



## Episode 170: How to Feel Happy, Calm, and Connected

Despite our wishes, life may seem to have more downs than ups. In this fast-paced world, it doesn't take much to get caught up in your thoughts and worries. These feelings, and the overthinking that comes with them, can slow you down to a stop, preventing you from getting any work done. You may spend so much time worrying about the past and future that you miss out on enjoying the present.

Our brains are very complex organs and our thinking is responsible for the stress and anxiety we feel when faced with serious challenges. However, many don't realise that only the left side of the brain is responsible for this. In our worst and most stressful moments, we often overlook the value of using the right side of our brain. By understanding how this all works, you can learn how to feel happy and calm despite the chaos going on in your thoughts.

### Podcast links

[Jill Bolte Taylor: My stroke of insight](#)

[The Divided Brain](#)

[Whole Brain Living: The Anatomy of Choice and the Four Characters That Drive Our Life](#) by Jill Bolte Taylor

[Don't Sweat the Small Stuff . . . and It's All Small Stuff](#) by Richard Carlson

[The Power of Regret: How Looking Backward Moves Us Forward](#) by Daniel H. Pink

Check out our [Permission to Thrive CPD membership](#) for doctors!

More episodes:

- [Episode 46: Default to happy](#)
- [Episode 105: The Simplest Way To Beat Stress and Work Happier](#)
- [Episode 130: How to Say F\\*\\*k It and Become Ridiculously Relaxed \(even about stuff that REALLY matters\)](#)
- [Email Rachel](#) or reach her on [LinkedIn](#) or [Twitter](#).



## Guest links

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Podcast: [Wellbeing Wednesdays](#)

### Quote to remember:

*‘Just because a thought enters into your head, it doesn't make it true, and you don't have to believe it.’*

## What You Will Learn

Whether it's at work or at home, we can find ourselves facing a problem that makes us feel unusually anxious and stressed. When this happens, it can be difficult to sift through all the negative thoughts and find a solution.

When facing these challenges, you may think dissecting and analysing the problem is the answer. The reality is: it really does not lead you anywhere. You have to remember that your thoughts aren't necessarily reality or fact. Don't trust them as a dependable source of impartial information, especially if it's something that is making you stressed or anxious.

But the good news is the world around you will always give you the solution in ways you can't predict. To see it, you need to use the creative and intuitive parts of your brain. If you're stuck on relying on the logical left side of your brain, you need to reacquaint yourself with the opposite side. It's through connecting with your right brain that can you remain in the present moment and feel calmer.

Both the logical and creative parts of your brain are integral to being happy and calm despite the obstacles you encounter. By the end of this activity, you will realise how often you've been using these parts of your brain (or not!). Hopefully, you will gain a better idea of how to actively trust in your own knowledge and wisdom to stay happy, calm, and connected.



# Activity: Understanding the Tools at Your Disposal

Q1. Describe the sort of thoughts which go through your mind when you are calm and relaxed. Compare it to what goes through your mind when you are anxious and stressed. What are the key differences between the two?

Q2. The right side of the brain is known for dealing with our imagination, awareness, and intuition. It is what gives us a sense of presence and lets us experience life as it is. Meanwhile, the left side of the brain deals with logical thought, language, and memorization.

Try to describe moments in your life where you used one over the other and write them in the appropriate column below.

Moments Where I Used the Left Side of My Brain	Moments Where I Used the Right Side of My Brain



**Q3. For each of the moments you mentioned above, describe your state of mind. Were you stressed or calm? Anxious or in control?**

**Q4. Have you had issues at work or in your personal life that caused you to overthink things? What were your thought processes in these situations?**

**Q5. What solution did you come up with to resolve your issues? How did you realise what you needed to do? Is it the left part of the brain that helped you or the right?**

**Q6. How did overthinking make you feel? How did you feel when you figured out how to solve your problem?**



**Q7. Continue to reflect on your experiences and think about all the good ideas you've come up with. How did you get these ideas? What were the circumstances that helped you think of them?**

**Q8. Would you say that both hemispheres of your brain were working together?**

**Q9. Write down 3 ways in which you could try to use the WHOLE of your brain (including the right side!) more in your daily activities. What might help you with this?**

**CPD time claimed:**

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