

EPISODE 12: HAVE ENERGY

- Speaker 1: [00:00](#) You're listening to the bipolar now podcast, episode 12. Welcome to bipolar now the weekly podcast for doing life on your terms, not the illness. And now here's the host of your show, Mike Lardi. Well, hey there, welcome. It's Mike with you. We got another episode actually kind of a special episode. It's more of a mini training than a discussion. You know, I like to do these every so often and it allows me to go further into a topic that a lot of you all are interested in as listeners. And so today I thought it would be cool to bring my lifer Daniel back on board and maybe ask him a few questions just about what he sees around this idea of how important it is to manage our energy levels and how that can actually be accomplished. And I thought it would be a great thing for you to see.
- Speaker 1: [00:51](#) Um, what he looks at is he observes me, you know, we do life together, we work together, we're friends, we meet quite often, at least once a week. We see each other. And so Daniel, I think it's just great that I have you here with me to be able to explain like how important it is to have consistent energy when you have a bipolar disorder. So thanks for being here. Yeah, no problem. What up everybody looking forward to answering these questions for you. I love it. So balanced energy is what I'm going to take them through in the training today. All right. Once we get through with this little part here, um, balanced energy is something that is so elusive. It's down, it's up, it's depleted, it's over revved. It's okay. It's not okay. It's, it's something that's like, I mean, in every person's life we can say that we have ups and downs and ebbs and flows and I'm sure you could, you could attest to the fact that you get tired.
- Speaker 1: [01:41](#) Totally. Yeah. And there's a lot going on in your life and the stress levels of a contemporary lifestyle of go, go, go. That all works into the picture as well. So we're going to address that in the show. But I thought, you know, there's such a challenge for someone like me. For someone, like maybe our listener who has bipolar such a challenge to keep that balanced energy. It's like, it's like the Shaver, you know? Um, I have actually been using an electric shaver for a long time now it's call me lazy. Right. And so, but what happens is sometimes I don't remember to connect it to the wall charger. Okay. And the battery charger. And so I go to flicking on and I'm shaving for like a minute
- Speaker 2: [02:19](#) a
- Speaker 1: [02:22](#) when it dies. Yeah. You know, then you gotta plug it in. And a lot of times like I feel like I'm only plugging in my battery for a minute or two or four. I need to use it again. Yep. And we're always working on like that quick charge. Like my shaver has a quick charge mode, so if you like hook it up for five minutes, you've got basically what seems like a full battery. Yeah. And

EPISODE 12: HAVE ENERGY

that's totally like how I kind of look at contemporary life. So in today's episode, I'm going to take our audience through how to get away from the five minute charges all the time so that you're not constantly running on a depleted battery. But you know, you've seen me and most of my energy spectrum, right? Absolutely. I mean, you probably haven't seen, I know you haven't seen the for sure high, high highs, like the extremes and you for sure haven't seen the low, low lows, only heard about them.

Speaker 1: [03:04](#)

You hear about them and I only lived through them, you know, crawled up in bed with my thumb in my mouth because that's just how it goes. So you don't see those. Yeah. But you see pretty much everything in between. Tell our listeners like, how often do you perceive me as looking, sounding depleted? Well, uh, I think that question has two contexts. Um, I would say just in the last two years, Mike, that your mental health and overall just physical health has improved so greatly, uh, that now I would say I only see you depleted like maybe a couple of times a year. But if you go back to even just two years, Mike, I think I was seeing you depleted maybe as much as once a month or even or even more so until you really started learning healthy habits like we've kind of talked about in some of the other episodes.

Speaker 1: [03:58](#)

Right. So it's definitely been better recently. Well, a hundred fold better. I mean really almost almost that because I don't think that I see you now. I will see moments where I can see on your face that you're tired from the day or maybe we have a meeting together with some other people and I can see that it's been a long, hard day for you whether you've been working your business or another job and you're physically tired, but the type of depletion I think you're talking about is more than physical depletion and that type of depletion I see. Very rare in you now. Right? It's like a spiritual and emotional full depletion in addition to the physical reaction. Yeah, exactly. And those tend to only happen when I am under a, an unusual, really high amount of stress. Yeah. This past week would happen to be an instance.

