

# AugustHappiness

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## SUMMARY KEYWORDS

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## SPEAKERS

Announcer, Ashley Biggs, Lisa McCoy

### Announcer

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### Ashley Biggs

Hi, everyone. Welcome back to another LBPD podcast. I'm your host, Ashley Biggs. And I'm so excited. Today we have Lisa McCoy. She's a tenured Family and Consumer Sciences educator with the University of Maryland Extension office. In her 40 years of experience as a registered dietitian, dietitian, nutritionist, she shares her passion for health and wellness through her programs. Stress Management is one of the SOS program areas where she educates people on the impact of stress in their lives, and hopes to empower them to make behavior changes to improve their own lives, and others around them. Welcome, Lisa.

### Lisa McCoy

Thanks, Ashley. I'm

### Ashley Biggs

happy to be here. Well, what two years experience and you're, you're currently at the University of Maryland Extension? How did you end up there?

### Lisa McCoy

Yes. Well, I started out in public health nutrition. And I did that for over 20 some years. But yeah, about 20 years, and I've been with extension for 10 years. So I did a little bit of things in between with raising a family and working part time. But I love community nutrition, because I like giving people tools that they can use and implement changes in their daily lives. And that's really, the passion that I have. And extension is a perfect fit for that.

### Ashley Biggs

Wonderful. Well, it's August and August is happiness month. How does happiness come from nutrition?

**Lisa McCoy**

Okay, well, you know, happiness is tied to our emotions, and our emotions often tie us to eating certain foods. And so I kind of went from just being a nutritionist, talking about what your diet should be to talk about, why do we eat what we eat? And so that kind of led me to the stress management and the happiness that goes along with it, because it really all ties together.

**Ashley Biggs**

So how do we define our happiness?

**Lisa McCoy**

That's an interesting thing. Because when you look at the definition of happiness, it they define it as an enduring state of mind consisting of not only feeling joy, contentment, and positive emotions, but also just a sense that one's life has meaning and value. And I like to think about happiness, not just in one word, but there's a lot of other words that are very synonymous with happiness, contentment, and joy. They mentioned cheerfulness, merriment pleasure, I think one of the biggest things is just satisfaction, that you feel satisfied and content with your life, right at that present moment. And that's really key to having a positive outlook on your life. And we're going to talk a little bit about that, you know, how do you have that positive outlook, because sometimes it's challenging in today's world, to keep a positive outlook, when you listen to the news, and things around you and the economy. It's, it's very challenging sometimes. But one thing I want to note is that happy people still feel all of those other emotions, okay? It's not that they're always happy and joyful. They're still gonna feel anger, frustration, some boredom, loneliness, even sadness from time to time. But the important thing is, is that when they have a situation that's uncomfortable, or things are not going the way they they want them to go, they have a sense of optimism to kind of crawl out of that hole, and you know, make things better, and deal with what is happening. So they don't let themselves get dragged, dragged down into a situation, and then not being able to get out of it just ruminating about that. And so I think that is that. They know, they learn the tools, and they have that mental ability to just bring them some themselves out of that situation, and feel happy again. So it really can vary from person to person. There's no one formula on how to be happy. But we do know some research that shows that some people just naturally have a higher baseline for happiness. And half of that comes from our genes. So I guess we can look at our parents and our grandparents and identify, you know, how were they happy people? Were they content or were they always looking for you know what's wrong? And then another part is just the external events that happen in Our lives, but most of it 40% Is what activities that we do. So if we're doing some things that will help to improve our quality of life,

**Ashley Biggs**

you know, we talked about externally, then we talk about genetics. That's a lot to take in.

