

MAKE MORE MONEY AS A DIETITIAN

EP.143: High Quality Thoughts

Intro

[00:00:00] Welcome to the Make More money as a Dietician Podcast, where we talk about all things, money, mindset, and marketing. So your nutrition business can thrive and you can make a bigger impact in the marketplace. I am your host, Christine Dyan, registered dietician and money mindset expert. Let's get started with today's episode.

Episode start

Christine: Hey there, my friends. Welcome back to another episode of Make More Money as a Dietician. Today I have a really interesting episode for you today. I am. at the time of this recording, recording on the Monday after the 2022 Oscars. And, if you watch that or if you are not living in a cave and you are way remotely connected to the internet, you or even television , you know exactly what happened.

[00:01:04] And you're probably at this time listening to this. maybe thinking like, oh my God, not again. But I really wanna share something with you today. I wanna share with you a different perspective on what could have possibly been going on with will Smith and why he reacted the way he did. And the perspective I'm gonna share with you is from a neuroscience perspective, like how the brain actually works.

[00:01:43] Now, if you've been following me for a while, you already know how fascinated I am with neuroscience and how our brains actually work and how our brains are really managing our lives if we don't manage our brain. And so this is a very, very good example of that, how our brains can manage. Our actions and our results if we don't take the time to manage our own brain, if we don't take the time to heal from past traumas, if we don't take the time to do the work, y'all, we're just flying by the seat of our pants, and a lot of times we can be reactive and not get the best result in certain situations.

[00:02:39] So. I wanna just go ahead and share this perspective with you, and then we're gonna talk about how to move forward in choosing higher quality thoughts. Okay. So I know a lot of people that think that will Smith's actions were in defense of his wife. They think that because we like to romanticize things and not consider what's beyond the surface, we love to love. We love to think about love , but we don't really think about what's really going on behind the surface of our minds and our bodies. Okay.

[00:03:27] Now I believe his reactions were in defense of himself instead of being in defense of his wife and they were actually a trauma response. Additionally, his actions had very little to do with Jada. Okay. Now this is not to dismiss his love for his wife. Okay. Just

listen to what I have to say here. Now, in case you didn't know. Will Smith has already publicly shared that he has a fear of being considered a coward. He shared his stories of domestic violence and abuse growing up as a child. And he's also shared how most of his success and his ambition was driven by his fear of being considered a coward.

[00:04:26] Now to mitigate his fears. He did and he does things that scare him to quote unquote, prove to everyone that he's fearless. Remember when he jumped out of the airplane for his 50th birthday, he likes to prove that he isn't fearless, even though secretly, he still feels like he's a coward on the inside because he hasn't really healed from that.

[00:04:56] So what actually happened on the night of the Oscars? Now, before I give this opinion, y'all let me say that I haven't spoken to Will, I haven't spoken to Chris Rock. I haven't spoken to Jada and therefore everything that I'm sharing with you today is a speculation based on what I know about how our brains work.

[00:05:26] So here's what I speculate happened will Smith was triggered not by Chris rock for joking, because you could see will initially laughing at the GI Jane reference. But instead he was triggered by the look on Jada's face. You can see when you look at the video. You can see her unpleasant response as the camera panned away from them.

[00:05:57] Okay. You can see how she rolled her eyes and just kind of smirked at the whole situation. Now that look reminded him of the look- possibly- that his mother had when he witnessed his father's terror, when he did nothing to help his mother, if you've read or listened to his book, you know what I'm talking about?

[00:06:24] Okay. Now once triggered, most people have a trauma response. It's either social engagement, fight, or flight or freeze. All right. Those are our trauma responses, social engagement. Fight or flight or freeze during a trauma response, the executive functioning part of the brain, the prefrontal cortex goes totally offline, it shuts down and that means no more rational thinking. Then the survival brain, the amygdala and the emotional brain, the limbic system, they take control because survival is the only objective. So clearly Will's response was to fight, which is why he walked on stage and slapped chris rock followed by quote unquote, "keep my wife's name out of your effing mouth" twice.

[00:07:34] Later, now get this, later when the amygdala realized that he was no longer in danger, that Will was no longer in danger. The parasympathetic nervous system brought him back to a semi neutral state, which is also when his prefrontal cortex came back online. And my friends that is when he realized what he did was totally inappropriate, which was witnessed by him crying and his quote unquote apology.

[00:08:16] Now, I believe there are so many lessons that can be learned from this incident, but here are just a few of them, my friends, because I really think it's important that we look beyond the surface of people's actions. And really understand human behavior. Okay.

[00:08:37] Number one: money, success, power or fame will never shield you from your trauma.

[00:08:48] Your only shield is to deal with it and heal from it.

[00:08:54] Number two: everyone is susceptible to being triggered unless they take the time to learn their triggers and widen their window of tolerance. Okay. You may find that one of the most important moments of your life is tainted by your trauma response if you don't learn how to handle your triggers and widen your window of tolerance.

[00:09:35] And number three: it is important for everyone to learn how to be trauma sensitive.

