



## Transcript: Wake Up Happy with Stacy Kaiser

### HOST

Kym Yancey

### SPEAKER

Stacy Kaiser

### PRESENTATION

Kym            Good morning, this is Kym Yancey with a little different voice, a little different sound, kind of now, kind of well, right? I'll tell you I think all over the country our office has got—we are finding that half of our office is out with colds and different things like that. I thought I was doing really good, but today I got that voice. At any rate, I just want to tell you it's wonderful to have you here with us. We've got a very special guest with us, Stacy Kaiser. You'll be hearing more about her.

I am the co-founder and CEO of Live Happy and what I want you to know is I've created this email address called [WakeUpHappy@Livehappy.com](mailto:WakeUpHappy@Livehappy.com) and I'd love for you if you get any thoughts or some comments or anything you want to communicate with me one-on-one personal, send it to [WakeUpHappy@Livehappy.com](mailto:WakeUpHappy@Livehappy.com) and we'll get into it, and especially take a banana photo, a banana smile photo.

Live Happy LLC

4006 Belt Line Road • Suite 120 • Dallas, Texas 75001 • 214.414.2985 • [www.livehappy.com](http://www.livehappy.com)

Those of you that are hearing those words for the first time, what we've done is we've started a couple of months ago taking a banana and the banana will be right below our smile. This is the correct banana smile etiquette, so the banana would be right below your smile and you smile with it. I know it sounds funny, but that banana has that natural smile curve to it and so it's caught on with us and in fact we're planning on breaking a Guinness Book of World Records in April of next year, I'll fill you in with that, but all with a banana and smiling. You just have to see the pictures. If you go to our website, you'll see what I'm talking about.

So get social with you, you can tag us at *Wake Up Happy*. Our Twitter handle is @MyLiveHappy and Facebook.com is MyLiveHappy as well. And I want to make sure you also know that Live Happy also has a world class award winning, we just won an incredible award, it's a new publication, we're celebrating our first year anniversary and it's pretty exciting with all of the magazines and different things that come out every year, we broke through and won an award for the best new launch in our magazine category and design, so we're really excited about that. You can pick up one of our magazines at Barnes & Noble or at Whole Foods, in the airports. You can also subscribe to it, but it's LiveHappy.com. In fact we've even gone digital, so now it's worldwide, so not only do we have the physical publication, but now we've gone digital with it.

I want to tell you if you are on your computer and you can see what's on the screen, I'm going to have Britney pull up the banana smile collage. You'll get a real good idea. It's a

Live Happy LLC

4006 Belt Line Road • Suite 120 • Dallas, Texas 75001 • 214.414.2985 • [www.livehappy.com](http://www.livehappy.com)

fun thing to look at. She just pulled it up on the screen, so you'll see these pictures of everybody taking these banana smiles, so you can use that if you're so inclined to either post something to our Facebook page or send me a note and I'll get it posted for you, but take a banana smile picture. It's just the right amount of goofy that it's right.

Okay with that, I want to introduce you to our incredible special guest. As I mentioned before her name is Stacy Kaiser. She's just fabulous. Stacy is a successful southern California based licensed psychotherapist, author, relationship expert and media personality with over 100 television appearances in the last year on major networks, including CNN, NBC, CBS and ABC. Stacy has built a reputation for bringing a unique mix of thoughtful and provocative insight to a wide range of topics. She is a much sought after public speaker on a wide variety of topics ranging from office and personal relationship issues to anger management and family politics.

In addition to her numerous television appearances, her expertise and unique perspective have been solicited by a diverse group of clients including major corporations, public institutions, government agencies and philanthropic organizations. She has also been engaged by organizations including the FBI, the Los Angeles Fire Department, Los Angeles Unified School District, Kaiser Permanente, and Hughes Aircraft to implement workshops and handle third party mediations.

Stacy received her BA in psychology from California State University Northridge and her MA in clinical psychology from Pepperdine University. She is a licensed marriage and family therapist and has received advanced training in the areas of human and child development, as well as eating disorders and anger management.

Stacy, it's such a thrill to have you with *Wake Up Happy* this morning.

Stacy I'm so happy to be here. It made me wake up happy.