**Lisa McCoy**

That is a lot. Yeah, you think, oh, it's not that much just happy. But wow, what those impacts the different impacts can can do. And there was an interesting study that I wanted to share that was done at Harvard. It started in 1938. And they are still continuing this study today. And it's like, it's recognized

as the world's longest scientific study of happiness. So they started with like, the initial people that were in the study in 1938, they've worked with their children, and they've worked with their grandchildren now in this study, so they've gone from generation to generation. And the biggest difference that they found in living a happy life, was to invest in relationships with other people. And the strongest predictors were really that warmth and the quality of that relationship. And I think that's really key. Because if you think about the pandemic, that we've gone through, and one of the problems that people still have today is that loneliness, that isolation, especially certain individuals, you know, different groups of elderly people, many times are more isolated. So I think that really kind of is something we need to be looking at and say, how do we get them interacting with other people? Because that really is going to improve their their mood and improve their life? Along with a healthy diet? Of course, along with a healthy diet? Yes, yes. Because that that does help to have that eating the healthy foods that are going to nurture your, your body,

### **Ashley Biggs**

you know, how do we how do we prevent loneliness? If you know is that, you know, as far as it contributes to our happiness, how do we how do we know we all get lonely from time to time,

### **Lisa McCoy**

right. And, you know, once again, I said, like, you know, happy people can sometimes all have that loneliness, but it's like, they don't stay there and don't get stuck. And I think it's having that intention to like, you know, seek out others. And it could be, you know, if they're not able to get out physically, it could be online, it could be through phone, a phone call, but making sure that they have other people that they connect with on a daily basis, I think is really important. You know, trying to keep that connection. And often, you may find that family will check in with their, with their elderly relatives, you know, frequently just to make sure they're doing okay, and that's really important, because it's not just Are they are they okay, physically,

### **Ashley Biggs**

but are they okay, mentally as well, because that that's kind of key. Okay. You know, with with August being happiness month, you know, it's the month where people are encouraged to try to take stock of their lives and try to do and think about the things that make them happy, and to share that joy with others. So you know, that kind of falls right on in to, if you're, if you're someone who may be homebound, if you're someone who is reliant on others to come and go for you, you may not be able to share joy all the time with them. But if you make that effort, from what you're set, to share that joy, to share, what things bring you joy, you may find connection.

### **Lisa McCoy**

Yes, yeah, I think that you have to, like look to see. And when you think about, you know, finding happiness, I think the important thing is to look at your life and look at you know, do you have a balance in your everyday life. And this is a lot for individuals, you know, who are working have a family. So the four areas of finding a balance is your, your work, your play, your love and your health. So, if we are doing lots of work and lots of work, and we're not allowing enough time, to just kind of have some playtime, or taking care of our health, eating well, or that love whether it's with us with a significant other or your family. Or, or my puppy, you know, he's like, that's, that's a great happiness for me when

he's there waiting for me when I get home at night, you know, for work and we go for a little walk and we get our exercise in and we get some time together but finding that balance so you're not just focusing in one area. And we do tend to get that way sometimes in our lives, especially with work we become focused on that, especially if we don't have anyone living for single We don't have anywhere at home. And we just think, well, I might as well work late. And that really doesn't help our happiness at all. I used to be guilty of that.

### **Ashley Biggs**

I used to be really guilty of that, before I met my, my partner, when I moved here to Maryland, I worked a lot that first year or so. And then I met my partner, and he had four kids. And so working in the evening just kind of became not a thing.

### **Lisa McCoy**

I know, it's, it's easy to fall into that I did the same thing. When I first started, I was like, so gung ho, and I would take things home at work or work on the weekends. And I felt like I never had a break from work. And finally, I said, you know, I need to just not work on work at home. And I've really tried to stick to that I don't do it all the time. But I really do try to stick to that rule of you know, work is work, and home is home,

### **Ashley Biggs**

there's so much to be said about setting boundaries and happiness. It sounds really weird and kind of counterproductive. Because people think of boundaries as like, no stop. Or that harsh thing that you do in between, you know, with people that you necessarily don't want to spend time with. But I think settings, what I call soft boundaries, or just expectations of behavior can really affect your mood, and what you're willing to do and not do.

