

## The Complete Transcript of Podcast 7 Where we discuss: Happiness

**Intro:** Welcome to solutions for health and happiness with Claire and Helen - the Lightning Process Team. Want to live a life you love? Start here...

**Helen:** Hello and welcome to podcast 7 in our series. I'm Helen Harding and my co-host is Claire Brooker.

**Claire:** Hi listeners!

**Helen:** It's great to have you back with us here today and today we're going to be talking about something that's really fun, we're going to be talking all about happiness. How have you got on this week? What's your week been like?

**Claire:** My week's been pretty cool, thanks Helen. I really enjoyed our team talk that we did this week.

**Helen:** That was fun.

**Claire:** That was a happy moment. We met some really lovely potential clients, people who were interested in the Lightning Process and actually, if you did want to come on to one of these talks, do let us know because we run them regularly, don't we?

**Helen:** Yes we do. You can just contact the office – we do one talk a month, they are absolutely free, just come along and ask any questions you have. Contact the office on [info@philparker.org](mailto:info@philparker.org) and we'll book you a place.

**Claire:** Fantastic! So listeners, how happy are you today? Could you be feeling happier? We believe here at Lightning Process, that happiness is a feeling that can actually be cultivated and the psychologist, Dr Robert Holden - you may have heard of him, he's the Director of the Happiness Project – he says that nothing in the world can actually *make* you happy, however, everything can encourage you to *be* happy. And we believe that happiness is in fact a choice, so the more choices you make to support being happy, the happier you'll be!

**Helen:** And what's also really interesting is that happiness isn't just about having more stuff. In the 1970s some researchers actually followed some people who had won the lottery – all of us say 'I'd love to win the lottery, it'd be so good' but what was interesting is they found out that a year later they were no happier than anyone that hadn't won the lottery. And this suggests that we all have this baseline level of happiness and it means whether good things or bad things happen to us, we end up going back to this baseline. Some people have a naturally higher baseline, other people have a lower, but this is influenced by how you think and how you act. So it's about working on what's right for you, where is your baseline and how you can improve it and what would give you more happiness in your life – what's the real 'more' for you, rather than just winning the lottery?

**Claire:** Yes absolutely Helen. Is it more time with the people you love? Is it more time being creative? It is more time relaxing? Like Helen was saying, what is the real 'more' for you? It's not necessarily about accumulating more and more stuff. Sense of humour is important, isn't it Helen?



**Helen:** Oh it is.

**Claire:** You know when you lose your sense of humour, stuff that you normally find funny is no longer funny, then you definitely know that you are off track and need to get back on. Those people who are listening who have done the Lightning Process – just a little tip – if you ever find yourself losing your sense of humour get out your Lightning Process and start using it right away! How much you love is a great indicator of how much happiness you're allowing into your life at the moment. So ask yourselves listeners, 'What would my day be like if I made a decision in the morning to have as much fun as possible that day?'

**Helen:** It would certainly be a happier day.

**Claire:** It would, yes.

**Helen:** And also, look at your relationships. Make sure you surround yourself with people that are really happy and inspire you. States of mind are really contagious and what you've probably noticed is if you walk into a room full of people that are really happy, you're going to be happy, everyone's going to be in a great mood. Actually, the opposite works as well. If you walk into a room and somebody's really down or they're fed up or they're bored, it's almost like they have their own personal little black cloud and everyone in the room is affected by that mood, so just remember these moods are contagious. So being happy is a great way to make sure the people around you are happy and investing time in the people that you love is really essential to help you celebrate life's successes, to help you support you and help you through any difficult times that you face. So sometimes it's easy to take these people for granted – these relationships really need to be worked on and really need nurturing, so just take some time out and think about who really inspires you and who is it great to be around.

**Claire:** Thanks Helen. Another question I like to ask is 'What excites you?' And include it in your day. It's really important I think to tune in regularly into what inspires and excites us. Have a think perhaps back to what you liked doing as a child or a teenager because sometimes people struggle with that question. They go 'Oh you know, I've got so many responsibilities', sometimes we lose track of what actually gives us that sense of feeling, inspired or happy, so think back to what you liked doing as a child or a teenager. Perhaps it was dancing, perhaps painting, playing football, swimming, horse riding, rugby. I don't know what it was, Helen what was it for you, what did you love doing?

