# AfHA Ep9 Trying New Things with Lauren Carter

**Narelle:** Well hello and welcome to Happtivist podcast for The Action for Happiness Australia. We want to inspire action from a compassionate and connected society and to do this we use and share the science of wellbeing, but in a way that we can connect with, understand and apply immediately. So, in this podcast we promote individual and collective action and want to empower you with your wellbeing, provide ideas, make connexions and inspire you. So, who are we? Well, hello. My name is Narelle Lemon. I'm the chair of Action for Happiness Australia. I'm also an educator, coach and researcher and I'm really passionate about self-care and translating this into the everyday and we've been for this episode. I have the delightful Lauren Carter. Hello, how are you?

**Lauren:** Hi. I'm good. Thank you. Thank you for inviting me to come on board.

**Narelle:** Hi. Absolute pleasure. So, tell us a little bit about yourself.

**Lauren:** So obviously my name is Lauren Carter. I am a perpetual learner. I have done many, many of the degrees. And also just make sure that when I go to sort of whatever I go to do, whether it be a hobby or work or anything like that, has some kind of learning aspect in that, whether that be formally like you need to learn extra how to complete this job or whether it's more informally where you learn how different groups of people interact with each other and different ways to communicate and just learning about other people and those kinds of things. That's really sort of really important to me, I guess. I think I've kind of gotten into a learning theme here, but that's I guess one way to be able to explain me is that the perpetual learner in, I think a good way. So yes.

**Narelle:** Yeah, I love it, I love it, I love it so much. And it aligns really well with our podcast theme because we today are talking about trying something new and I think learning is so connected with trying something new.

**Lauren:** Absolutely.

**Narelle:** Yeah, totally. So, when we try something new, we're making new connections exploring something that intrigues us and really opening ourselves up to other possibilities. And we often associate trying something new to learning and what we know about learning formally or informally. And it helps us improve and maintain our wellbeing and it can really boost our self-confidence and self-esteem. It helps us build a sense of purpose and it also fosters connexions with others. Now we often think about learning formally, such as undertaking a short course or studying, say, a degree at university or another institution. But it can also be informal. And this is what I really love about learning and always learning is that we can learn like a new recipe that we want to cook, we can try a new craft, we can develop our skills such as a sport. It really can be associated to anything. So in this episode I'm going to learn lots and I think you all are as well listeners, because Lauren is going to share some new insights about things that I've always wanted to ask about, but I've actually never really known anyone that I can ask these questions to, which is really cool. So, let's go back a little bit, first of all, until before I ask all the juicy questions about learning something new. And so, Lauren, I'm so glad that you are here for this episode. And I want to ask you a little bit about your background, because you have a whole heap of different influences, and I thought it'd be great to connect with that, first of all. So, can you tell us a little bit about background yourself? What did you be doing? How did you come to being here?

**Lauren:** Well, that is a bit of a, I guess, loaded question in a way, because, you know, as often can happen with the perpetual learner is I just completed my fourth for education process last month actually I just finished a Diploma of Governance. You know, I'm somehow in the remote mode and with all the extensions and the world because they're a bit flexible, which is awesome. But I got it in a day early, so very exciting all over. And I did very well actually, which is, you know, let's celebrate our wins. So, it's very exciting. But I also have a background, so I think I'm going to go reverse chronicle chronological order actually for some reason. But anyway, before that I did a Master of Social Policy, which I did a research component of. Technically it's coursework, but I also did research, so it's a bit of both. And I did my I did my research on the marriage equality plebiscite that happened in 2017. And even that, funnily enough, taught myself how to use SPS, the software that we use for statistics in certain areas of, of research and academia, as well as with the guidance of my supervisor, taught and learnt descriptive statistics as a very strategic in my background before that was very much all qualitative only kind of stuff I'll have, as I'm about to say soon, anthropological undergrad. So, it's all very statistics. No, thank you. Thank you. And then I had.