Kym Yes, it does, doesn't it? That's one of the big things about this I tell people that if you were a recording artist, you'd have a song out that's playing on the radio all the time, so people they start to sing the melody. But in our line of work, waking up happy and having someplace to go to where you can get the latest insights and ideas on happiness, it really makes a difference, so just knowing we had this show this morning just makes you wake up happy, right?

Stacy It does, because I'm doing something I love and so I know we're not into my pitch or anything yet, but it really is the way to start the day with something you love, even if it's just a cup of coffee.

Kym Totally.

Stacy I have both, you and a cup of coffee.

Kym Yes, I love that, thank you. All right let's get right into from your standpoint what are some of your keys to happiness, Stacy?

Stacy I have to say that in my experience, and a lot of the research backs it up, is the main key to being happy is self acceptance. It's about truly liking yourself and feeling good about yourself because it puts a smile on your face that radiates everywhere, and so one of the things that I always recommend to people is that they take that time out to work on appreciating and being happy about some things in terms of who they are.

Kym Yes, Stacy, let me ask you, liking yourself, do you find you and I were talking before that we have teenagers and that whole thing of liking yourself is easier said than done. You agree or what's your feeling about that?

Stacy It is so hard especially in today's world with, first of all, parenting. Sometimes as parents we end up focusing on grades and all of the things that we want our kids to work on and we forget to tell them how great they are and what's wonderful about them. And then with all the media images of trying to feel like you have to look like some famous celebrity or financial pressures, a lot of times people don't feel good about themselves if they aren't making the right amount of money and so we have so much against us. That's why I

think it's so important to find out how it is that you can be for you, what do you like about you, because it really does help you carry you through every other area of your life.

Kym Wow. Let me ask you when you're talking to people or you're counseling people or you want to give people tips on liking themselves, are there some key things that you say to them that they need to start doing just to get in touch with, because I have to tell you something, I don't care who you are. You can look at the international celebrities that are out in the marketplace and you can see all of their insecurities. You can see what's happening with them because they are constantly shaping their image based on what's being said about them or how the media is perceiving them. They want to say the right thing at the right time. What kind of tips do you have for people when it comes to just learning how to get in to liking yourself and appreciating yourself more?

Stacy The first thing I think you have to do is break it down to the major life areas, so there's the appearance thing. There is smarts. There are people skills. There's parenting. There's career. There are relationships. There's health. So start breaking down those categories and say to yourself how am I a good parent? How am I good at my job? What do I like about my appearance? Everybody has at least one thing. It might be their eye lashes, but at least something. What do I like about my people skills? Do I have a lot of friends? Am I really outgoing? Can I just talk to anyone about anything? What is it in that area and start to pull them out of those different categories. Because the truth is what a lot of us end up doing is we get caught in these negative thought patterns, something doesn't go

right in our lives or something isn't happening the way we want it and we start to focus on the negativity.

And you know from positive psychology that never works. It keeps you from being happy. It keeps you from being successful. It keeps you from being productive. So I really tell people take a piece of paper and write down the different categories of your life, so you can literally pull it out of a pocket, a purse, your cell phone and remind yourself these are the positive things that are going in my life and focus on those.

Kym Yes, I'll tell you this is a whopping, big subject right here, because I used to own an advertising agency and I've got to tell you it's unusual for me if I'm sitting on the couch and I'm watching television, I can count commercial after commercial that if I was a woman that I could say this is doing nothing but making me feel inadequate because every single commercial is hitting on something about improving something on you.

Stacy Yes, you're right and the new year is coming. Everyone is talking about how you can fix yourself in 2015.

Kym Right, how you can fix yourself. All right, what other keys to happiness, some of your keys to happiness could you share with us?

Stacy I think one of the most important things that you can do to be happy is to give back to other people. It really does feel good to do something for someone else, so it might be literally buying someone else's Starbucks in the Starbucks line. It might be helping at a homeless shelter. It might be bringing over some cookies to your friend who had a bad day. There is a level of satisfaction that is reached on the inside for doing something for someone else.

Kym Yes, and I have heard this all my life and it's only been through the positive psychology and where I started to understand the science behind it. It's one thing to know and your parents or someone will say give back and share; and I've been involved in lots of volunteering. But once I started to understand more of the science behind it and the effect that comes from giving, it's really changed the whole way I approach it.