**Helen:** I love to get creative. I love the opportunity to play, so that could be anything. I've tried blacksmithing, silversmithing; I did some pottery last year with a friend which was great fun, slightly messy but really good fun. So it's just any opportunity to be able to play really and have some fun.

**Claire:** I love the way that you've put that as well Helen, the opportunity to play. As adults sometimes, we forget about playing don't we, and we see it as something silly and non-essential, but actually, to keep us feeling balanced, to help our wellbeing, we do need to include some playtime into our lives!

**Helen:** We do.

**Claire:** Similarly to Helen, I think creativity is so important for us. Start to think about what inspires you, remembering what you like to do then helps you to tap into perhaps your true self. How can you start to incorporate what you love to do now as an adult? Other questions to ask yourself are 'What are my proudest achievements?' And this will give you a

clue as to what fulfils you and makes you feel really proud of yourself, which in turn helps you to feel happy.

**Helen:** Another tip is having a purpose. It really helps your happiness levels. I read somewhere that boredom can also be a tipping point to depression for some people.

**Claire:** That's so interesting.

**Helen:** It is. And what we found out is people that really strive to meet a goal and fulfil a personal mission and that could be anything, that could be creating a lovely garden for yourself, that could be getting a dream job or finding your own path in life. But those that have a goal have more happiness than those who don't have any goals or aspirations and what we think is by having that goal it provides you with an important sense of purpose and something that gets you up in the morning, it lifts your self-esteem and that's always a great thing.

**Claire:** Yes definitely Helen and it's a great idea to do things that include activities in your day that help you to do happiness. However, happiness doesn't always require a certain hobby, does it? You know, you're completely in charge of how you feel right now. Happiness is actually within you right now, you can get in touch with that. So try this at home: take yourself back to a really happy moment in your life, perhaps a great holiday, a wedding day, a child being born or some other moment that really helps you to feel happy, it could be something entirely different from those things. Helen, what would it be for you?

**Helen:** Well, it could be anything really, but I just think of something that happened only a short time ago and we went for a meal with some friends in a restaurant and we were having a really good evening, had a couple of bottles of wine between us, and just one of us got the giggles, and before we knew it the entire table were giggling. No-one knew what over, but actually it was a really good, fun night.

**Claire:** It's funny when that happens isn't it, you know, and it goes back to what you were saying about states being contagious.

**Helen:** It does.

**Claire:** You know when one person gets the giggles then it tends to follow. For me, when I think about a really happy time, one of the first things that pops up is an awesome holiday I had a couple of years ago. I went to Marrakesh and it was just such a brilliant, brilliant holiday, an amazing experience and I just think back to all the sights, sounds, smells - everything was exotic, it was just amazing. So what we ask you to do listeners is when you've found that time where you're thinking back to when it was really happy, really step into this moment imagining that you are back there now reliving that moment as if it's happening right now. Use your senses: ask yourself 'What can I see?', 'What can you hear, what can you feel?', Think about the temperature, think about any smells and really fully immerse yourself in that moment right now. And notice how you're feeling, our memories, our imagination, are actually resources that we can use to tap into our inner well of happiness immediately in this moment right now. And that's powerful.

**Helen:** It is really powerful. And we'd really recommend that you do this every day. It's a great exercise to start your day off with. Gets you in a brilliant place for a brilliantly happy day. So I think we've come to the end of today's podcast.

**Claire:** Yes.



**Helen:** It's been great that you've joined us again. And we'd love to hear from you and if you've got any questions, doesn't matter how small or how big those questions are, we'd be happy to talk them through with you. So you can get in touch with us at our website, which is [www.lightningprocess.co.uk](http://www.lightningprocess.co.uk) and you can also sign up to our newsletter there and transcriptions from the show. Have a great week!

**Claire:** Have a great week everyone!

**Outro:** Thanks for joining us, until next time! You're one step closer to living a life you love.