AfHA Ep 9\_Trying New things (with Lauren Carter)

**Narelle:** [00:00:00] this podcast action for happiness Australia. [00:00:30] We want to inspire action from 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.

The want to empower you with your wellbeing, provide ideas, make connections, and inspire you. So who are we? My name is Monroe lemon and the chair action for happiness Australia. I'm [00:01:00] also an educator, coach and researcher, and I'm really passionate about self-care and translating this into the everyday.

And we, for this episode, I have a delightful Warren Carter. Hello, how are

**Lauren:** you? I am good. Thank you. Thank you for inviting me to take

**Narelle:** our absolute pleasure. So tell us a little bit about.

**Lauren:** Uh, so obviously my name's Lauren Carter. Um, I [00:01:30] am a professional learner. Uh, I have stuff I've done many, many of the degrees and also just make sure that when I go into a sort of whatever I go to do, whether it be a hobby.

Work or anything like that has some kind of learning aspect in that, whether that be, uh, falling like, um, needing to learn X, to be able to complete this job, or whether it's like more informally where you are learning, how different, uh, you know, groups of people. Interact with [00:02:00] each other and different ways to communicate and just learning about other people and those kinds of things.

That's really sort of, uh, really important to me, I guess. I think I've kind of gotten into another learning theme here, but I guess one way to be able to explain me is the perpetual learner. I think a good way to say yes.

**Narelle:** I love it. I love it. I love it so much. And it aligns really well without podcast.

They cause we today I talking about trying something new [00:02:30] and I think learning is so connected with trying something new.

**Lauren:** Absolutely.

**Narelle:** Yeah, totally. So when we try something new, we are 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, [00:03:00] it helps us build a sense of purpose.

And that also fosters connections with others. Now we often think about learning formerly, such as undertaking 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 past. That's just a sport. It [00:03:30] 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 always wanted to ask about, but I actually never really known anyone that I can ask these questions to, which is really cool.

So let's go back a little. First of all until before I ask all that juicy questions about learning [00:04:00] something new and, um, so learn, I'm sick. Let the HIA for this episode. And I want to ask you a little bit about the background because you have a whole heap of different influences. Um, and I thought it'd be great to connect with that festival.

So can you tell us a little bit about background yourself? What, what you, what did you be doing? How did you come to being here?

**Lauren:** Well, that is a bit of a, I guess, a loaded question, you know, because, [00:04:30] uh, you know, as, as often can happen with the perpetual learners, I've I just completed my fourth, uh, full education process.

Uh, last month, actually, I just finished a diploma of governance. Um, I know I'm very good somehow in the remote mode and, um, with all the extensions in the world, because there are. Flexible, which is awesome. Um, but I got it in a day early, so they're exciting. Although I did very [00:05:00] well actually, which is, you know, let's, let's celebrate how so.

That's very exciting. Um, but I also have a background, so I think I've been a girl reverse Chronicle chronological order actually for some reason. But anyway, um, before that I did a masters of social. Um, which I did a research component of, um, technically it's coursework, but I also did research. So it's a bit of both.

Um, and I did my, uh, I did my research on the. Marriage equality, plebiscite that happened in 2017. [00:05:30] And even that, funnily enough, taught myself how to, uh, use SPSS, the software that we use for statistics in certain areas of, of, um, research and academia. Um, as well as with the gardens and my supervisor, um, look taught and learnt, uh, descriptive statistics, uh, as a very strategic, um, You know my background before that was very much all qualitative, only kind of stuff I'll have, as I bet to say soon [00:06:00] at the political undergrads.

So it's all, it's all very, you know, statistics. And I think, you know, thank you. And then I had one

**Narelle:** of those people's statistics numbers.

**Lauren:** I thought the same thing. And then I had, then I had the most wonderful teacher and ironically 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 do an expense. Um, and within nine months, somehow I don't really know how I did that. [00:06:30] Um, and actually, you know, did one of the first, uh, research for about this toll, you know, marriage equality, it's publicized in Australia. To ever exist, um, at that time. So that was really exciting. I'm sure it's not the same anymore, but when I did it, it was its first.

That was exciting. Um, and then before that it was like I said, anthropology and I, and I went into that cause I just wanted to learn more about myself and people in the world around me and all that kind of stuff. [00:07:00] And, um, 'cause you know, at the apology is kind of, it's all about culture and culture is what shapes us and all these kinds of things.