Stacy I'm so glad that you've called it the science because there's actually a science that backs it up, so if you're not having a good day and you're not feeling like you can do something positive for yourself, usually you can rally to do something nice for someone else and that in turn brings happiness back to you. And so it is sort of that great cycle that you don't have to be selfish about; it's selfless.

Kym Right, and I love, too, as you're listening to this today think about the things, if you're in your car or wherever you're going about the things you can do today to give back to



someone. You're right it's the little things and it's like opening the door. I noticed this and, Stacy, being a woman I'm sure you have men opening doors for you—

Stacy Not very often these days.

Kym Isn't that something? Isn't that something? But the point of the matter is to be able to open that door, a little thing like this, opening that door and so it's one of those things where you make a judgment call, Stacy, where you're saying to yourself they're far enough back and I'm not going to hold the door for them. You know what err on the side of holding the door. In other words they're a little further back, stand there, hold the door. They'll say thank you and you let them know it was a pleasure just that alone, all of these kinds of things.

Do you find this, Stacy, that very often it's the things that money can't buy that mean the most difference that make the greatest impact?

Stacy It really does. This is a silly example, but it really made a difference to me. I was that person carrying three grocery items waiting in the line behind the woman with the giant cart; and she said go ahead of me. The small gesture that was I was so grateful and put a smile on my face and cost her nothing, but a few extra minutes.

Kym Yes, yes and that she was mindful and she was aware and she saw you. A lot of things went through her mind very quickly to say go ahead. It's beautiful; it's beautiful.

All right, so liking yourself, giving back, what other thoughts come to you about the keys to happiness?

Stacy Gratitude, one of the articles I wrote for *Live Happy Magazine* around Thanksgiving was about gratitude. It's very important for us to focus on our blessings. What are you happy about in your life? What are you grateful for? I'm in Los Angeles right now. I'm grateful that it's finally raining because of the drought. Are you grateful for good friends? Are you grateful that you can afford to feed your family? Are you grateful that you have a job and to take some time every day to really think about the things that make you feel good, the holes that are filled.

Kym You know you could beat yourself, that's another key thing, you can beat yourself over all the things you don't have and all the things that you wish you had and that all changes once you start to bring gratitude into your life. It softens everything. I think it changes the chemistry in your body. I know for me it does. What about you, Stacy?

Stacy It really does. What it does is it changes my focus because it's very easy to get frustrated if I'm in traffic or if I'm running late or I'm trying to juggle making my kids lunch while I'm trying to get off to work. And so if I can just focus on the positives of it, on the happiness that I do have a job to go to, that I'm giving my child a nutritious lunch because she probably would just take some kind of a bar and water and not eat, so it really is about

taking the time out to say this is going well. And it can change the course of how you feel throughout the rest of the day.

Kym Yes, absolutely, gratitude is just huge. I think those of you that have been with *Wake Up Happy* what I love about this is you're hearing a real theme in this with all the science, with all the academic studies, you're hearing a real theme around this. It's really powerful, Stacy, what you're saying, so I've got liking yourself, giving back, gratitude. Is there more that you want to throw in on happiness?

Stacy I have one that I want to throw in that hardly anyone ever talks about.

Kym Okay.

Stacy It's resilience. It's that ability to bounce back from life's little spills. When things go rough, it's the ability to literally take the turn and go in a different direction. Most of us struggle with that. We get caught in a rut when things aren't going well for us, and it's really important to find a way to bounce back. And if you can't get out of the rut yourself, then you need to lean on your support system, talk to friends, talk to family, go to a counselor if you need to or a spiritual advisor, somebody who can help you get back on your feet, because when you are not on your feet, you can't move forward.

Kym            Stacy, do you find that most people know when they're in a rut or is it more of a discovery that I'm in a rut or I'm living it? What do you find when it comes to that?

Stacy           I think most people would describe it as feeling stuck, and everybody has areas with that. It might be stuck with their weight, stuck in a job, stuck in a relationship that they don't know how to get out of, stuck in a financial bind; and that stuckness keeps us more stuck. It's literally like quicksand.

That's when you really need to reach out to resources and talk to other people and say help me figure out how to get out of this, because as soon as you start to feel like you're bouncing back, you start to feel happier. And you know and we all know that happiness begins to create more success, more productivity, better health, and so it is literally the rocket ship that takes us to the place that we need to go.

