



## Episode Transcript – 031

### Your Happy Place

#### Introduction

Welcome to Remembering to Be Me, a podcast that helps you find your own way to a place of authenticity and service of others in a world that is ever changing. I am your host, Jenn Shallvey and I invite you to join me on a journey of reflection, insight, and wisdom, as well as be challenged into growth and change. The choice is always yours. I simply hold the space, and offer an invitation and support you in the process. As you find your own way to balance the ups and downs, be rewarded with freedom, contentment, happiness, acceptance, peace of mind, and clarity. Trust yourself, discover more of the real you and share your wonderful, amazing whole self with the rest of the world. This is not always easy. So, start with this simple message to yourself, "Be me, and when I forget, remember to be me."

#### Main podcast

Hi, this is Jenn Shallvey and welcome back to the Remembering to Be Me podcast. This is a spontaneous conversation episode with you. It's late at night, and I felt like just sitting down and talking to you. And it's because so much is going on in our world that I wanted to, I don't know what the right word is, but I suppose inject a little light out there. Some hope, some positivity. Because I know we all need it and we could all benefit from it. And so I thought I'd share an idea with you. And this came to me when I woke up this morning and I wrote it down and now I'm getting to it. So I am sharing it with you. And the inspiration of the idea that came to me was 'what is your happy place?' 'Where do you go in your world to be happy?'

And this isn't an idea that we can be happy all the time and that we always can be positive and that nothing can bring us down because that's not true. What it is is an antidote or a way to pull ourselves back into alignment or way a way of bringing us into equilibrium, alignment. And what I was thinking about as I got this idea is we all have different ways of doing this. And what is really important is to find your way. And as you know, all the work I do is about you finding your own way. It's about you getting clear about the nuances of your approach to life, the uniqueness of the way you see the world. And that applies to your self care. Just as much as it does anything else in life.

So I was looking at this word, what is your happy place or these words that came today? And my first reaction is, well, my happy place is in a meditation and it also is in nature. And so when I thought about that, I went, oh, that's pretty cool because I have two, and my other happy places, my family, I should actually say I have three. And then I guess if I keep going, I'll probably have more. But when I spontaneously just think about this out loud, the first thing I think about is that I actually have full control to go to a happy place that's within me to bring myself back into balance and equilibrium. But that doesn't always work. It is just one way. And it is an accessible way that I have trained myself to be able to do over many years. And I do different types of meditation. And some of them are guided and some of them are by myself. They take me to a place that allows me to be more expansive, be more light, to be more loved, to be more connected to the world around us. And the second one I just mentioned was nature.

I can absolutely 100% say that I need to connect to nature in some way, but the way I connect to nature is very different than the way someone who maybe lives in the country would connect to nature or someone who likes to go hiking would connect to nature. My connection is suburban. I live



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in suburbia well actually I live pretty close to the city. So my walks and my time in nature is along a path that's been paved along an area that is easy to access that isn't hard to get to. And I didn't have to do too much work other than a walk to find some trees and some flowers and a nice little quiet spot. And just happens I live near that type of area. And I've lived near that type of area for many, many years. In fact, I can't think other than living in a city properly, like right in the middle of the city where I haven't been around nature.

So this is for me really important. In fact, yesterday on my walk, I walked past a spot that looked bleak and gloomy. And even then I found the connection to nature. I saw a plant that I'd never seen before that had come up out of the ground. It was massive. It was like a whole story tall. And then a lady was walking her dog and the two of us just stopped and talked about the plant. And it was such a happy conversation because we were talking about this mysterious plant, which neither one of us could name and the idea. And then we had this fun conversation about, well, maybe it's prehistoric, maybe it's from another time and who knows where they came from. And, and it was lighthearted, not really superficial, but it allowed us to break the ice. And then we had a real conversation about our life and how he shared some things. And that was great.