So, you know, it's, it's, uh, just something that was really fascinating to me. And I just wanted to also industrial, like, you know, travel all the time while I travel. I still like traveling, but it's, I'm a little bit more, I don't know. I think for me once I sort of hit my thirties, I sorta started. Or more likely to actually, once I hit number one, cause I liked [00:07:30] Melbourne first place I moved to and I was like, actually I could live here.

Like extended period of time actually has nothing to do with age, all to do with the place. And uh, yeah, before that, you know, it was like trying to do some travel and spending to understand things more and you know, really understand how culturally influences everything, absolutely everything they do.

And then before that, Again, it was so much TV. Um, and I deemed a lot of post-production kind of works a lot of [00:08:00] technical stuff, a lot of collaborate things. So, you know, those out there that have no idea what collaborating is. It's basically, um, Instagram or, you know, Photoshop for a moving picture, which sounds kind of easy.

Spoiler, look, it's not easy, actually takes quite a lot of time. It's usually like the fine touches to a, to a, um, to the whole process of making a film actually. And so. So one of the things I did, and one of the reasons I stopped doing that was because you ended up being in a [00:08:30] room by herself for 16 hours a day.

And it was really important for me to have that human interaction connection. And, and that's how, you know, reverse the most backwards way ever to explain it to you. Um, so I hope that made sense considering. Opposite. So

**Narelle:** totally makes sense. And really also the background. And I love it when I meet somebody else who has gone on different journeys of different fields and disciplines.

[00:09:00] Um, I, a little bit like you as well in terms of multiple degrees in multiple different areas. Do link up and that has had a journey. I started off as a classically trained musician, studying music, which I totally suck that and really wanted to be in visual arts. Um, but that's a long story. Then I moved into education.

And then I've trained recently in positive psychology and, you know, uh, working in that field as a [00:09:30] coach, educator and researcher as well. So it's kind of like influenced still with the apps and telling stories and visualizations. Absolutely.

**Lauren:** I always wondered. I was like, maybe I'll do something. Somehow originally when I did my master's degree, I was like, oh, I'll do digital policy clips really does connect all these things together.

And it's not really sort of like, I did a few jobs here and there, and that's where I found my, uh, extra passion, which [00:10:00] is, um, arguably. My my slogan, my, my verbal slogan, because it doesn't write very well as I want to help people do what they do, but better basically. Um, 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, uh, entity or support or advice, giver, whatever you wanna call it.

And, um, and it was through those jobs that I was doing afterwards that I. That direction and was like, actually, this [00:10:30] isn't directly with film and TV, but as I was speaking to the one of my colleagues just earlier, actually a lot of the stuff I didn't feel when TV directly comes across here, it just doesn't seem, it's just a bit nonlinear 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, we'll do what they do, but better. So yeah. Totally Philly does have those connections where you least [00:11:00] expect.

**Narelle:** Yeah. Yeah, totally. And, um, and I think it just brings such a richness that, um, you know, 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 connections and, and joining those, not only for yourself, but those who are around you. Personally and professionally, um, you still, you know, you're very much [00:11:30] learning about how it all comes together and insights, and I don't know if it's happened for you, but this things I've landed now multiple years after I first, the first degree I studied.

I wasn't able to process at the time, but London's 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 be since a it's that [00:12:00] ongoing puzzle pieces coming together.

In different ways. I don't know. Can you say that puzzle pieces coming together? I don't know if that metaphor quite works, but

**Lauren:** I'm not sure by doing exactly what you're talking about it because it's super ironic actually, because there's two examples that somehow bring, I'm not sure if it's directly related, but comes to mind when we talk about this.

And one of them, the first one is, um, when I first started in my anthropology degree, I actually was doing psychology and anthropology at the same time. Um, I [00:12:30] 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, oh, thanks.

Um, and they talked about quantitative and qualitative. And I have like, if there's, you know, with that, um, chair diagnosing myself, I have bio dyslexia, like left and rights, you know, you know, two things. But couldn't work it out. And then I became mixed methods [00:13:00] 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 masters called it was the very first class and I started mid-year so I didn't get the same introduction. Social policy that everyone else did. And, um, I did a class called governance and I just had there been like, what the hell is this?