**Narelle:** I'm one of those people- statistics, numbers.

**Lauren:** I thought the same thing. And then I had then I had the most wonderful teacher and unironically, as I'm sure you know, that then sort of opened my whole world and I sort of went, Oh, I can make statistics work for me. And I did mixed methods and within nine months somehow. So, I don't really know how I did that. And actually, you know, did one of the first research for about this whole marriage equality same sex plebiscite in Australia to ever exist at that time. So that was really exciting. I'm sure it's not the same anymore, but when I did it was at first that was exciting. And then before that it was like I said, anthropology and I and I went into that because I just wanted to learn more about myself and people in the world around me and all that kind of stuff. And, and because, you know, anthropology is kind of, it's all about culture and cultures shapes us and all these kinds of things. So, you know, it's, it's a. Just something that was really fascinating to me. And I just wanted to also I just really like travel at the time while travelling. I still like travelling, but I'm a little bit more, I don't know. I think for me, what's a sort of hit my thirties, I sort of thought of being like or more likely to actually once I hit Melbourne because I like Melbourne the first place I moved to and I was like, actually I could live here.

**Lauren:** Like extended period of time actually has nothing to do with age, all to do with the place. And before that you was like trying to travel and trying to understand things more and really understand how culturally influences was absolutely everything we do. And then before that again was film and TV, and I did a lot of post-production kind of works, a lot of technical stuff and a lot of colour grading. So, you know those out there that have no idea what colour grading is, it's basically Instagram or Photoshop for a moving picture, which sounds kind of easy. Spoiler alert it's not easy, actually takes quite a lot of time, but usually like the final touches to A to A to the whole process of making a film actually. And so that was one of the things I did. And one of the reasons I stopped doing that was because you end up being in a room by yourself for 16 hours a day. And it was really important for me to have that human interaction connexion. And that's how reversed the most backwards way ever to explain that to you. I came here, I guess so. I hope that made sense considering it was opposite. So yeah, yeah.

**Narelle:** Totally makes sense and a really awesome background and I love it when I meet somebody else who has gone on different journeys of different fields and disciplines, a little bit like you as well in terms of multiple degrees in multiple different areas that do link up. And that has had a journey I started off with as a classically trained musician studying music, which I totally sucked at and really wanted to be in visual arts. But that's a long story. Then I moved into education and then I've trained recently in positive psychology and, you know, working in that field as a coach, educator and researcher as well. So, it's kind of like that influence still with the arts and telling stories and visualisations.

**Lauren:** Absolutely. I always wondered. I was like.

**Narelle:** Oh, you know.

**Lauren:** Maybe I'll do something that somehow because I originally when I did my master's degree, I was like, Oh, I'll do digital policy because it's like really does connect all these things together and it's just not really sort of like I did a few jobs here and there, and that's where I found my extra passion, which is arguably my, my slogan, my, my verbal slogan, because it doesn't write very well, is I want to help people do what they do, but better. Basically, that's kind of that's kind of what I want, who I want to be in my career is that kind of, you know, entity or support or advice giver, whatever you want to call it. And it was through those jobs that I was doing afterwards that I found that direction and was like, actually, this isn't directly with film and TV. But as I was speaking to one of my colleagues just earlier, actually, a lot of the stuff I did in film and TV, frankly, comes across here. It just doesn't seem it's just a bit non-linear kind of thing. Like all I've done across the board really is problem solving and streamlining and connecting people and supporting people and like I said, helping people do what they would do but better. So yeah, totally feel you does have those connexions where you don't really expect.

**Narelle:** Yeah totally. And, and I think it just brings such a richness that offers different perspectives and different insights. And when we're thinking about trying something new, I mean, there's the risks being taken there in terms of shifting directions. But also, as you start making those connexions and joining those not only for yourself, but those who are around you personally and professionally, you still you know, you're very much learning about how it all comes together and insights. And I don't know if it's happened for you, but there's things I've landed now multiple years after I first the first degree I studied that I wasn't able to process at the time, but life experiences and different influences from different fields and different people and how I think people think about things and how you self think about things. You're like, Oh, that's what that means. And now I can see how that can come to this. And so, it's that ongoing puzzle pieces coming together in different ways. I don't know, can you say that puzzle pieces coming together into I don't know if that metaphor quite works.