[00:09:45] Now I knew that Jada suffered from alopecia, but maybe Chris rock didn't know, even if he didn't. Even if he was unfamiliar with her health condition and her insecurities around it, he or his team of writers could have spent just 10 seconds Googling a thing.

[00:10:12] Okay. So this whole incident is not about Jada specifically, but it doesn't take much these days to find out about a person doesn't it my friends? It is so insensitive when we joke about another human being's insecurities. And I just wanna say for me, this is not about cancel culture. I'm not here to cancel anybody. I'm really over the whole cancel culture thing. In my opinion. It's about taking the time, even for comedians to learn about someone so that they do less harm, because what Chris rock did was unintentionally shame millions of people who are also struggling with alopecia. He was totally trauma insensitive.

[00:11:23] So I just wanted to share this with you to give you a different perspective, because first and foremost, we're all humans and we will react as humans, no matter how much fame, money and success we garner over the years of our life, we will always act as humans. We all have the same human brain that we function on on 24 7.

[00:11:53] Okay. And it is so important for us to really understand that we have to know, well, we don't have to know per se, but I think it's important for us to humanize and stop idolizing people who are celebrities, just because they have chosen a different path, a specific path for their careers. We put them, or we tend to put them on these pedestals and make them into something bigger than a human.

[00:12:35] And then when they disappoint us, we wanna cancel them. and that my friends is the tragedy in all of this. It is the tragedy in all of. And all of this to not be able to go back and have compassion for a person who had a trauma response. And yes, he could have dealt with it differently. I believe both parties could have dealt differently with this situation, but when you know how the brain works in a trauma response type of situation, then you understand it.

[00:13:17] And. Look, most of us are not gonna know. Most of us don't even know what a freaking prefrontal cortex or an amygdala is. right. But that's why I wanted to use my platform to give this perspective, because those of you who are listening are in the health and wellness space, you are a health professional, and I think it's really important before we place judgment on this human that we understand what was really going on under the surface, how his brain was triggered and, everything that took place after that trigger was a huge trauma response and had very little to do with Jada specifically, you know, she was part of the trigger by him looking at her and noticing that he wasn't laughing. Or she wasn't laughing like he was initially he snapped.

[00:14:24] And so if we can all just have a little compassion and understanding of how this all went down under the surface and then allow for some grace. I think that when we do. that compassion and understanding and grace will fall under the law of correspondence, which is the law of karma. What you give is what you get in return tenfold. So think about that because there will be a time in your life when you are triggered and you don't react in the best way .You come out of your usual character of what people are used to seeing you as. Maybe you have had that experience in the past where you just lost all of your stuff and not too long afterwards you felt really bad about it. We've all had those moments. What makes it different for this man? Why can't we give grace? Why can't we try to lean into understanding? Why can't we have compassion for his humanness? Those are the questions that I have for all of us.

[00:16:08] And now. Let's talk about how to think better thoughts, higher quality thoughts to change the direction of your life.

[00:16:21] I think this is so important. It's part of, you know, being able to heal from negative patterns and to move forward. In doing so much better for yourself because when you do better for yourself and you heal from your own negative patterns that actually touches everyone who is around you, any, and everyone that you come in contact with with. So this is super important, super important.

[00:17:00] Now. I wanna tell you the biggest difference between us humans and animals is the human's ability to think. We have over the span of time, outsmarted every species on earth with our power to think we've redefined the laws and built our own habitat. And thinking is power, my friends, and I believe that it's your duty to use your power, to think for your highest good and for others. I wanna encourage you to not waste your power, to have high quality thoughts. I want you to use this power to make your life and everyone around you, their lives, even better.

[00:18:06] Buddha said what you think you become. What you feel you attract and what you imagine you create. So no matter what you do, you can't tell your brain to stop thinking. In fact, if you tell it to stop, it will even, it will think even more because your brain is on 24 7. The act of thinking is neutral. It's really neither good or bad. It's what you think and what

you do with it. It's what you make your thoughts mean that defines the quality of your life. Okay.

[00:18:54] So I want you to first and foremost, observe and redirect when it comes to your thoughts, observe your thoughts and then redirect them. Now I've heard some people say that they have a problem with overthinking. And in reality, overthinking is not the problem. It really is a gift because if you wanna develop your thinking skills, you have to think more than the average person. So instead of getting rid, rid of overthinking, I want you to embrace it, embrace overthinking, but the problem arises when we overthink about the wrong things, my friends.

[00:19:47] When you're overthinking about the wrong things, just consider what your life would be like if you were having higher quality thoughts about amazing things. But instead, a lot of us overthink about the wrong things. We get addicted to useless thoughts that serve no purpose to our lives or the lives of others.

[00:20:17] So to eliminate the real problem, which is to not overthink the useless thoughts. I want you to learn how to let go. So let's talk about letting go. Shall we. I want you to be mindful of your thoughts, catch yourself thinking, especially if you're not getting the results that you want in your life or in your career as a dietician. If you're not getting the results that you want, this is when you wanna be more mindful of your brain. Decide if you wanna continue thinking about the negative things that are bringing you the negative results. If you're not making the money that you want, why. Observe your thoughts about your career as a dietician. Observe your thoughts about what you think a dietician can earn. Observe your thoughts about rich people in general. Observe your thoughts about this profession as a whole.