I'm sorry, confused. So confusing for me coming from a non-structural background, because obviously anthropology is [00:13:30] like outside of the system I wanted to do in a system. So I could help, you know, cue and create communities that we want to live in and further and better, and that kind of stuff. And you need to know that you needed to know the system to be able to bend and try and break the system.

Right. Um, and I was 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, but she did it. And it became a better subject to the point where, as I said, [00:14:00] I just finished a diploma in governance.

This was, this was corporate governments versus like, uh, you know, um, thinking more on like a social policy, government and government style, but still like, it's such an. Thing. And like, maybe I'm talking a little bit around what you meant, but that really felt like, you know, it's funny how much I struggled this thing.

And then it became. The thing that I was really good at. And I think that also tie back into what you're saying is sometimes you might stumble a little and actually that then [00:14:30] becomes a focus cause you're like, well, I wanna know, I wanna, I want to beat this thing. That's not connecting in my head and now, oh, it's actually really exciting.

Cause I have to do that extra journey to get there. Um,

**Narelle:** totally, totally. And I think there's totally understand what you're saying and making those links and there's, um, it's, it's so fascinating when it happens and observing yourself as it happens all or afterwards, it's like, oh, wow. Yeah. I just, I kind of just landed.

[00:15:00] Um, yeah, really nice. Okay. So when we talk about learning and there's an element of putting your hand up opportunities and making connections, and whether we're talking about 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. Absolutely. For a lot of people, but absolutely

**Narelle:** [00:15:30] awesome. Awesome. And I'm putting my hand up and this is a podcast. It's not a blog. So I am for those listening, literally putting my hand up to say, I am learning what's with this. Um, 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 [00:16:00] position. I have questions and concepts and ideas and different understandings of it as well. So first of all, What is your hobby?

**Lauren:** My homie, one of quest few hobbies is I play Dungeons and dragons. I have played Dungeons dragons now for.

Nearly three years, I can get three days in February. So it's been a while actually. And, uh, yeah, I can absolutely break it down. I'll try my best because I often, when you've been playing it for a while, [00:16:30] it's, as we all know, sometimes come so ingrained and such a, like a lingo to it that you can almost just forget that, but like, she makes no sense to any.

So I will give you,

um, but yeah, to answer the rest of your questions is so like, um, uh, you know, formally it's classed as a rural plant, it's a tabletop role playing game, which in itself is a buzzword. I feel, um, because. For me when I first heard that, I'm like, yes, it is [00:17:00] descriptive, but it's actually, what does that actually mean?

And so, you know, um, there's luckily Dean D is becoming quite part of the site guide. It's now like there's quite a lot of things in how. In how, uh, like we haven't seen it. I haven't watched it, but I've seen it in stranger things. Um, any community watches out there probably have also seen it, both in a humidity, spoiler alert is nothing like what community makes it looks like all the mechanics is wrong.

The storytelling [00:17:30] side of things is correct, but the mechanics completely incorrect, not even on my lecture. And there's all sorts of stuff it's starting to become. And television shows, especially. Um, stuff like that. So it's great to be able to see. And it's also been, you know, there's a history with, um, Dungeons and dragons as well, where there's been like, um, there was, you know, I think it was the eighties where, um, where there was a bit of panic around the fact that it's like, you know, negative or devil worshiping or whatever.

And, um, I would actually argue, it's [00:18:00] often can be the opposite, but it's kind of what you make. It's kind of like a, um, you know, 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 you enter, you use theater of the mind basically, um, kind of thing.

And so, you know, you, you, these quite a lot of mechanics, let's multiple versions of it. There is a lot of mechanics. And what else? One of my favorite things honestly, was, uh, working out how, what all the mechanics were and the making them work for you. [00:18:30] Um, because I had like a, uh, to use sort of the, you know, when you step into something new, that was.

Probably my safety blanket. Like I know the mechanics, so 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. No, I started off learning and it is, I won't lie to, to anyone out there. It is a little daunting when you first start, especially, you know, there is a very heavily male dominated [00:19:00] game as well.

So that being said, there's also very, very supportive groups out there. It is now becoming all over. And, um, and Twitch streams all over the internet that can show you what D and D is flying. I personally watch critical role all the time. It is, um, I'll soon get into the, how I was game works, but I'm just getting into the history.