**Lauren:** But I'm not sure by doing exactly it talking about it because. It's super ironic, actually, because there's two examples that somehow I'm not sure if it's directly related, but it comes to mind when we talk about this. And one of them. The first one is when I first started in my anthropology degree, I actually was doing psychology and an anthropology at the same time. And I didn't like the way that my university taught psychology, so I dropped that very quickly. But one of the things that they talked about in research methods, one, because of the way that they taught it, I was like, No thanks. And they talked about quantitative and qualitative. And I have like if there's two with that armchair diagnosing myself, I have binary dyslexia. So, like left and right. No, you know, two things not going to happen, but couldn't work it out. And then I became mixed methods researcher in my thesis. So, it's such a weird like struggle with this so much. And then this is like the epitome of the thing I did. I had the same thing with I had a class in my master's course. It was the very first class and I started mid-year. So, I get the same introduction to social policy that everyone else did. And I did a class called Governance, and I just sat there being like, What the hell is this? I'm so confused, so confusing for me coming from a non structural background because obviously anthropology is like.

**Lauren:** Outside the system I wanted to do in the system so I could help create communities that we want to live in and further and better and that kind of stuff. And you need to know that to know the system, to be able to then try and break the system. Right. And I'm so confused by that. And then it turns out because my teacher was so phenomenal, she met with me like four or five times in the semester. I have no idea how she had the time to do it. She did it and it became a subject to the point where, as I said, I just finished a diploma in governance. This was this was corporate governance versus like, you know, thinking more like a social policy, governance and government style. But still, like, it's such an ironic thing and like maybe I'm talking a little bit around what you meant, but that really felt like it's funny how much I struggle with this thing. And then it became the thing that I was really good at. And I think that also ties back into what you're saying is sometimes you might stumble a little and actually that then becomes a focus because you're like, Well, I want to know. I want to I want to beat this thing that's not connecting in my head. And our oh, it's actually really exciting because I have to do that extra journey to get there. Do you know what I mean?

**Narelle:** Totally, totally. And I think there's I totally understand what you're saying and making these links. And there's it's so fascinating when it happens and observing yourself as it happens or afterwards, it's like, oh, wow. Yeah, I just I kind of just landed that. Yeah, really nice. Okay. So when we talk about learning and there's an element of putting your hand up opportunities and making connexions and whether we're talking about at work, formally or informally, our personal lives and we've talked a little bit about this now, but I want to really ask you about. Your hobby?

**Lauren:** Absolutely. Could call it a hobby. Absolutely. It is a way of life for a lot of people, but absolutely a hobby version of a way of life. Yes.

**Narelle:** Awesome, awesome. And I'm putting my hand up and this is a podcast. It's not a vlog. So, I am for those listening, literally putting my hand up to say I am learning what's with this? So, I want to ask about your hobby, what it is, how you do it, why you do it, because I'm not familiar with it. And I'd love for you to break it down for us to help those who are listening, who may be in the same position, who might have questions and concepts and ideas and different understandings of it as well. So, first of all, what is your hobby?

**Lauren:** My hobby? Well, one of my few hobbies is I play Dungeons and Dragons. I have played Dungeons & Dragons now for nearly three years. I think it's three years in February. So, it's been a while actually, and I can absolutely break it down. I'll try my best because often when you've been playing it for a while, it's, as we all know, sometimes it becomes so ingrained and there's such a lingo to it that you can almost forget that she makes no sense to anyone else. So, I will give it a go. Give it a go. But to answer the rest of your questions is so like it's formally it's classed as a roleplaying, it's a tabletop role playing game, which in itself is a buzz word, I feel, because for me, when I first heard that, I'm like, yes, it is descriptive, but it's actually what does that actually mean? And so, you know, there's luckily D&D is becoming quite part of the zeitgeist now. Like there's quite a lot of things in how, you know, how like we haven't seen it, I haven't watched it, but I've seen it in Stranger Things. Any community watchers out there probably have also seen a version of community spoiler alert. It is nothing like what community makes. It looks like all the mechanics is wrong. The storytelling side of things is correct, but the mechanics completely incorrect, not even remotely true. And there's all sorts of stuff. It's starting to become a television show, especially like Radio One and stuff like that. So, it's great to be able to see. And it's also been there's a history with Dungeons and Dragons as well where there's been like there was I think was the eighties where there was a bit of panic around the fact that it's like, you know, negative or devil worshipping or whatever.