### **Lisa McCoy**

You know, I totally agree, I think that you really have to look at your who you're around as well, the people that your area interacting with, because, you know, sometimes we find one thing they find is that happiness really is contagious. It's kind of like laughter. Like, if you see if you're around someone who is laughing and having a good belly laugh, it's difficult not to start laughing yourself, even though you have no idea what they're laughing about. But if you hear someone else laughing, you tend to like laugh with them. And happiness is similar that if you are around happy people, they've done studies to show that if you're around happy people, then you're going to be happier.

### **Ashley Biggs**

That must be the secret of the secret society of happy people. Mostly, I think so. It's pretty cool. And that's an actual place the secret society have a really cool, yeah, it's a real, it's a real thing. It was founded by Pamela Johnson. They are the Society of happy people. Like their whole mission is just to make the world a happier place. Yeah, so that must be their secret.

### **Lisa McCoy**

Yes, yes. No one, no one's allowed in unless they're happy. And the interesting thing with happiness really is, it's not just a state of mind. But it really impacts a lot of other things in our lives, what we find is

that people have more satisfaction with their life. So we're not just going through the humdrum of everyday life, we're actually enjoying life. We're having more satisfying romantic relationships, when we're happy. And we're having stronger relationships. And they have better coping skills. You know, they can deal with setbacks, and stress and trauma much better when they're when they're happy. And the best part is, they actually live longer. They, they've done studies to show that people who are happy actually live longer, they had one study that found that people who had positive emotions more than negative were more likely to have survived over a 13 year period. So they have a longer, longer lifespan, and better health, and then more likely to actually eat better have a healthier diet exercise, when they're happy. And that kind of goes in line with your emotion, emotional state, you want to take care of yourself, if you're feeling positive about yourself.

### **Ashley Biggs**

Yeah, I will say that when when depression hits, you're kind of, you know, not really wanting to do the things that you know, you should do to keep yourself running at its optimum at its optimal peak, whether whether or not that's, you know, you like to go for a run whether or not that's baking or or reading a book, or, you know, you tend to kind of pull in Yeah,

### **Lisa McCoy**

thankfully, kind of sucks. Yeah. seclude yourself, isolate yourself and just say, I don't want to do anything. Yes. So that, that depression is a is a real concern. And I think the pandemic has really highlighted the mental health issues that we have in this country that we didn't you know, I think they were there before but it's really just kind of made it more prevalent. Really. Yeah, I mean, it's, it's very, it's a very prominent thing. Now you when you listen to the news and things that yeah, mental health people with mental health issues and there's also more resources as they're coming up with more resource resources for these individuals as well,

### **Ashley Biggs**

I would be remiss if I didn't mention 988, which is the crisis hotline. Yes, that's important. Because with great happiness can sometimes come great, a great fall. And I'll make sure to repeat that at the end 988 with a crisis hotline,

### **Lisa McCoy**

I think that's really important, actually. Because I think, yeah, you know, you can't stay up there on that high all the time. And so you're going to have those, those dips, and just how far do you go down? is really the important thing. And the other other thing with happiness that helps is that people who have had that are happier, have more positive emotions actually have a better immune system and they get sick less often. Really? Yes. So I think that's really interesting to know that it's impacts your health as well.

### **Ashley Biggs**

You know, I can, I can kind of see that, you know, I have a friend back in Mississippi, who I should just call her perpetually happy. Because even when moments of great stress where I would be freaking out if I were her. She's just very cheerful and thankful for what she what she has. You know, she's she's never taken a sick day. Wow. You know, like, she's worked at a particular bank down in Mississippi for

10 years, and she's sick. Don't you ever take a sick day? She goes, No, I've never called out sick. She goes, I've planned vacation.

**Lisa McCoy**

I'm like, wow, well, that vacation is a good thing. But in there, but wow.

**Ashley Biggs**

Yeah. So either she's got a great immune system, or she is fibbin. What are

**Lisa McCoy**

the Wow, that's amazing. I know, I personally, like, I take mental health days, sometimes, you know, because I just need that break from things. And I don't feel guilty about it. It's like, hey, I need a day for me.