I came away from that five minute exchange feeling much better. I felt happy, even though there are a lot of things going on that are really challenging. And it was just a nice moment. So there was a nature and a person moment that came together for me. But even going out into my walks, I'll walk down and I'll often have a podcast on or something on the way to the nature area. And then I get to the nature area and I turn it off because I walk through there and I like to notice the sounds of the birds and there's always something beyond that.

But I'm sharing these examples because those are two that I can actually access and control and they don't rely on any other people. And when I talk about having a happy place, it's really important for it to be something that you can access that you can reach out to right away when you need it. If it's dependent on another person then that adds another dynamic. I could say that my cats are my happy place and my family. The family is a unconditional, loving, happy place, which I can only explain as a mother and a wife, but it's something different. That though can be dependent on so many other dynamics. And so generally I'll say it's my happy place, because it means a lot to me. But if I'm looking at complete unconditional, nothing else matters, there's no condition at all then nature is like that for me. And going for a walk and sitting in that space, or just looking up at the clouds or walking on the grass and feeling the grass under my feet. Just little things like that bring me into a place of happiness, listening to a bird or watching a bird or seeing animals and just seeing how they act. Simple.

So that's mine. Those are just two examples. I got others, but let's just say there are two. What are yours? What would you describe as your way of being happy? How do you become happy? How do you switch into it? Or how do you trick yourself into it? Or how do you restore your energy? What works for you?

So go through your day and start to think about the peak moments of your day? Just pick an ordinary day. It could be a work day or it could be a weekend day. And just notice the bits of your day that bring you joy. And think, okay, that's a conscious awareness now of a joy moment. Is that



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my happy place? Will I be able to replicate that? Is that something I can do more often? Those are the kind of things you want to ask yourself.

What if it's your exercise routine and you go for a run every day and that's your outlet. And maybe that run is your happy place. Or what if reading a book is your happy place and you need to just put some music on and sit and read? Maybe it's writing in your journal. There's all kinds of things that you can do. It could be cooking. Could be drawing. It could be art. It could be having conversations with people over a coffee. What is it that brings you back into a happy place?

Now that you have an identification of that, then think, how do I keep that going? How do I sustain that? What do I do to nurture that part of my life so that I'm always giving myself time for that. And then the last thing would be, if you feel that you need more, or you want to develop more of a happy place, what might that look like? Can you think of a way to add that more into your life? Maybe it's shifting the energy away from some things that don't make you happy. Maybe reading the news or watching the news too much brings you down. Then don't do it. Take some time out and then shift your energy to what does make you feel better. And just keep looking at the balance of the equation. Not just in quantity, because that's, I think very basic, but look at the quality of it. What sustains you? What keeps you going? What brings you alive?

And I just thought of another one. I do. I go to my weekly sound relaxation class, and I feel fantastic after that. And I know that other people go to yoga in that same place and they feel fantastic after that. And it might be a combination of the relaxation activity. I think it's also a combination of that and the fact that I've given myself an hour to be in that space. And I've written about this and talked about this before. But then it makes me happy. I have a feeling of happiness if I can describe it that way.

And this is by no means a podcast episode, that's meant to dive into any of the work on happiness, because that's not what I'm here to do. I simply thought tonight, it would be nice to share something and ask you to find your happy place. Discover what it is. Nurture it. Sustain it. Keep it going. And really give yourself the time to lift your own self up. Because I guarantee that if you're doing that, then you're going to spread that around other people as well. And that will be really powerful and is such a beautiful gift for the world around you.

So that's my sharing for today. That's all I wanted to pass on to you in a moment of reflection. Rather than just write about it, you get a podcast episode, so be happy more often than you're not and sustain it. And I'll talk to you later. Bye.

### Closing

Thank you for listening to another episode of remembering to be me. Any information in show notes from this episode will be on my website [www.jennshallvey.com](http://www.jennshallvey.com) That's J E N N S H A L L V E Y.com. I would love to connect with you. You can find me on Instagram at Jenn Shallvey or contact me via my website. And after listening to this episode, if you think of someone else who might benefit, please share, the more the merrier. Until next time remember to say to yourself "Be me, and when I forget, remember to be me."