Speaker 1: [04:44](#)

Um, our audience that was on Facebook got to see that firsthand. I kind of explained where that was coming from. I saw that too. And so it was amazing for me to see you like even yesterday morning at Church and to, I walked in there with low energy and then by the time I got in the room and I got around all our friends and we were talking and things started moving. Like I just kind of snapped right out of it. And the rest of the day I had calm and very enjoyable energy and that was just incredible for me. So yeah, the things we teach on this show, their real life stuff. Yeah, definitely. How about this? How often do you perceive me as the other end? Not Depleted, but amped

EPISODE 12: HAVE ENERGY

up. And you know what's interesting, Mike? I would say that I rarely see you amped up in either context.

Speaker 1: [05:27](#)

So if I go back a couple of years when I used to see you very depleted, I think it was a rarity for me to see you amped up only maybe on a rare occasion where I would see you on stage teaching something, what I really see that engine revved, you know, to the, to the red line. Uh, so I never really saw that often where I, where you were really revved up. And now today I would say it's even less. Like I feel like your balance is very, um, very on a track, on a very straight and I'll see you with moments of more energy or, or moments of less energy. But um, as far as being really amped up, I would say maybe twice a year. Can I sense an, a place where you're going to maybe an unhealthy level of, of high energy? Hmm. Yeah.

Speaker 1: [06:13](#)

In I would say probably about the same in the past as well. Just cause I don't think I saw it then. Yeah. One thing I want our listener to hear is I can live with that. Okay. That's a good story for me. Okay. It's never going to be perfect, but I can live with the once or twice a year. Yeah. And it doesn't take me away from what I want to do and the person I want to be in the way I want to present and show up. You know, we talk about that a lot. It's like it's all in how you show up. Yeah. You know, you are encouraging us as a staff recently and you're like, just show up joyful. Like it's not that hard. Yeah. Show up. Do it. Drop the baggage at the door. Yes. Come in here. Let's be joyful.

Speaker 1: [06:50](#)

And I think that that's a good way to do it. I mean, it's not fake know. Literally yesterday I walked in with all this anxiety on my heart and I walked out almost completely free of that. Right. And that is a powerful testament to the ability to switch the mindset, right. And the attitude of the heart. And so I think you for initiating that in me. I thank you for initiating at us as a staff and I can't wait to see where that pans out and what that can accomplish for us this year. So thanks for stopping by the House today. I appreciate that and we'll be seeing you soon. Yeah, my pleasure. Talk to you guys later. All right

Speaker 3: [07:23](#)

[inaudible]

Speaker 1: [07:34](#)

so here we go. I brought Daniel by to help me give you a more complete picture because I have not aced this stuff overnight and neither will you. So instead of getting into a very detailed training, what I'm actually going to do today is give you more like the overall picture, like a movie plot. And then inside of the plot I'm going to sketch out a few stories for the here so that way you can get an idea of what the movie is going to be like. And I'm just saying this because this isn't, you know, the finished or edited or color corrected film. It's the version that the

EPISODE 12: HAVE ENERGY

director's team and I were working on and we're ironing out the details before we start the actual production, which means that I'm going to share some stuff in here that you might want to run by your doctor.

Speaker 1: [08:21](#)

Uh, like specifically on how I use caffeine for instance. I'm not here sharing anything that's clinical or thoroughly researched and this is definitely not a therapeutic intervention or anything medical at all. So that means if you jump on some of my practices without talking to your doctor or your nutritional therapist, then you are taking on your own risk. I am not the professional in your life. I'm the voice between the visits, your professional team, they're the ones that have the training. I just have the real world, real life tested methods that me amazingly well. And I'm at a place where the research hasn't completely caught up yet. So just keep that in mind today. Okay. And also another thing to keep in mind, especially when we're talking about raising your energy levels or balancing them out, is that if you have chronic or debilitating low energy, and I'm talking about like every day you have major big time struggles with you know, having enough energy to do what you want to do, if that's your reality than it is cause for concern.

Speaker 1: [09:30](#)

And you should definitely see a medical professional, maybe your hormones are out of whack or Nazi recruiting properly or maybe your medications are causing problems with your other bodily functions. Like maybe an underactive thyroid I'm saying is I know and I'm always being tested for my blood levels because it's a known side effect of my particular medications to mess with my body functions and have some kind of impact on my internal chemistry is going on. So I'm saying all that just because you could try every single thing that I share with you today and well it would hardly make any difference. I mean, if something bigger is going on with your bodies and the things I'm telling you today, they might not make a difference. So just remember, it's nothing to be ashamed of. Just book an appointment with your doc and let them know exactly what's going on with you and they can help you take it from there.

