



**SAFE HARBOR
COUNSELING**

**Dr. Beth
Speaks**



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WSPY, Your Life Matters, Change is Hard

Mike Williams

Welcome in now to **Your Life Matters**. It's our weekly show with **Clinical Social Worker, Dr. Beth Placketka** from **Safe Harbor Counseling** and **Dr. Beth Speaks** and we welcome in Dr. Beth this morning. How we doing?

Dr. Beth Placketka

Just fine Mike it's really good to see you again.

Mike Williams

Yes same here. Boy, hard to believe we are just one day away from Christmas and thank you for stopping on in on this Christmas Eve. Hope everything's going well as you prepare for a big day tomorrow.

Dr. Beth Placketka

Just a couple of last minute things. Dust off a few things.

Mike Williams

One of those last minute things was stopping here to is tell us something that hopefully will be a nice little of stocking stuffer for our listeners as they get ready for the New Year because it's that time of year where folks like to kind of not just turn the calendar to a New Year but maybe turn over some pages in their own lives and make some changes, right!

Dr. Beth Placketka

I think so. I noticed that everyone feels like a New Year's Eve and New Year's Day is THE day to make the changes and of course we apply those strategies throughout the year, but we take a really good look at who we are at the end of a year and who we want to become. And so we know that there's a lot of things that life requires from us. We are constantly physically growing and having different skills or different limitations. Mentally, we change the way we think and learn. Emotionally we learn to respond more appropriately. Relationally, our relationships changes as we grow or age. Our jobs and even the things we like to do for fun

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Dr. Beth Placketka Well, you know, we think that it's just gonna be easy, I think sometimes by saying I'm gonna do this differently, but really what we know is that our brains and our bodies and our brains are part of our bodies are designed for survival and efficiency. So once we learn something and we've been successful at it our bodies, our brains just keep wanting to do that. Our habits and memories are formed by chemical and electrical impulses in the brain which I find fascinating, and they're in constant communication. Our nervous system sends messages back-and-forth so we can do things: eat, sleep, talk simultaneously and learn and grow. So the reason we have these efficient tools is if you think about, there's a movie called, **50 First Dates** and you might remember Adam Sandler and Drew Barrymore were in there. They fall in love, but she had some kind of amnesia and so every day because her brain couldn't hold the memories and habits, she had to relearn who she was and who her family members were. But our healthy brains are designed to recognize our parents and our kids and our favorite foods and remember what was actually dangerous for us.

Mike Williams It kind of makes it difficult, I guess in some ways to make, especially a drastic change, right.

Dr. Beth Placketka Well, exactly when you think about getting dressed in the morning and the things that we do, they're automatic. I bet you everybody when they start brushing their teeth starts on the same side of their mouth unless they consciously think about it and then it feels weird or driving. Here's one that the listeners can try just try crossing your arms. While you are sitting there cross your arms. Look down. See how they are. Ok now put the other arm on top. I am sure if they are trying this they are thinking, this feels weird. I don't know how to do this. You have to really consciously move your body. That is how athletes get good. They do repeated skills over and over.

- Mike Williams So making changes when we get to this time of year, you have to kind of work through some things because it is going to feel different and in a lot of different ways.
- Dr. Beth Placketka Right! Your brain is going to be telling you that it's wrong wrong wrong wrong and the reason to not only do they become physical habits engrained in our brain but our brain then decides to give it meaning like OK if I do this it means that I'm the right person are doing the right thing and that this we base our values on. So there's a lot of layers and making that that change. And then there's that physical aspect and I'm gonna jump right into this if you don't mind because I think people don't.., I know people don't know this, but the way our brains store memories it's a chemical, physical change. The neurons are, they call it, myelinated, and I prefer to think of it as like Teflon gets on it. So much easier for the impulse to run down that path than a different path. Kind of like driving on the highway or off roading. Both can do it, but unless you have some tracks to go down, it makes it much more difficult.
- Mike Williams Ok we have about the 45 seconds or so on today's show and I know there are some really good books you want to mention and maybe some final thoughts as well.
- Dr. Beth Placketka Right and I think it's, it many people are interested in reading about this and I have listed some books here like: *Do It Scared*, *Changing For Good*, *Changing to Thrive*, *Your Mind is What Your Brain Does for a Living* which is a lot of fun but some people also need to take a look or a benefit from calendars so I have got some calendars listed and people can go to the website at www.safeharboril.com and checkout the recommendations.
- Mike Williams Alright so change is good but might take a little extra work because our brains aren't use to change. They like that routine, don't they
- Dr. Beth Placketka That's perfectly said. Thanks Mike.
- Mike Willams Well, we'll see you again next week as that is all the time we have for today's show and remember, you can submit your questions at safeharboril.com. Tune in next week for another edition of **Your Life Matters** with **Clinical Social Worker, Dr. Beth Plachetka** from **Safe Harbor Counseling** and **Dr. Beth Speaks**.