I hope that's okay. Um, I watch critical role, specifically critical role as a group of, um, voice [00:19:30] actors. Um, basically. It's phenomenal because you get an F another level of, of interaction because they are actors, they are voice actors. And, um, you know, you get, you get, you get more substance to that sometimes because they're trained in what we're doing.

Um, but yeah, so there's multiple levels of, of what D and D is. Um, and sometimes this is a stereotype where you see like a bunch of real nerds in a basement, all dressed up you're role playing to [00:20:00] each other, and. Well, that's accurate. It's a little bit of a skew to it, but basically. You, you know, you sit around a table, you have like a little minis often, and you have like a map often kind of situation.

And, and, um, you have someone called like a DM who, or GM, which is DM as a dungeon master and a GM as a game master depends on usage of words, et cetera, et cetera. But they basically are the ones [00:20:30] that set up the world for you and you interact. With each other in the group, as well as them. And so they will describe the world as, and how things are working in.

There's a lot of like physics and mechanics and that kind of stuff to it. So, you know, um, they might say, oh, you know, you're walking down the street and you see, um, you see, uh, uh, I don't know, bunny rabbit on the side of the road. What do you do? It's a sort of simple version [00:21:00] of that kind of thing. Um, and so you create a character and you, um, 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 from this person has this much, blah, blah, blah. And this person has this much, blah, blah, blah. And as things happen, you then roll a D 20. So like a dice that has 20 sides and you can see, yeah. How good is your perception to see something in often, arguably when you [00:21:30] fail at those dice rolls, that can become better.

Stories then if you succeed, um, what's it feel free to cut in if any of this is not making sense to you

and, um, but really it's, it depends on what group book group, but the group I'm in is really about it's really about collective storytelling in the fundament. Um, corrective storytelling and trying to tell an adventure together. I've [00:22:00] really enjoyed it for that side of things. Like you. It's, it's really weird.

I think balance between high fantasy and extremely realistic when it comes to communication soft skills and those kinds of things. I was really lucky. I actually met my partner at D and D um, Uh, DME one group and one session. And he was like really explaining and really communicating. And yes, you would say, and I was just like, Hey,[00:22:30]

three years, nearly three years later, three will be three years. Here we are. So, and so I land on where I can X through him because he's one of those people that if he gets into something it's 120% and he works. Absolutely. Every finger is about that thing. I am somewhat similar as well. And so the first time my friend introduced me to D and D into this group, and now I know more about the mechanics than he does, so, yeah.

**Narelle:** Nice. Really nice. And I, I love that. It's [00:23:00] translated, helping him to real life as well, but with skills and for me, when we're talking about it's a hobby, what comes with hobbies? Beautiful, positive emotions, inquiry, you're learning something new there's joy. There's intrigue, there's fascination, there's appreciation, gratitude, kindness, and.

All these other layers as well of relationships in terms of, um, you talked before [00:23:30] 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:** and that team could be, Hey. These three people really fricking hate these three people and they're going to fight each other.

But what happens in that is what's really important to DMT the Indy as well as like aftercare and psychological safe environments and those kinds of things. And I'm really lucky that I'm [00:24:00] in a group that prioritizes those things and I'm to the point where like I had started to, but she built my own.

Well, it's on my confidence from playing D because I've always been a bit like, oh, I don't really feel comfortable, you know, with improv improv or, you know, public speaking, I'm still bad public speaking, but in pro not an issue anymore in the right environment, obviously, but not an issue. Like, I mean, when the DM now, uh, the, the known chaotic players that will just get really silly really [00:24:30] quickly, there's a joy in being playful.

And especially as. Yeah.

**Narelle:** And the DMO that dungeon master as a facilitator. Care for others and honoring 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 to me.

Um, the people that [00:25:00] 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 it also empowers you as individuals in real life.

**Lauren:** Absolutely. Absolutely. It was actually human because he was someone else's DME once. And I had a conversation like someone, I have a very real aggro.

Basically. And there was someone's mini that had a little spider on it and I muttered to myself. Oh, no, [00:25:30] like it wasn't, it wasn't to anyone. I was just like, uh, accidentally. External mutter. And he was sitting next to me and he goes, oh, do you do 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 ever anything that was ever going to come in, he would change things slightly and would come and ask me what it is a bit about that.