Speaker 1: [10:25](#)

Almost everything in life has a solution, even low energy, so fight for your quality of life and don't let it stay in the dumps. If you don't hear anything else in this episode, just remember to stay in the fight for your best quality of life. Okay, so, okay, there's one last thing we need to consider before I jump into the training and that is the subject of sobriety. I know this basically goes without saying, but being clean and sober gives you the greatest chance at balancing out your energy. And I'm not ignorant here. While I've never been addicted to drugs, I am close to several friends and even family members who are, and it's a mess to try and get stable while this addiction is just

EPISODE 12: HAVE ENERGY

playing in the wild. I mean is it even possible to get stable? I don't know. Probably not. But I can speak from personal experience with addiction and that is addiction to alcohol.

Speaker 1: [11:25](#)

And that just your prospects for freedom and happiness, they're very slim here as well. If that addiction is in play. Now not only do I have to deal with the stressors that drive me to drink, but once I'm getting in that zone, it's kind of a crap shoot for how I'll do. I'll either get real aggressive and angry and stomp around for hours or I'll just pass out dead tired and you know it's only seven o'clock at night and that never works out for me, not only me, how am I going to bed drunk, which means I'm not getting any real sleep, deep sleep, but I'm also throwing off my body clock for the entire next day. If I get in a pattern of this, my bipolar will only get more and more stirred up and then well, stuff just falls apart. What I'm really saying is if you have an addiction, it throws the whole game off big time.

Speaker 1: [12:22](#)

So if you know this is an issue for you, then what I'm going to teach isn't going to do you as much good as if you were to be free and clear from these drugs and alcohol. And I know it's a struggle. I know this very well, but now is when you have to get real and get it handled. If you've tried and failed before, then it's time to do something different. What you're going to learn today isn't the solution, but it does show the possibility. So please take encouragement from someone who knows the amount of effort and self control and strategy that it takes to stay sober. But you can do this. You can absolutely do this. All right, so here we go. Officially, what I want to start with is your why. In other words, why do you want energy? If your energy balance were functioning better, what would you want to do with it?

Speaker 1: [13:20](#)

Why make changes to your lifestyle so that you have more usable energy? I mean, what exactly are you intending it for? This is right where we need to start because your answer isn't the same as mine. This one is completely on you. It's not for me to just hand you the answer. Do you want energy for yourself? Are there things that are going undone because you don't have the zip to take care of it or maybe are there things that you want to accomplish but you just don't see how and what is it? Why do you want energy? Maybe you want energy for others. Maybe you have a partner or spouse that needs you to be more present or maybe you're in a season of life where you're raising the little ones and it takes more energy than you know how to generate. Maybe. I mean, maybe you want energy for your work or energy to find better work and I totally get this.

Speaker 1: [14:18](#)

You can get stuck inside a job that doesn't light you up, but because your work isn't energizing, you can barely suck it up

EPISODE 12: HAVE ENERGY

and do your job, let alone go through the hoops of trying to find another job that's on the next level and plus you're dependent on the paycheck. Now, so it's like you have to be dependent on something that causes you to feel depleted. I know how this goes. What I'm showing you today is that there's a plan for you to get off of that treadmill eventually and to take a refreshing quality of life. Whatever you are wanting more energy for, you've got to connect to it. In the download for this episode, I've got an activity that helps you get clear on this. When you connect to your why, every change I'm suggesting will become less intimidating, so please look forward to that as my promise for today's episode.

Speaker 1: [15:14](#)

Okay, so wow, that was a lot of runway to get to the actual good stuff, but I'm confident you're going to love this. What I'm giving you today is what I call an energy loop. I'm going to show you what it is and how you can make it work for you by showing you how each part works together and what it's going to take to maximize each of these parts so that your energy is singing a new song every day. When you read this studies on bipolar disorder, you'll see that a lot of them are starting to examine the impact of daily rhythms on our overall stability. And there's a specific therapy even that's a professionally administered, it's called S, r, t or social rhythm therapy, and sometimes you'll see it as IP SRT where they've incorporated an interpersonal dynamic and that's the IP part. They put that in the work and that's what you're going to be doing in this kind of therapy.