**Lauren:** And I would actually argue it's the offline can be the opposite, but it's kind of what you make. It's kind of like to use an analogy, I guess it's kind of it's like you're playing a video game, but instead of there being a computer in front of you, there's other people and you use theatre of the mind, basically, not kind of thing. And so, you use these quite a lot of mechanics. There's multiple versions of it, there is a lot of mechanics and one that's one of my favourite things honestly was working out how, what all the mechanics were and then making them work for you. Because I had like to use sort of the when you step into something new that was almost like a part being my safety blanket, like I know the mechanics, then I can start then branching out and doing this stuff that is maybe a little less comfortable for me, you know what I mean? And so, I am. You know, I started off learning and it is I won't lie to anyone out there. It is a little daunting to when you first start, especially, you know, it is a very heavily male dominated game as well. So, but that being said, there's also very, very supportive groups out there. It is now becoming all over the podcasts and twitch streams all over the Internet that can show you what the Indy is like. I personally watch critical role all the time. It is. I'll soon get into the how it game works, but I'm just getting into the history. I hope that's okay.

**Narelle:** It's great.

**Lauren:** I watch Critical Role, which basically critical role is a group of voice actors, basically, which is phenomenal because you get another level of interaction because they are actors, they are voice actors. And, you know, you get you get you get more substance to that sometimes because they're trained in what we're doing. But yeah, so there's multiple levels of, of what D&D is. And sometimes this stereotype where you see like a bunch of nerds in a basement or dressed up role playing to each other. And some of that's accurate. And some of it is, you know, a little bit of a skew to it. But basically, you know, you sit around a table, you have like little minis often and you have like a map of and kind of situation and you have someone called like a DM or a GM, which is DM is a dungeon master and a GM is a game master, depends on usage of words, etc., etc. but they basically are the ones that set up the world for you and you interact with each other in the group as well as them.

**Lauren:** And so, they all describe the world as in how things are working in is a lot of like physics and mechanics and that kind of stuff to it. So, you know, they might say, oh, you know, you're walking down the street and you see, you see, I don't know, a bunny rabbit on the side of the road. What do you do? It's a sort of simple version of that kind of thing. And so, you create a character and you give it, you know, stats. So similar to like in a game, a video game where you're like, okay, well, this person has this much strength and this person has this much blah, blah, blah, and this person has this much blah, blah, blah. And as things happen, you then roll d20. So, like a dice that has 20 sides and you can see how good is your perception to see something. And often arguably when you fail at those dice rolls, that can become better stories than if you succeed. Also, feel free to cut in if any of this is not making sense to you.

**Narelle:** I'm so far following along. So, this is good.

**Lauren:** Great, great, great. And but really it depends. But the group I'm in is really about it's really about collective storytelling in the fundamentally collective storytelling and trying to tell an adventure together. I've really enjoyed it for that side of things like you. It's, it's this really weird, I think balance between high fantasy and extremely realistic when it comes to communication skills and those kinds of things. I was really lucky. I actually met my partner at D&D. He was DMing, one group and one session, and he was like really explaining and really communicating, I guess you would say. And I was just like.

**Narelle:** Hey, how long?

**Lauren:** And three, nearly three years later, three would be three in July. Here we are, so and so. I learnt all the mechanics through him because he's one of those people that if he gets into something, it's 120% and he learns absolutely everything there is about that thing. I am somewhat similar as well. And so, the person, my friend introduced me to D&D into this group and now I know more about the mechanics than he does. So, you know.

**Narelle:** Yeah, nice, really nice. And I love that and how it's translated helping to real life as well. But really what skills is and for me when we're talking about it's a hobby, what comes with hobbies, beautiful, positive emotions, injury. You're learning something new. There's joy, there's intrigue, there's fascination, there's appreciation, gratitude, kindness. And it's all these other layers as well of relationships. In terms of you talked before about it being a collective storytelling adventure experience. So, there's an element there that you are playing it, but you're playing it as a team.