Kym            Yes, yes, yes. My gosh that is big, resilience, I couldn't agree with you more and being able to recognize it. And as you're listening to this today, as you look at your life and look at what's happening in your life and are there some areas where you're stuck. I know for entrepreneurs, entrepreneurs really feel they get to a certain level and then all of a sudden they find themselves I can't break through this; I can't break through this. I'm trying to take my business to next level and so they get stuck. Or someone in their career is trying to figure out how am I going to get this promotion, how am I going to get this level and it's not working.

I think the biggest thing, and you'd know this from your family counseling and marriage counseling, is in relationships that stuck feeling is really ought to be something that as you're counseling people and giving them ideas of ways that they can bounce back in their relationships, it's got to be a real challenge for people.

Stacy It is and a lot of times people just want to give up or they get angry and that's the wrong attitude. The right attitude is to fight for what you want. The day you give up is the day it stops happening, so you have to put in the energy, reach out to resources and people that you know that can help you and figure out a way to move forward.

Kym You know, Stacy, I'm going to ask you. I'm going to go offline here just for a second, but what do you say to people, let's stay with relationships for a minute, because we know that happiness and your social connections and the depth and breadth of those relationships it's so critical to this. It's a core component to happiness. What advice can you give us for anybody right now that's saying this, I wish my relationship was better, I wish he loved me more like the way I want to be loved? I wish she understood me better. What would you say to help people in that state?

Stacy The first thing that I would say is make sure that you're communicating whatever it is that you think isn't right in your relationship in a really nice and positive way. If you feel like you've already done that, which is what I hear a lot, I really think of a relationship as a teeter totter. If anyone has ever been on a teeter totter, it's that thing that where one

person goes up, the other person goes down. In a relationship it's very much the same way. You have to change the teeter totter, so if you're on a teeter totter and you start going faster, the partner on it is required to go faster or get off. If you start going slower, they have to go slower. It's really important for you to take some power back into your relationship and say to yourself what can I do to make the shift? What can I do to make this person change? Empower yourself to start complimenting your partner more, compromising with your partner more, getting along better with your partner. And you will see within a period of days when you start to change, they will change as well.

Kym Yes, I can tell you right now we want to bring you back just to do a whole *Wake Up Happy* around relationships and love and happiness.

Stacy We totally should because you know what it's a heck of a lot easier to wake up happy if you are in a good relationship.

Kym Yes, yes, and that's a choice, too, isn't it? That's a choice, too.

Stacy Yes.

Kym Okay, let me ask you in the January issue, the upcoming issue of *Live Happy Magazine*, that entire issue is dedicated towards passion; and you're upcoming article is about living a passionate life. Why do you feel that is so important?

Stacy I think it's really important because the kind of passion that I'm talking about is it's sort of the gas for your car. It's the fuel that you feel that keeps you going, and so I really encourage people to find something that they love to do that they feel passionate about. It can be anything. It can be cooking. It can be hiking. It can be spending time with your children or friends and make sure that you bring that into your life in some way every day. Because people who feel passion feel happiness, and people who are happy are healthier, more successful, more productive.

Kym Yes, would you just get on your soapbox for a minute about the benefits of happiness? It's very important that people understand the residual effect why happiness being there in the beginning is so critical for what you said your business, your life, your personal life. Can you share a little bit more about that?

Stacy Yes, let me first say that there are piles of research to back up what I'm saying. It isn't just my 20 years of experience; it's piles of research that show that you will live longer and you will have a healthier body if you let yourself be happy. There is tons of research that says that you will be more productive in your parenting, in your relationships, in your job, and your finances, if you are feeling happy. And you will also be more successful in any area of your life, so throw out an area to me and I can say to you yes, yes, yes, there is nothing that happiness doesn't power.

And so it's so important that we find it and it's part of what I love about this whole *Wake Up Happy* thing because if you can wake up in the morning and you can find some happiness, then you know you're going to be healthier that day, more successful and more productive in every area of your life.

Kym Yes, beautiful, beautiful. In your book *How to Be a Grownup*, I love your four Cs. Will you share those with the audience your four Cs and how they work?