Or whether this one is too close [00:26:00] to that and all that kind of stuff. And I remember that. 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, fulfill your own needs, you know, and then realizing that you can within reason advocate for what.

What you need as a person and within, 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:** Um, I love it so much and it's, you've [00:26:30] just revealed a holy belay is that I didn't know existed. And it's interesting because in the nineties and the noughties, I remember some research coming out by James G that talked about, um, Gaming and what we learned from it as human beings and it was somewhat controversial.

Um, and he talked about, uh, he, he was watching his son playing, playing games and, [00:27:00] um, And team-based ones as well. So there was, you know, involving roving others and all the problem solving and communication and those things that you've just talked about were coming out. And so he, he wrote about that in terms of your literacies and what that means.

And actually what so much has been learned from. Um, and you, you definitely are starting to touch on those elements there. And is it, do you [00:27:30] 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 worry or you've noticed in other people where there's been a shift and a change where. Soft skill or a skill set has, has been able to really develop.

**Lauren:** Yeah. I'd say. All of the above, like my character. So [00:28:00] I had one character at one point that was very serious and I've created her for a very purposeful reason at the time.

Cause I was learning the character and how I learned I've learned the game as well. And I wanted to, um, and I wanted to sort of make a character. Like the same way that I did and the way that I learn as I sit back and watch and understand what the situation is because people like beginning, you're like, well, what are my options?

And then 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. [00:28:30] And I'm, 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 know, 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 to nurturing group. You want a group that cares about each other and cares about you. And, um, you know, and so I did this character, the very serious, so much. She had a terrorist, had a few run-ins with another character and it just became a string [00:29:00] lockdown as well.

And it just became too much to me. Um, 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, you know, in person there's all sorts of things going on here. Um, and so I created an undecided. I'm going to retire this character. I'm going to create a new one.

This new character is likely to be polar opposite of that character. She is cookie and weed and like, um, It just doesn't take herself seriously. Uh, she's very [00:29:30] fickle. Like she never lies, but she doesn't necessarily believe that like she might, new information may mean that what she said five seconds ago is now technically wrong.

And the new thing is now. Right. But she's very in like literally within the second of the moment, basically, like, um, you know, uh, What's the word, um, in like indecision and, um, chaos impersonated basically. And you know, that is a part of me. That is a type of section, obviously it's to an extreme, [00:30:00] but probably, uh, you'd hope in the day to

**Narelle:** day.

Yeah. There's that element there that you're, um, you kind of discovering who you are as well, but in a way that you can explore it through a character. Place that allows, um, perhaps, uh, uh, flexibility and freedom that sometimes we don't feeling in real life is so much, and I had no idea about the intricacies [00:30:30] 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 I'll say thank you, Lauren. Um, so in this next part of our podcasts, we traditionally connecting with the American political psychologist, um, Sonya Liberty ski, and she's got this amazing book called a practical guide to getting the life here.

The how of [00:31:00] 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. Now in the podcast would be familiar with these five elements, which is side, side, back height 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, [00:31:30] time, social support, motivation, effort, and commitment and habit. So in terms of our female 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 garden.

Are there any, is there anything else that you would add in there to one, all, some, a combination as well. So for trying something [00:32:00] new and linking into positive emotions, I'm going to invite our listeners to think about being open to how joy. Hmm. And what you might be surprised by, 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 [00:32:30] want to try something new or we're looking to try something. Can we God's did a third mechanism of social support. Thinking about how we can ask Elvis about their experiences and to seeking insights. And this episode has been a pure, pure, pure example of peace 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 [00:33:00] uncover that. Find out something new and inquire. So connecting with those people that you know, or you kind of might know through somebody else as well. And it might be a good bite kind of getting to know each other kind of question scenario in terms of mechanism, five motivation, effort and commitment.

I'm planting the seed that if you are interested in trade, then this is all you need to get started. Because if [00:33:30] you have that, what will come is your motivation effort and commitment because there's something there that you're like, Ooh, I want to find out more. And our mechanism is habit. So these are small actions and repeat often, but form a habit 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:** Um, so a couple, yeah, a couple of things. I think. So [00:34:00] I think, um, like one of the things that also I was thinking about, as you're saying, all of that is, um, 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 D and D um, we're all.