**Ashley Biggs**

That's the hard part about taking mental health days, is because you don't you're not sick, you're not in bed, necessarily curl up, you know, and sneezing and coughing. You're just

**Lisa McCoy**

yeah, just need a break. Yeah. And I think that, you know, our society, we tended to usually say, oh, that's, that's just being lazy. You know, you're just, you know, you just have to, like, you know, keep going. And I think we've really learned, hopefully, for many people that it's okay, you got to take care of yourself, because that's the first person you need to take care of is yourself. And if you're not healthy, mentally and physically, then you can't be productive and helping others.

**Ashley Biggs**

Well, isn't that isn't that why they have that rule on airlines that you put the oxygen mask on yourself first? That's for anybody else? That's right, you got to take care of yourself, you can't help anybody?

**Lisa McCoy**

Yeah, so I think that's really critical that people need to know that, you know, it's it's being, being in tune with what your body needs is really important. And sometimes people just think that, oh, it's, I can take, I can get away from that. But you really need to be in tune. And, you know, we talk about stress, because stress is in everybody's life, right. But everybody deals with stress differently. And I just want to quickly in it's going to be very, very brief talking about the brain because the brain is where we process those emotions. And one thing to notice is that our brains are naturally wired, for negativity. So we are like at a setback to start with, there's actually three parts of our brain we have our reptilian brain, which I call the snake, and that's where our survival instinct is our fight or flight. So when we had the our ancestors were hunting for food, and they had to run from the lion, you know, they, they probably ran faster than he ever thought they could, because it was that survival instinct that just said, Get out of here. So that that kind of kicks in. But then you have your emotional brain, which I call your, your cuddly puppy, okay? And that's the one that really helps you to focus on your connections with others and your rewards. But then you have your thinking brain, which sometimes can go over. We're overworking. Right? And I call that your little calculator. Okay, because it does all of the thinking, the planning the

decision making the reasoning. Some people's thinking brains work too much, and they forget the emotional brain. Right? But just understanding that when we are dealt with like, some kind of stress in our lives, we have firstly goes to the emotional one, it does a processing and then it sends to the thinking brain, and the brain can either overreact to the stress and go right into a stress response and negative stress response. Where people know they they go screaming, the yelling, or they go into a depression and just don't talk to anyone. Or they can have a positive stress response where they actually look at it and say, Okay, it's not really that bad. And I think that we can really work on this. And trying to change that brain from looking at the stress to just saying, How can we do this, and it takes practice, you have to understand that your brains are wired to be negative. And you have to practice how you deal with, with different parts of your life, when you have situations that come up, to react differently, and one of the best ways is to take a step back. And we say we call it mindfulness. And people have heard a lot about this over the recent years. And that's really a good way to cultivate that happiness, because you're focusing on what's happening in the present moment, we're not worrying about what happened in the past, we're not worrying about what's going to happen in the future, which is usually where our stress comes from. It's not what's happening right now, it's usually we're thinking about what happened in the past, or what's going to happen in the future. So we're just going to be in the present moment and just observe what our thoughts and emotions are. And the key is, we can't judge ourselves, we can't say, oh, I shouldn't be thinking that. We just recognize them and say, Oh, that really makes me mad. Now, this sounds simple. And but it does get easier as you do it. But it really helps you to acknowledge this feelings, instead of struggling with them. And they helps you to release that they're not that they're potency, and you release that negativity. So even just taking some deep breaths, I use the example of you're in, I was driving back from Savannah, Georgia last week, just got on 95. And we're driving along maybe more hour, and I had eight hours to drive, traffic starts slowing down, and then we're stopped. And then we're inching along, and then we're stopped. And I don't like that. Like, it's very stressed. So, you know, I had to like talk myself and say, okay, just take a deep breath. I can't control what's happening. And lots of times, that's the issue is that we want to control something that's out of our control. So I just take a deep breath, and I just say, okay, you know, I can't, I just have to sit here and wait, like everybody else. Put some nice music on. Luckily, I had my sister with me, so I could talk to somebody. But if I didn't, you know, you got books on tape, something like that. So just thinking about even making a phone call to say, hey, we're stuck in traffic here just thought I call you. I had that connection with somebody to help me deal with that stress and people to drive on the beltway and commute to work every day. I don't know if I could deal with that.