Speaker 1: [16:16](#)

It's interpersonal social rhythm therapy. And now even though today's training is not a therapy, it's right in this vein of thinking. And the reason here is that bipolar symptoms are now being understood as tied to daily processes and sleep cycle. All right, so speaking of the cycle, let's start with the part of the day that most people take as an afterthought. I actually begin my energy production with my evening routine, and this isn't just a random collection of things I do before I go to bed. I pay attention to my routine and have a few key activities of prepping for my food and my water and all my needs for tomorrow. And you know, getting the kitchen cleaned up from dinner time. This is all proactive because the energy I use to prep and clean, I can avoid having to spend that energy tomorrow. And you'll see that I'm all about expending energy at certain times so I can bank up extra energy for the more important places of my day.

Speaker 1: [17:26](#)

And that's the story I'm looking for. The story of my evening routine is the wind that I helped create for tomorrow. And when I say story, I'm being pretty literal. I have a practice of writing in my little journal on my desk and it's a journal of wins because I take a look back on my day and I don't stop writing until I've told three short accounts, three short wins. Meaning as I look back

EPISODE 12: HAVE ENERGY

on my day, what are the three instances where something went incredibly right? And they can seem small, but I find a way to give them big meaning. And this is intentional because when I look back upon any given ordinary day, I force myself into the habit of seeing the extraordinary and this really changes the meaning of things. I can look at a hard day where the construction job was just nuts. It's super difficult.

Speaker 1: [18:21](#)

And I can remember though that my boss said something really encouraging about us working hard together and how, I mean, to me when he says something like that, it's just a total win because the average boss doesn't really communicate that he's happy to be working with you. And because it's a physically difficult and dirty job, I also consider it a win because it's just massively character building. So those go in the journal, it's a tiny journal. So it forces me to be brief, which I like because the time right before bed isn't the time to be journaling extensively and getting my mind all wrapped up. This is a purposely designed activity to get me thinking about tomorrow and to anticipate more incredible things coming my way. So people go an extra step sometimes and they record three wins that they can anticipate for tomorrow. And actually don't do that.

Speaker 1: [19:17](#)

I think today was enough for me and tomorrow we'll think about itself, but that's what I do every evening. It's part of my shutdown right now. It's about to get time to go to bed and what I'm telling you is not all sleep is created equal. By sleeping smarter, I'll be able to tell a better story tomorrow. So right about now, it's dark in the house and for the last half hour I've been letting it get dark. I mean the entire house, no TV, no phone, no computer. Because instead of staying up with this disruptive blue light in my eyes, you know, until I'm too bored to continue, I actually keep somewhat of a regular bedtime of anywhere between eight 30 and nine o'clock and maybe 10 o'clock at the most extreme. Maybe I have a late evening going on, but I'm out cold from 10:00 PM to 2:00 AM and these four hours in the dead of night are where you're going to bank the most money in terms of regenerative sleep.

Speaker 1: [20:22](#)

This is when the body rests your adrenal glands and activates most of your hormones into the bloodstream and through repairing tissues and other cellular damage and actually making you smarter by sleeping. And I'm not just making this up either, this is demonstrated science and knowledge like this is what it means to become your own sleep expert. You know, if you've been following me on my videos that I've been going through the book sleep smarter by Shawn Stevenson who also has this riveting podcast, it's called the model health show. Anyways, I thought I was asleep pro until I came across his work and then I got taught something else. So my encouragement is definitely

EPISODE 12: HAVE ENERGY

pick up a copy. It will raise your eyebrows on how many things we take for granted, especially culturally that are actually keeping us from the sleep we deserve. And of course I don't have to tell you that getting better sleep means getting a better handle on bipolar disorder, either the link between quality of life and quality of sleep could not be more direct, especially for us.

Speaker 1: [21:31](#)

And the thing is we're leaving a lot on the table, so grab that book and it will literally put you to sleep. So tomorrow's a better story. Starts with tonight. Now in the morning I am practically begging for my alarm to ring it. Doesn't that sound so weird? I know. I still think it sounds weird, especially knowing how much of a struggle mornings have been for me my entire life and especially, especially during my downtime when I was living back at home and trying to figure out how to recover from my episodes, I never have had an affinity for mornings other than the natural beauty of the dawn. And pretty much this was my story. I would set my alarm and then when morning came, I would snooze it until I was in danger of being late for work. But I can't even describe the difference between then and now.