[00:21:34] These thoughts are going to dictate the reality that you experience in your career as a dietician, you have to be able to let them go. This is the work that I support my clients with. To be a high quality thinker and not just a dweller on negative non-productive thoughts, negative non-productive thoughts will get you negative nonproductive results.

[00:22:24] Okay. So this is very important. You wanna change? Your career trajectory, your life trajectory first and foremost, you gotta let some things go. Secondly, you really have to begin entertaining higher quality thoughts. This is so important and what is really the catch 22 on this is that a lot of times we have been thinking these negative thoughts for so long we believe that they are true.

[00:23:10] Okay. So for example, you may be thinking that it is impossible for me to build a private practice because I'm working a full time job. And you believe that thought so deeply that you don't take action towards building a private practice. You also probably surround yourself with people who have very similar thinking. People who have no interest in a private practice, or maybe people who have attempted a private practice, but failed because they didn't stick with it because they didn't hire a mentor because they didn't

invest in resources. So when you're thinking certain thoughts and you're getting certain results, and then you're surrounding yourself with people who have similar thoughts, it's gonna be very difficult to choose high quality thinking.

[00:24:16] It is very true that we are the sum of the, they say five. I don't even think it's a number. Right. But for the sake of this conversation we're having today, we are the sum of the five top people that we spend the most time with. That is just another way of saying birds of the same feather flock together.

[00:24:44] We've been hearing that forever and ever. Okay. and there is truth to that. We attract like attracts like. They say, opposites attract. And I, I don't believe that I don't believe that. Like attracts like. okay. Birds of the same feather flock together. You are the sum of the five top people that you spend the most time with, or maybe it's the top three, whatever, but do an assessment.

[00:25:25] You evaluate who you spend the most time with on a daily, weekly, monthly, quarterly, yearly basis. Are these people that have high quality thoughts? Are these people who are willing to take risks to do bigger and better things? Are these people that are supportive of your dreams and desires when you tell them. Really think about it, how can you form high quality thinking when you are constantly surrounded with the energy of negativity? The energy, the external energy of negativity from others and the internal negative chatter in your own brain.

Conclusion

[00:26:17] So I wanna leave you with this. My friends take responsibility for your thoughts, craft your environment. Notice your thoughts. Make a conscious decision to think better, and then you can pay it forward. Don't let those thoughts go to waste. Don't let fear or ego stop you from doing the greater good either. All right. High quality thoughts. What are you willing to do going forward to ensure that your environment supports the thoughts and the results that you want for your life and your career as a dietician?

[00:27:17] What are you willing to do? If you need support with this, of course, I'm here to help you. This is the work that I do with my clients. First and foremost, we work on high quality thoughts. We work on shifting your mindset. We work on increasing confidence, increasing self worth, so that you can feel good about the work that you're meant to do to help. More people in this world and get paid for it because what I recently shared on an Instagram post not too long ago, was that passion. And the love for nutrition. So your passion to help people and your love for nutrition or nutrition, science is not going to pay your bills.

[00:28:19] My friends now, when that starts happening, somebody let me know. So I can line for passion and love. Okay. But until then we need to get paid. For the work we do, and we have to feel good about being paid and being paid well because we change lives. We

change lives period. And especially if you are on the new trajectory of integrative and functional medicine, or if you're even remotely interested in some form of that.

[00:29:04] You, you have the ability to get to the root cause of people's problems, their health problems. There's nothing more fascinating to me than that, to be able to get to a root cause instead of surface level treatments is amazing. And that is what we do as dietitians. That's what we are qualified to do. So, if you are serious about getting yourself and your work out there to help more people and so that you can get paid handsomely for it and not feel some negative type of way about getting paid, I'm here to help you.

[00:29:48] I want you to check out private coaching. If this is your time, if you know that you've been playing under the radar. Then head on over to mane.center.co/private-coaching. You can just head on over to mane.center.co and click on the private coaching tab. Learn more about my year long, private coaching.

[00:30:18] It's amazing it's mindset and business, blend it together. We focus on mindset heavily so that you don't have to feel like you have. Invested in something and not gotten the results that you deserve when you work on the mindset, when you really work on it, then you'll get the results that you deserve.

[00:30:44] All right. My friends, manipuracentre.co click on the private coaching tab. If that is for you, I hope this episode was helpful to you today because we need. to do better and we need to start with ourselves with our own thoughts about certain things. Have a great rest of your week in the weekend ahead. And I will see you on another episode of make more money as a dietitian.

Outro

[00:31:19] Hey there. Do you wanna make more money as a dietitian then head on over to our website@manipuracenter.co again, that's Manipura Centre.co, where you'll find free resources to get you started.

[00:31:37] And if you are so inclined, get your name on the wait list for an upcoming incubator program. I hope to see your name on the list so that I can help you get started making more money as a dietitian.