### **Ashley Biggs**

And there's plenty of science to back up the whole stress has has a major effect on your body. So yes, you know, for me, stressful situations. I turn off my emotional brain. And I go to the overthinking, and I think about every possibility. I always have a clear path on how to get out of it. But as soon as it's over, man. Like you're done.

### **Lisa McCoy**

Yes. It's exhausting. Yeah, it really is.

### **Ashley Biggs**

In your brain just goes.

**Lisa McCoy**

Yes. Yeah, it is like that. Once I have that cortisol gets there. It's hard to just eliminate it. So it can be it's challenging to do, it's really challenging. But, you know, doing some techniques, like the mindfulness helps to, really to and gratitude is another thing. They've done many studies on gratitude. And that's one of the ways to cultivate some happiness is really just showing gratitude. And it could just be basically keeping a gratitude journal, writing down every day. A few things that really made you happy, made you smile today. For someone that you're great, what you're grateful for.

**Ashley Biggs**

So could you keep a happiness journal instead?

**Lisa McCoy**

Sure. Yeah. You could just a happiness journal. Just what made you happy today? What brought you joy?

**Ashley Biggs**

I think of my 10 year old stepson and he he's always got something making him happy. Always got something making him happy and he's just it's usually something very simple like Legos or dad play fortnight with me. Or by the way Ashley Did you know and he chose to tell me about what he saw on YouTube which in turn makes me really happy because I, you know, I get to have that connection with him?

**Lisa McCoy**

Well, you know, and you think about, you know, that's kind of where like, the happiness is contagious, you know, if you're around someone, and children are wonderful because they, they have no filters, they see the world as a happier place. When you think about it, they're really like looking at things, and looking for ways to enjoy life. And it's nothing better than to see children laugh about something that's very simple, but it makes them happy. It makes you happy as well.

**Ashley Biggs**

So going back to happiness, happiness month was actually founded in 2000. By the Society of happy people, I want to know, what can I do if I'm not feeling? You know, because I know it's different for everyone. You know, some for some people, like, NASCAR makes them really happy. For others, it's watching the Great British Bake Off others, it's listening to a great audio book. But what are some things people can try to boost their happiness in the moment?

**Lisa McCoy**

One thing is really focusing on some positive memories. So if you are, you're say you're in August, and it's a beautiful day outside, or you may think about a vacation that you went on to the beach, when you were younger, and how much fun you had. And that can bring you that happiness right there. Just trying to think about, you know, a simple this is this is I was very simple, but I've heard this before, you probably have to, but smile. One act of smiling, actually increased feelings of happiness in participants in a study. So try laughter yoga, or trying to do something, reading a comics to laugh. I mean, laughter



is another way that we express happiness. So, you know, having like, a comic strip or something that you read my dad, he just passed away earlier this year at 96. But he's his favorite thing was to read peanuts. And he would read the Peanuts comic every day for the whole page. And he if I was there with him, you'd be like, Okay, listen to this, and he'd read me the comics. And that was just and he would just chuckle and laugh. And, you know, it brought him happiness. And it's, it's something that we have to look for those ways that we can just see what really makes us happy. Is it okay, you know, maybe being with other people, maybe just watching our favorite movie, reading a good book, what's going to make you feel content. And we're a library with access to over 500,000 books.

### **Ashley Biggs**

So we want to make someone happy.