Stacy Yes, I was talking a little bit about relationships earlier and saying that it's really important that we work on our relationships; and so part of what I did is literally come up with what I call the four Cs of relationship. So the first one is consider and what that is is you need to consider your partner; you need to consider your partner's happiness as much as you consider your own.

The second is compromise. I think we all know what that is. You have to find the middle ground on as many things as possible. It can't always be your way or his way.

The third is comfort. When you are in a relationship, you're supposed to find your comfort there. It's not supposed to be the place that makes you unhappy or anxious. It's supposed to be the place where you have a soft place to land and arms will be put around you. I encourage people to do that.



And lastly compliment, it's really important that your partner make you feel good and you make your partner feel good. Compliments are something that go a long way to making us happy.

Kym Yes. I love that consider, compromise, comfort, compliment; that's great. When you are having or going through those moments when you're having a tough time, what do you do? I'm always curious about the experts of how you navigate yourself through those moments when you're not particularly happy today or this particular moment. How do you navigate through that? What are your tips?

Stacy I literally escape into something that I love to do and for me it might be turning on a really trashy reality TV show because it's something that gets my mind off of whatever is going on. I also love baking and so I'll go bake cookies or something and if I don't feel like eating it myself because I'm trying to be healthy, I will bring it to work the next day or give it to some friends. I guess the real answer is I turn my focus. I turn my focus onto something I love. I'll go sit with my kids and put my arms around them and one of them is off at college, so she doesn't make that very easy, but it is. It's about turning your focus onto something that makes you happier.

And then I think what I have to do is then after I'm starting to feel a little better, I think to myself what can I do to fix whatever it is that has made me unhappy. I believe in fixing.

Kym Right, right, exactly. Different people deal with this in different ways. When you're starting to have thoughts that you know are not supporting you and what you're about, do you say anything to yourself? Let me give you an example, Stacy. A good friend of mine told me what his technique was and I said, "What do you do when all of a sudden some stinking thinking starts to come into you?" He said I say, "Cancel, cancel." I thought that's interesting, so I started doing that. When I started having a thought that wasn't supporting me, I would say to myself cancel, cancel. Come on Kym, you got to get out of this, move to this, and it really works for me.

I'm just curious, do you have any kind of like little thing that when you start to go down there or do you just automatically move into those areas like baking and watching—

Stacy No, no, yes, listen like cancel, cancel, I say don't go there when I'm talking to myself. Don't go there and then I literally tell myself think of something happy, think of something positive. I'm one of those people that if you tell me that you hurt your arm, my arm starts to hurt. I'm such an empathic, sympathetic person I have to say to myself don't go there. Your arm feels good. You just used it yesterday at the gym; so to me, it's the don't go there or cancel, cancel and then a positive thought.

Kym We can have some fun with this, guys. Go to WakeUpHappy or go to our Facebook page, but I want to know when you start to have some stinking thinking or some thoughts start to creep in there that you know these are not good for you, what is your word? So I love

yours, don't go there. I love that just nice and simple, don't go there. Mine is cancel, cancel, so I'm just curious to know what yours is, everybody else out there, share that with us. I'd love, love, love to hear it.

Someone sent in, we got a lot of different questions, but our time is limited here, but someone says what about if you are on your own. You are single. You're by yourself talking about just—you don't have a partner that you've got to worry about, but do you have any tips for those people that are just alone, single, that needs some support and sometimes really just feel all alone?

Stacy That is such a great question, so first and foremost, it's some of the same element of really accepting and loving yourself and also doing things that you're passionate about and that you love; but there's an added component. Now I'm going to say that I think this component is important for everyone, but particularly important for people who are single or who feel alone; and that is you need to rally your support system. You need to find your people. You need to create your team and it doesn't have to be an intimate relationship. It can be online support and friends. It can be friends at a book club and so part of what you have to do is get yourself out there. You have to sign yourself up for things. You have to go meet people.

When I was single and alone one of the things that I liked to do is get every single person I knew had to bring a single person and we had a potluck, and so everybody had a chance

to make friends. And a few people were trying to match make people with their friends, but it is literally about rallying your support system.

Kym Yes, Stacy, let me throw this into the mix, too, I think also thinking of ways you can give back and get involved with some charity or something, something that's bigger than yourself.