**Lauren:** Yeah. And that, that team could be, hey, these three people really frickin hate. These three people and they're going to fight each other. But what happens in that is what's really important to Dante. Dante as well is aftercare and psychological safe environments and those kinds of things. And I'm really lucky that I'm in a group that prioritises those things and to the point where I had started to actually built my own side of my confidence from playing, because I've always been a bit like, Oh, I don't really feel comfortable with improv or improv or public speaking. I'm still bad public speaking, but improv not an issue anymore in the right environment obviously, but not an issue like I mean the DM now the known chaotic players that will just get really silly really quickly. There's a joy in being playful and especially as an adult.

**Narelle:** Yeah. And the DMO, the Dungeon Master, as a facilitator of care for others and honouring your creativity and your imagination at the same time, it's respecting the rules and that tension between what that looks like and how that plays out. Sounds really intricate and sounds lovely in terms.

**Lauren:** Of.

**Narelle:** The people that you play with and how that's been really scaffolded and set up in a way that not only empowers you with the game, but also empowers you as individuals in real life.

**Lauren:** Lately. So lately it was actually him because he was someone else was DMing once. And I had a conversation like someone I have a very real arachnophobia basically, and there was someone's mini that had a little spider on it. And I muttered to myself, Oh no, it wasn't to anyone. It was just like an accidental external matter. And he was sitting next to me and he goes, Oh, do you not like spiders? And I said, Oh, no, I'm not a big fan. And I thought that was it. He removed all spiders and all references from spiders for the entire next three years to make sure that I was safe. And I felt safe and I felt like I can enjoy myself. And if there was anything that's ever going to come in, he would change things slightly and would come and ask me what it is about that and whether this one is too close to that and all that kind of stuff. And I remember being like. I didn't even know I could ask that; you know what I mean? So it was just this also this really beautiful space for learning how to, like, fulfil your own needs, you know, and then realising that you can, within reason advocate for what, what, what you need as a person and, and then negotiating that with the rest of the team and the rest of the group and that kind of stuff too. So yeah.

**Narelle:** I love it so much. And you've just revealed a holy belief is that I didn't know existed. And you know, it's interesting because in the nineties, in the nineties I remember some research coming out by James Jay that talked about gaming and what we learn from it as human beings. And it was somewhat controversial. And he talked about his he was watching his son playing games and team based ones as well. So, there was, you know, involving loving others and all the problem solving and communication and those things that you've just talked about were coming out. And so, he wrote about that in terms of literacies and what that means and actually what so much is being learnt from it. And you definitely are starting to touch on those elements there. And do you think beyond you do I think you've really highlighted on problem solving creativity, relationships, communication. Is there anything else that's really stood out to you that's helped you flourish or you've noticed in other people where there's been a shift and a change, where a certain soft skill or a skill set has been able to really develop?

**Lauren:** Yeah, I'd say all of the above, like my character. So, I had one character at one point that was very serious, and I created her for a purposeful reason at the time because I was learning the character and how I learnt learning the game as well. And I wanted to, and I wanted to sort of make a character that learnt the same way that I did. And the way that I learn is I sit back and watch and understand what the situation is because people were like beginning like, well, what are my options? And it's like, well, sky's the limit. And that can be hard when you're first learning, and you do need a nurturing group. And I'm hoping I'm not trying to turn anyone off this, but it's just really important to learn what it is that you need while you're learning because like you don't want to go into there is still groups out there that do old school rules that can just come in and you're just like, No, no, no, no, no. Like, you want a nurturing group. You want a group that cares about each other and cares about you and that kind of stuff. And, you know, and so I did this, the very serious work. She had just had a few run ins with another character and it just became it was during lockdown as well. And it just became too much for me. It became too much conflict for me while trying to be sitting at home. We're doing this online as well, so it wasn't even in person. There's all sorts of things going on here. And so, I created, I decided not I'm going to retire this character and I'm going to create a new one. This new character is like the polar opposite of that character. She's kooky and weird and, like, just doesn't take herself seriously. She's very fickle. Like, she never lies, but she doesn't necessarily believe that might new information may mean that what she said 5 seconds ago is now technically wrong and the new thing is now right. Like she's very like literally within the second of the moment, basically, like, you know, what's the word like? Indecision and chaos. Impersonate it, basically. And that is a part of me. That is a type section. Obviously it's to an extreme that probably you'd hope isn't in the day to day.