### **Lisa McCoy**

Exactly. I love reading. I love books, so audiobooks, reading books, I love them all. I'm a big, I'm a big reader and love to do that. I think another thing people can do to find happiness, and to be happier, is to find something that they want to do with like being creative. Like do they want to learn a new skill they want to learn to knit? Or do they want to learn woodworking? You know, learning something new is really kind of good, because it helps your brain, you're using your brain and you feel like you're doing something, you'd be making something being productive. And finding that sense of purpose in your life. It could also be volunteering, because when you help others had a really good quote here, let me find it here. The golden rule of happiness is the more you make others happy, the happier you will be. So I think, you know, being trying to find ways that you can help others volunteering or talking with other people being that best sounding board for people because as we mentioned earlier, lonely people they just want someone to talk to,

### **Ashley Biggs**

you know, in June, we have meals on wheels here. And one they're always looking for volunteers, yes, but two, they actually have a cough Connect system where they will put people who are homebound or who can't get out in touch with other people to like almost like a Wilczek but it's it's to have a conversation with someone. And they've got other really neat services. So those kinds of things are, are available in our community. You know, in this case, it's a sliding scale from free to cost, you know, a couple of dollars, but you know, so that might be an option. And for individuals. Yeah, I

### **Lisa McCoy**

think that Meals on Wheels is such a lifeline for those individuals that are homebound. I mean, they, they look forward every day to that person who delivers their meals, because that's their connection to the outside world. And you're right. So if they don't have that, it's really, you know, challenging for them.

### **Ashley Biggs**

Well, and they found that the individuals who were, you know, getting meals through their service, but and who might not be able to get out when it's still wanted to give back and wanted to volunteer, and, but couldn't go to the facility. So that's how they came up with this complex system. That's perfect. And so it's, you know, it's a lot of people who, you know, just want to give back in some way,

**Lisa McCoy**

I never heard of that. So that's nice to know that they have that, I know that it's hard to get Meals on Wheels, is there's always a waiting list to get on Meals on Wheels, there's so much needed service, and we never have enough people, right.

**Ashley Biggs**

But hey, guys, a little tip to be happy join Meals on Wheels.

**Lisa McCoy**

So, and the other thing to remember is that, you know, having a strong relationship, that social support, whether it's through your connect with Meals on Wheels, or through your, your church, or religious or community organizations, that social support is so critical. And it's never too late to form those. I mean, some people may say, oh, but I'm in my 80s. Now, I'm not gonna, you know, I'm too old to make new friends, you're never too old. It might be an old friend that you haven't talked with for several years, you know, calm, they're probably just as lonely and missing you as you are missing them. So, you know, think of ways that you can rekindle some of those friendships that you may have had before. Or find something that you can do for people that you care about. I think that's really important to really help. You're improving your mood, like we said, you're doing something for someone else, making them happy, and it makes you happy in return. So it's a perfect solution for that. Physical activity is a great mood booster as well. And we've heard that before. Just taking a walk, whatever you can do. I think I like being out in nature. I love being outside. So that really just helps me to feel better. If I'm having a bad day, I make myself go for that walk. Well, my dog makes me go for that walk. But it's good, because then I usually feel better, I'm tired. When I get home from work. I'm like, Gosh, he's gonna want to go outside. And he's been home all day sleeping, and I've been working. And sure enough, I'm like, Alright, let's go and 2030 minutes later, I have more energy when I walk back in the door. So that really does help to boost that energy and boost your mood. So that's something else for people to consider.

**Ashley Biggs**

And of course, we can't forget eating your vegetables. Eating

**Lisa McCoy**

those vegetables. Yes, there's healthy vegetables, I have all the good antioxidants that you need. I mean, those are our immune support there because eating those those fruits and vegetables, but really the vegetables are really critical to have that to keep you healthy.

**Ashley Biggs**

It just it boggles my brain that something as simple as nutrition can affect your mood. Oh, yeah. You know, I to be fair, I had a doughnut for breakfast. Okay.