Stacy I love that, and by the way, it's a great way to have support. People connect with common interests, so if all of you are involved in the same organization giving back, then you have a common bond. You have things to talk about and work together on and those things make people feel good.

Kym Yes. Stacy, you are just wonderful. You are so much fun just to talk to. My gosh, I just want to go on and on. Stacy, what I'm going to ask you to do is we're going to have at the end of this I'm going to share with everybody a few cool things for the holidays that I think everybody is going to really like, but at the end I'd like for you to give everybody if you only do one thing today, so just think about what you want when everyone hangs up and they move on with their day, what you want them to do.

What I want to share with everybody is if you're not part of the Live Happy movement, we want to ask you to be a part of this with us and subscribe to the magazine. Just go to LiveHappy.com. What we're doing right now is one of the benefits of Live Happy in other

words that all of the subscribers are able to participate in *Wake Up Happy*, but we take it a step further and that is this call is recorded. We also have an artist doing and creating an info graphic, a beautiful one page info graphic, graphic notes really a depiction of this with all the best tips and you'll get that. These calls are all transcribed.

We send this information to you when you're a subscriber of Live Happy, so I just want to say to you we'd love for you to be a part of this, because you make a difference. It's only going to be through us, us people, us happy people that we're going to make this world a happier place, so I want to just encourage you to be a part of that.

Now here are the cool things. Because we've got the holidays here, I want you to know about our Live Happy notes. We were looking for a way that you could carry something in your purse, your bag, guys in your suit pocket or whatever the case may be, but we've got these post-it notes that have ten handwritten statements on them and they repeat every ten they repeat, so it's literally a post-it note, but it looks really cool. Britney has got it up on the screen right now, but they say different things like, "Someone in the world is thinking of you right now," or "You are loved and appreciated," which by the way I find the two things that people feel, Stacy, I'm curious if you agree with this statement here. I find that the two things that people seem to feel the greatest lack of is lack of appreciation and lack of gratitude for what they do.

Stacy I agree 100%, both from the self and others.

Live Happy LLC

4006 Belt Line Road • Suite 120 • Dallas, Texas 75001 • 214.414.2985 • [www.livehappy.com](http://www.livehappy.com)

Kym Self and others, and there's one little note that says, "You are loved and appreciated." I got to tell you I put that note at a restaurant. I left a tip and put that note on the tip, you are loved and appreciated, and I saw the person pick up that tip like in both hands like he was holding it and was just staring at the note. I've never seen anything like it.

Stacy I love that. I'm going to steal that idea.

Kym You know so anyway, so we have those happy notes. We have our new Live Happy 50 *Happiness Facts and Quotes* book, which is phenomenal. It's like giving people the gift of happiness in a book. And then we've got all of our Live Happy apparel line, great stuff. You've got to see it. This is all at Live Happy, but here's the big news. It's 15% off all products and free shipping when you purchase \$25 or more from the Live Happy store and you enter this discount code. Now this is a toughie; this is a toughie. The discount code is WakeUpHappy, WakeUpHappy that gets you 15% off and free shipping when you purchase \$25 or more, okay?

Now the other thing Stacy gave us was a great quote. I love this, Stacy. The best relationships are those where both people put each other's happiness equal to their own. God, that's nice. The best relationships are those where both people put each other's happiness equal to their own. That's just fabulous.

And tomorrow I want you to know we have Jay Kumar, *Wake Up Happy* tomorrow with Jay Kumar. Your brain is wired for happiness and we're going to talk about brain therapy and how the brain works and how the role that plays in all of your happiness.

So with that, Stacy, I'd like to hear your charge what do you want us all to do when we hang up and start our day today?

Stacy I opened this conversation by saying that I believe the foundation of happiness is self acceptance, and so what I want everyone to do is think of three things that make you happy about you. It could be that you're a quick typist or you have great eye lashes or you're great at choosing the right top to go with the right pair of pants. Write down that list. It can be in your phone in the note section or on a little post-it and carry it with you, so you can remind yourself of the things that you love about yourself when you're feeling down.

Kym That's great, love that, love it. You can count on it; I'll be doing it. Stacy, thank you so much for giving us the gift of your talent, your ideas, your strategies, your insights, you're beautiful. We appreciate you and we feel awful grateful.

Stacy Thank you. Have a great day.

Kym You too, bye, bye for now, everybody.

