someone asked, "Is there a wrong way to do meditation?" In what I practice, TM (transcendental meditation), what they say is that there are no mistakes. The only mistake would be not to do it.

Daphne: Yes. Yes. Absolutely. Don't judge the quality of your meditation. Just judge that you did it.

Katie: Yeah.

Daphne: Exactly. I practice TM too. That's actually what I practice. So yeah, and one of the things you said there, Katie, that I thought was great was that it's the ritual I choose, right?

Katie: Yes.

Daphne: So when we start talking about rituals that support our renewal and our rejuvenation... Maybe your life isn't like mine. Maybe you're listening right now, and you're like, "I have three kids. Unless I get up at 3:00 in the morning, this just isn't going to happen." Everyone needs to sort of design by their lives what rituals work well for them.

Maybe it's not getting up and meditating right away in the morning. Maybe that's not reasonable, right? Everyone has to come up with what really fits for them. However, what I would say is find your rituals. Find the ways you get supported in your transitions throughout the day.

Katie: Here's one thing we have found in our explorations over the decades. It only takes 10 minutes.

Daphne: Yes.

Katie: What I've found is that everybody has 10 minutes. Most of us put those 10 minutes into Twitter or Facebook or something, so if you gave that 10 minutes to yourself to do something you love to do, whether it's listening to music or breathing or doodling... It's something that really feels like it's a delicious pampering for you. That's the most important thing you can do in your day.

Daphne: Absolutely. Absolutely. I want to comment on this because I have a surprise for you, Katie.

Katie: Ooh!

Daphne: I think you're going to love it. As I was putting our notes together and talking about what renewal and rejuvenation and resilience... The Master of Psychology program at the University of Pennsylvania has a whole resilience training around this concept of renewal. They have a whole program.

They've worked with the military, for our people in the military and how they can have some resilience against all of the adverse events they have to encounter. Their model is based on this ABC model, so there's an adverse event, or something that's not going the way you anticipated. There are beliefs about it, and then there are consequences, okay?

Katie: Yes.

Daphne: Yeah, so our beliefs are what really create a lot of the adversity, right? However, they had a list of the lessons in the program, the actual syllabus of what they teach, and they teach this to schoolchildren as well, by the way.

Katie: Oh, that's so fabulous!

Daphne: It's so fabulous, and the things they're teaching these schoolchildren are just so amazing, and the teachers are as well. But I saw the seventh lesson, and Katie, I thought of you immediately. Here's what the seventh lesson is. Are you ready? It is to breathe and move.

Katie: Oh! I love it! I love it!

Daphne: I'm going to clap. I'm going to clap. I knew you would love it. I saw it, and I giggled to myself. I thought, "Katie is going to love this!" That was the seventh lesson. So in terms of renewal, breathe and move. If you don't have time to do anything else, breathe and move. It's the simplest thing to rejuvenate your energy in the moment.

Katie: It is so simple. In fact, there's another research study. I think it's out of the University of Wisconsin. They tested all of these different ways for people to relax, including pharmaceuticals. Then they had the control group taking three relaxed breaths and changing their physical positions.

Daphne: Yeah.

Katie: What they found was that that was as powerful as the pharmaceuticals.

Daphne: There you go. That's not us talking. That's science.

Katie: That's science. Right. That's us spouting some science at you.

Daphne: That's right! There's some science coming at you! Exactly. All right, well, let's wrap this up. We have a section at the end that's called "*Now what?*" I changed the name of it.

Katie: Oh my goodness!

Daphne: I changed it to, "*Our invitations to mastery.*"

Katie: Oh, I love that! You can actually think, "I've accomplished something here!"

Daphne: Yes. It's a little bit more positive than, "Okay, now what?"

Katie: "Now what? Okay."

Daphne: So now they're our invitations to mastery. I saw this line, and I apologize to myself, because I can't remember where I saw it. It's not mine, but it's a quote. "It's not about unplugging; it's about having specific times to plug in."

Katie: Ah, yes. To plug into yourself.

Daphne: Yes. Yes. That's my invitation for you out there to find your point of rejuvenation and renewal and rest throughout the day.

Katie: That's really wonderful. One of the things that was just occurring to me in addition to those regular times is how powerful we have found it to change just one thing.

Daphne: Yeah.

Katie: For example, if you have your computer and your chair set at certain heights and certain ways, change those.

Daphne: Mm-hmm.

Katie: Just change the height of the chair you're sitting on. If you use your eyes a lot... One of the things I have found incredibly renewing is just to put on a pair of eye shades and go completely dark for just a few minutes.

Daphne: Yeah.

Katie: It's very, very refreshing. So changing just one thing has an amazing power to renew and refresh you throughout the day.

Daphne: Yeah. That's fantastic. I love it. I love it. Well, an announcement: Katie and I have our one-day workshop that is going to take place on September 21. I've posted that on Facebook, and you can go to daphne-scott.com, or you can email me directly at daphne@daphne-scott.com. We will get you registered if you're interested, but you can see the announcements up on my website and up on Facebook.

Katie, you are also (right before that) teaching your three-day Essentials event here in Chicago. Both of these events take place in Chicago, and you have your three-day Essentials event coming up on September 18-20, correct?

Katie: That's correct!

Daphne: That is correct. So you could spend three days with Katie at her event, which I highly recommend. So much of what we talk about on this show has been based on a lot of this work, and if you want to really engage in your relationships and with yourself, it's so valuable. Then you can come spend a day with the two of us together on that Sunday, so if you're interested in that, feel free to reach out to us. We'll give you all of the information you need.

We're going to do some really cool stuff for all of you out there and for you specifically, listeners who I know are listening, to be leaders in life and to engage on a whole new level in your relationships. I don't know if there's anything else you want to add there, Katie, but I want to make sure we get the announcement out there, and we're excited about it.

Katie: Well, one of the things I'm very excited about is the magic of collaboration.

Daphne: Yes.

Katie: The real co-creativity that happens when people who are what I call consciousness enthusiasts get together...

Daphne: Mm-hmm.

Katie: It's one of the big reasons I'm excited about doing this. It's being able to co-create with you and to be able to see what's going to come up when we get together in person.

Daphne: There's going to be a riot.

Katie: Yes! A benign riot!

Daphne: Yeah, and I'm super excited to collaborate with you. That whole point of it too, co-creating and collaborating... We like bringing and creating community. That's what we're up to. We're continuing on that path. Now we're just going to do it together.

Katie: Yes. I'm so excited about it. There is lots of information available to you, so just let us know if you would like to hear more about it.

Daphne: Yes, and we will get it to you. All right, well, that wraps up this episode of the Super Fantastic Leadership Show, and we hope you remain more inspired than ever. You can find us at www.daphne-scott.com. Keep living a Super Fantastic Leadership life!