**Lisa McCoy**

Well, and I think you know, we we we find that the processed foods is what really impacts your health negatively the most so you know a lot of the sugars and fats and you know, occasional you have those for breakfast. It's okay. But I mean, when that's what your your basic diet is. I tell people if they really,

you know, may not have the resources to go out and cook or get get go grocery shopping, there's lots of meal prep companies that you could, they'll send you meals that you can make yourself at home, or they'll send you meals that are already prepped, you just have to put them in the microwave oven and heat them up so you can eat healthy, they could be expensive to do that. I just started a thing where I do like a meal prep. And I and I spent Sunday fixing a soup, Alemany split pea soup which is delicious, with carrots and onions and celery and tumeric and everything. So I made that and then I made like a salad dressing that was from scratch without any oil. And and then I made like an overnight oats. So I have them all laid out. And then I just pulled them out of the refrigerator on the day that I want to have something and it's already made.

### **Ashley Biggs**

Yeah, I have a I have a similar service. It's called eating meals. And every week they email me a grocery list for my for my meals Oh, cool, okay, my kids don't like it. But it's helpful for me to plan,

### **Lisa McCoy**

you don't have to think about it exactly the more you can do. And that's the nice thing now that we have so many resources out there to help us to eat healthy, that we don't have to rely on those processed foods as much.

### **Ashley Biggs**

When Should someone reach out to a medical professional about their their happiness, or lack thereof, and maybe seek resources?

### **Lisa McCoy**

I think that's a good point. Because you know, people have times that they may not only be happy, but they may be going through some really difficult times. And I think if you had like, probably continued feelings of helplessness, negativity for a couple of weeks, I think it would be important to reach out, maybe start with your primary care provider, and make an appointment with them. And then they can do like a little assessment, and then assessment, mental health assessment, and determine, you know, what, what you may need, I strongly believe that having someone to talk to, that's not biased, family members are great friends are great. But, you know, I found going when I was going through a divorce, that I really needed, that person who was not biased and would like, just listen to what I had to say, and then tell me what they thought and what I could do. And, you know, gave me some suggestions. And so I think having a counselor to talk to you in the nice thing is insurance. Most health insurance companies cover that now, there really shouldn't be a stigma for people who have counseling, because I think everyone needs counseling sometime in their life, and they're missing out if they don't, don't reach out and get that because it can help them improve their life, their happiness, and improve their mental health immensely, if they have that. So it's not something to be embarrassed about. People go through that. And that's, that's kind of just the way it is. But you do want to seek help, you don't want to just keep on thinking that you can do it yourself. Because it probably it could get worse, and you don't want that to happen. So I think that's a really good point, actually, to make sure that you know, if things are not, it could be like, it's just something out of the blue that happened that you just can't get over. And that happens sometimes. Accidentally. Yeah, you'd need to get out there. So

**Ashley Biggs**

again, I'm going to cite that crisis hotline. 988 Yes, once free, but to your you're talking to trained counseling volunteers. So is there anything else you want to share about happiness,

**Lisa McCoy**

I just got to share a quote that I have. This is from the the Dalai Lama, it says happiness is not something ready made. Like it comes from your own actions. So it's what you make of it, and everyone is going to be different. Everyone has their own challenges. Everyone has different stories, their backgrounds, but happiness is different to everybody. And it's just having that contentment, and feeling a sense of purpose in your life. And that you have joy and happiness when you when you wake up in the morning. And if you're not then you have to look at look at what's happening in your life. And what what can you change the point, the point?

**Ashley Biggs**

Well, Lisa, thank you so much for being with us today. I really appreciate it. Thank you to the extension office for supporting the program because every time I call they have someone ready.

**Lisa McCoy**

We are happy to do that. Thank you so much for having me. I really have enjoyed talking to you actually. All right. Great. Well, ladies

**Ashley Biggs**

and gentlemen, that is the end of our podcasts tune in for next month's podcast, which is all about Hispanic Heritage Month. So thank you so much. And we'll see you again next month.

**Announcer**

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