**Narelle:** Yeah. There's that element there that you're you kind of discovering who you are as well, but in a way that you can explore it through a character in a safe place that allows perhaps the flexibility and freedom that sometimes we don't feel in real life as. I have learnt so much and I had no idea about the intricacies of the game, how it's set up, but also life skills and elements there that contribute so much to our wellbeing and who we are. So, see, thank you, Lauren. So, in this next part of our podcast, we traditionally connecting with the American positive psychologist Sonja Lyubomirsky, and she's got this amazing book called A Practical Guide to Getting the Life You Want How of Happiness. And in this book, she's identified the how and why strategies and how they work in relation to our engagement with them. And particularly that there's five mechanisms. And those who have listened to a number of our episodes now in the habit of this podcast would be familiar with these five elements, which is side sidebar kind of one of our aims and missions, because then we start thinking about it in terms of everything that we do. But so those five things are positive emotion, time, social support, motivation, effort, and commitment and habit. So, in terms of our theme, our overall theme of trying something new, let's run through a little bit of what those five aspects might be. So, I'm going to share my ideas and thoughts. And then, Lauren, I'm going to invite you at the end to go. Are there any is there anything else that you would add in there to one or some combination as well? So, for trying something new and linking into positive emotions, I'm going to invite listeners to think about being open to how joy can look and what you might be surprised by.

**Narelle:** In regards to time, I'm going to plant the seed to invest in time, to explore new things and really positioning, experimenting, asking questions and being curious as a great approach and kind of a gift that we can give to ourselves when we want to try something new or we're looking to try something new. In regards to the third mechanism of social support, thinking about how we can ask others about their experiences and to seek insights. And this episode has been a pure, pure, pure example of this that I've wanted to know about Dungeons and Dragons. I've wanted to know about gaming, but I didn't know who to ask. I didn't know what to ask. And so, it's been a beautiful way to uncover that and find out something new and enquire. So, connecting with those people that you know or your kind of might know through somebody else as well, and it might be a good like kind of getting to know each other kind of question scenario in terms of mechanism five motivation, effort and commitment. I'm planning to say that if you're interested or intrigued, then this is all you need to get started, because if you have that, what will come is your motivation, your effort and commitment because there's something there that you're like, Oh, I want to find out more. And our fifth mechanism is habit. So, these are small actions we repeat often that form a habit. So, what might this look like for you as you try something new? So, posing that question to think about it, anything that you would add to any of those elements? Lauren?

**Lauren:** So, a couple yeah, a couple of things I think so. I think like one of the things that I also I was thinking about, as you're saying, all of that is the you know, you're saying social support, social support and asking people's experiences and those kinds of things because of the group that I'm in with and we are all fairly politically aware, a lot of us come from the same master's degree of social policy, what have you. We will actually play that out in our game fairly regularly because are the things that we're interested in. So, we might make jokes about trying to break down some kind of, you know, bad monarchy or something or other because that's our group's idea on things. But one of the things that I find really interesting about that you can also do in this game is actually just not even you actually ask people's experiences within the game, like not even necessarily other players you might that might make a character that is completely bizarre or completely even against that. And one of the things I like often doing is actually talking to them as if they're a real person and you get all this extra like it's another way to play in other ways to understand perspective, even if the perspective isn't actually from anyone in corporeal form, if you know what I mean. And I think that can be really important to just, you know, exploring and playing and being creative and understanding collective ideas on things and that kind of stuff, if that makes sense. And other ones as well is that if you if you do want to get interested in this but you're not really sure sort of where to start or how to learn that kind of stuff, I absolutely would encourage people to go on YouTube.