Philly, politically aware a lot of us come from the same master's degree of such a policy. What have you, we will actually play that out in our game fairly regularly because of the things that we're interested in. So, you know, we might make jokes [00:34:30] about, you know, trying to break down some kind of. You know, uh, bad monarchy or something or other, because that's the, our group's idea on things.

Um, but one of the things that I find really interested about that you can also do in this game is actually just not even your sheriffs people's experiences within the game. Like not even necessarily other players you might have. Um, the DM might make a character that is completely bizarre or completely even against that DM.

And one of the things I like often doing. Actually talking to [00:35:00] them as if they're a real person and you'd get all this extra, like it's another way to play. And other ways to, to understand perspectives, 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. Um, and other [00:35:30] ones as well, is that, you know, if you, if you do want to get interested in this, but you're not really sure, sort of where to start or have her alone, that kind of stuff.

I absolutely would encourage people to go on YouTube. Has also entered, which has all sorts of these versions, critical roles, very popular one. I would, I'm assuming when 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, Diane group dynamics is special, honestly.

And, and that's, that's what [00:36:00] you want to look for. You want to look for that within your. It'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 the D and D. So we have to play D D I will watch critical role.

There are four hours long per episode, so it's a lot of time. That's something that's something people want. And that's okay. And you also, this podcast, There's plenty of options there. So yeah, you can do it. [00:36:30] There's podcasts, there's vision. I prefer the vision, but that's preference and stuff. This, you know, once that's accounted to the name of them, but there's a group that's all drag Queens that play.

So they that's like next level because, you know, drag Queens, obviously a persona and then they're playing a character as drag Queens. So there's like two levels of. You know, role playing and acting and collective storytelling being made there. And I love that. Um, yeah, all sorts, like you almost had to think of there's a group of [00:37:00] people streaming their, um, D and D game to do so.

**Narelle:** Incredible. Incredible. Thank you for those, 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 practice. So my top tip would be, um, I often hear the thing the saying, I have always wanted to try. And this [00:37:30] is something that he started often.

We use it ourselves. I know I've I use this phrase quite a lot, so why not do it? So if we're going to try something, you and set that intention out there and have a look to how that connects with our wellbeing, wellness, and, and being happy. Taking action. 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 [00:38:00] 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 skillset. And, um, I'll report back at some stage on how I go with this. So maybe some are let's fingers crossed.

It's going to be hot here in Australia because our water is icy coped. Um, although I may need to invest in a wetsuit. Maybe that's one of the first steps towards CDOT sussing out all out. Um, so I'm [00:38:30] planning that. We're 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, what would be your, your tip, a gifts that we can leave our listeners?

**Lauren:** Um, I think coming with your support, so, you know, and come in with Andrew, what. It's something that, you know, work for you like to use an example. I started, um, doing, uh, some digital drawings [00:39:00] somewhat recently.

I think I started in June or July this year in lockdown. Right. And I always thought I was drawing, but it wasn't great. Um, in that time I have bustly improved in my drawing skills. I couldn't even believe. When digital art skills. And the reason that was is because I started off painting it didn't fully work for me because you have to pull your paints out.

And by the time you do all that, you're like, okay, I'm done. It's going to dry up. Oh God, it's a look pressure to it. So I bought a [00:39:30] tablet so that, you know, sketching tablets 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. A bit of sporadic.

I went do a little bit and stop doing a little bit and then stop. So try and find your space on what works and what honors you and what it is that's important for your own lifestyle or needs or combination better of, I guess probably my, I guess that's two tips in one, I [00:40:00] guess. That's

**Narelle:** nice. I love it. I love it.

Thank you so much. Thanks for joining us. Sunday's episode in the, this podcast, Lauren. Really thank you so much. Really appreciate your insights have been wonderful. And we've really enjoyed connecting with you as well as 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. [00:40:30] And if you've got any questions, you'd like answers as well. So leave a review on apple because reviews help us be found and they help us help. And when you share the podcast, it's also you 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, coldly deep. You can find this at www dot action for happiness Australia [00:41:00] and on Facebook, you can find us an action for happiness Australia. On Instagram, we are, have the best

So thanks for joining us and thanks for all your insights.

**Lauren:** Thank you so much. It's been a pleasure and thanks for having me as well.[00:41:30] .