Speaker 1: [22:29](#)

I drag for morning energy, maybe only about 20% of the week. The rest of the time I am unable to stay in bed because being awake so freaking exciting. Now there is a mindset and a spiritual attitude of the heart, which I will detail in a minute or two. But by getting my sleep dialed and by getting some tasks already finished the night before, I am fully on the launch pad and ready to rock at my day. But before that can happen, I curb my enthusiasm so it's morning, the light is low and rather than dive right into my breakfast and right into my work, I just sit in the still hours of the morning and I sit and I receive the story of my mornings is the story of an identity that's being formed. So I sit in silence and then I reflect, and this is something that I learned from how I Rod and his book, the miracle morning, that silence is a discipline because I'd prefer to rock some music and move my body because I just have so much energy now.

Speaker 1: [23:33](#)

But the silence, the silence is actually more productive. Sitting in the steel of the morning as the light slowly fills the sky and the mountain birds start singing in the forest. Oh, it's just reassuring. And I need this feeling. I really do because it's easy to start my day with worry even when you have as much energy as I do because I know and I've got some difficult things to do today. I just do. And if I begin by trying to work out all the problems in my mind, then all deplete that rocket power that I need for when I go to get on the launch pad and the next phase of my morning. So for right now it's all about that silence. And then I open a book and that's where I keep a living list of affirmations. Now, affirmations are great for my morning and they are great, great stuff for identity formation.

EPISODE 12: HAVE ENERGY

- Speaker 1: [24:33](#) You know, I never used to get it, why this was so popular, you know, people writing nice things about themselves to tell themselves so that they could feel good about themselves. I mean, does that sound kind of silly? I never really figured out why that's a good idea until I made the connection to forming my identity. So in the morning I'm a blank slate and why write a poor story on that slate or why, right? Why let others write a poor story like morning television? Why let them write your story for you while you're blank and impressionable. I certainly don't. I write my story now. There is a skill that you have to gain for writing affirmations, but once you nail it, it's kind of addicting because the things you want to be said about you people, they actually start making those things come to life.
- Speaker 1: [25:25](#) They make those affirmations real when they notice the changes in you and how your character is really coming online and how you're really starting to serve others. And Geez, I wish you could peek into my affirmations. This things that people say are literally mind blowing to me. I mean, it's hot stuff. It's hot stuff. So yes, a list of living affirmations is definitely worth reading and definitely worth waking up for. And then when that's about, you know what I've written on my blank slate. I always line up about 20 or 30 minutes of just reading and journaling again in the quiet. I never used to do this, but I was always waking up right at the deadline. So really I never had time. Well now that's different and now I'm super bummed if I miss out on that reading and that journaling time. So what you choose to read and what you choose for your morning is important.
- Speaker 1: [26:23](#) It's gotta be something that helps you construct a stronger identity. Now that can happen by reading anything, anything that helps you see who you are in the world and how you want to show up better. So personally, I read the accounts of people who have dared to overcome the odds and do great things. Whether their motivation to win was selfish or not, doesn't matter because success leaves clues and the kind of success that I'm interested in leaves a person more developed, you know, mentally developed, emotionally, spiritually developed, you name it. That's what it does for them. And I want to get stuff done that's beyond my borders. You know, accomplishment is energizing in a sense, but not so much as the change that had to take place inside of me to get that accomplishment. It's, it's like a stretching of the size of my batteries.
- Speaker 1: [27:16](#) Remember how Daniel and I talked about in the very beginning today when he showed up, he said, you know, it's like getting a better battery charge. While I'm saying that working on yourself in the morning is like increasing the size of your batteries so that you can do more with a single charge. And Oh my gosh, I love this. So I'm getting into the stories of others in the morning and

EPISODE 12: HAVE ENERGY

I'm looking for how their story can change mine for the better. I love people that have done the difficult stuff. So if you have accomplished something, I mean anything, anything worthy of a story, then I am naturally 100% interested in you. So yeah, I read and it might be the biography of an athlete or a public figure or business person or it might be the Bible, which I prioritize every day. And the Bible is a trip because it's an ancient book that you can read, but it's also a book that reads you and I find that part endlessly fascinating.