**Lauren:** YouTube has also, and Twitch has all sorts of these versions, critical roles, very popular. One I would ask anyone I watch, but there's lots out there and there's lots of different ones. I like it personally because the way the dynamic of the group works, group dynamics is vital, honestly. And, and that's what you want to look for. You want to look for that within your own group. There's all these different little supports places to sort of get your in. If you do want to just like test it out, you don't necessarily have to play. Like when I'm having a hankering for D&D, I don't necessarily have to play dead. I will watch critical roles. There are 4 hours long per episode, so it's a lot of time, but that's something that's something people want and that's okay. And also, there's podcast versions. There's also there's plenty of options there. So yeah, you can do it. This podcast, there's vision. I prefer the vision, but that's preference and stuff. This one's that's kind of the name of them, but there's a group that's all drag queens that play. So, it's like next level because drag queens obviously a persona and then they're playing a character as drag queens. So, there's like two levels of, of role playing and acting and collective storytelling being made there. And I love that. Yeah, all sorts, like almost anything to think of. There's a group of people streaming their D&D game to do so. So yeah.

**Narelle:** Incredible, incredible. Thank you to those top tips there. So, as we come to the end of this episode, we kind of give ourselves a gift. And the gift is a practical tip, a strategy or a practise. So, my top tip would be I often hear the thing, the saying I have always wanted to try. And this is something that I hear so often. We use it ourselves, I. I use this phrase quite a lot, so why not do it? So, if we're going to try something new and set that intention out there and have a look to how that connects with our wellbeing wellness and being happy taking action, let's convert that I always wanted to try into. I am going to try. So, something for me that I have always said I would like to try is surfing and. I'm going to set the intention that I'm going to explore how I can start to learn how to do this and develop skills that. And I'll report back at some stage on how I go with this. So maybe some are less fingers crossed. It's going to be hot here in Australia because our water is icy cold.

**Lauren:** Yes.

**Narelle:** Although I may need to invest in a wetsuit. Maybe that's one of the first steps towards sussing it all out. So, I'm planning that seed. Trying something new is to shift that saying I always wanted to try into. I am going to try.

**Lauren:** That's great.

**Narelle:** How about you learn what would be your tip, a gift that we can leave our listeners.

**Lauren:** I think come in with your support, so you know and come in and do what sort of is something that, you know, works for you. To use an example, I started doing some digital drawings somewhat recently. I think I started in June or July this year in lockdown. Right. And I always thought that was like drawing, but it wasn't great. In that time, I have vastly improved in my drawing skills. I couldn't even believe it. With digital art skills. And the reason that was, is because I, I started off painting. It didn't fully work for me because you have to put your paint out. And by the time you do all that, you're almost like, okay, I'm done. It's going to dry up. Oh, God, there's a lot of pressure to it. So, I bought a tablet so that, you know, a sketching tablet so that I could pick it up and put it down wherever I wanted. And that's a good example, I think of going, okay, well, I know that I'm a bit of a sporadic I wonder a little bit and stop and do a little bit and stuff. So, try and find your space on what works and what, what honours you and what it is that's important for your own lifestyle or needs or combination thereof. I guess that's probably my I guess that's two tips in one. I guess so. Good.

**Narelle:** That's nice. I love it. I love it. Thank you so much. Thanks for joining us on this episode and the hacktivist podcast. Lauren, really thank.

**Lauren:** You so much.

**Narelle:** Really appreciate your insights. They've been wonderful and we've really enjoyed connecting with you as well listeners and sharing our insights into trying something new. And so, there'll be lots of support in our show notes as well that you can link in with. And we want to know what you think as well and what you've been inspired by and if you've got any questions you'd like answered as well. So, leave a review on Apple because reviews help us be found and they help us help others. And when you share the podcast, it's also you are helping others to take action as well. And you may also like to leave a comment or question and you can do this on our socials by Instagram, Facebook or LinkedIn. You can find us at www.actionforhappinessaustralia.org and on Facebook, you can find us at Action for Happiness Australian on Instagram we are Happtivist. So, thanks for joining us and thank you for all your insights.

**Lauren:** Thank you so much. I've been it's been a pleasure and thanks for having me as well.