Speaker 1: [28:13](#)

Whatever you want to read is cool as long as it's stimulating to you and it helps you forge that stronger identity. Because remember, stronger identity equals a stronger battery life that's worth remembering because you won't be zapped so quickly when challenges come your way, you're strong in who you are and who you're becoming. And I'm only gonna mention this here quickly because this is not everybody's thing, but strong mornings should include a solid bit of exercise. If you want to be energized when you work out in the morning, particularly if you want to pay it forward to a better and more rested, sleeps night, then workout by lifting heavy weights, whatever heavy feels like for you. You know, I could get super technical on this, but just know that lifting weights, particularly in the morning, is going to have the most impact out of any other time of day to get you sleeping like a baby tonight.

Speaker 1: [29:10](#)

And the same goes for getting a walk outside where you're out and you're getting light in your eyes. The unfiltered morning light is going to signal to your brain and thus to your entire body that hey, we're officially up and we are doing this. Remember that's the story of my morning routine. I use it primarily as a time to get alert and get established in my identity. And then I double the energetic value of my mornings by doing that exercise. So I mean even just talking about this, it makes my heart start to beat faster. And I think you can tell that I just, I love this. This is my spark. It's my secret. This is what ignites my rocket fuel as I move on to the launchpad. So speaking of a launchpad, that's exactly what we're about to pull up to in this part of the energy loop.

Speaker 1: [30:03](#)

The launchpad is your priority work. This is the one thing or two at the most. The one thing that you simply must and I mean must accomplish today, especially if you've been putting it off. When you get in the weekly rhythm of accomplishing your priority task, first thing, first thing in the workday, you will find that all the stuff you hate and avoid that it's not so overwhelming. If you're taking care of Biz, you won't have these tasks pile up on you and bully you. Now, if you have a job that starts in the morning where you basically do the same things every shift or every job, kind of like what I do in my construction

EPISODE 12: HAVE ENERGY

job, then your priorities are already established. You just show up and you do the work. But if you are project based or if you're just starting out and you're trying to get yourself back on your feet, it's a little different and it will absolutely require you to prioritize what you're going to have to do to advance your project or yourself to get to where you want to be.

Speaker 1: [31:03](#)

Now this is where your project management tools, your pm tools or your to do list or your request funnel, that's where all these things come to help you. But if you set your schedule, just remember you simply must prioritize. And then the thing about prioritizing is that you have to do the number one thing that you have to do before you do anything less. The design of this work and work in general is just fascinating. I mean, we all have the same 24 hours, right? But the hours we spend working those hours dictate the story we tell about our gifts and our talents and our abilities. So are yours going wasted or do you see a way to serve and to make a difference no matter who's cutting your paycheck or keeping a roof over your head? If you focus, you can knock out your priority task before noon, which feels like a celebration when you have lunch.

Speaker 1: [32:00](#)

And by the way, I do have lunch. It's just a tiny lunch though. Out on the job, it's just carbs and some water. And if I'm at home when I'm home, it's just a green smoothie and maybe a little protein powder thrown in from my macro count. But my lunches, they're never going to total more than 500 calories. And real quick, I'll mention this in a sec about meals, but I either eat my big meal for breakfast, which is the case for me. If I don't know I'm working from home from day four today, or if I get that big meal at dinner, that's usually a day that I've worked outdoors at. Then my construction, so overall I'm staying within my calorie range every day and making sure that my macronutrients are about right for my weight to maintain. But more than that in a minute, because food absolutely is a critical fuel.

Speaker 1: [32:47](#)

What I want you to hear me say is that you don't have to get food perfect to get your energy dialed in on an impressive level. You just don't. So where are we at? We're at lunch now. Okay. We're midway through the energy loop and lunch is just a mini refuel and then at this point, one thing I love to do is sneak in an actual nap. On the days that I have off from construction and the days that I'm working from home, I will literally draw the shades and dive under the covers for about 20 or 30 minutes. And I am legitimately tired because my priority work is hard. So I knock out in bed and I know it's kind of weird, right? But I stay there until I naturally revive from having almost fallen asleep right in the middle of the day. And then when I wake up it's like, yes, it's, yes, you know, I wake up and I see the clock and I'm right on time to get going again.

EPISODE 12: HAVE ENERGY

- Speaker 1: [33:43](#) And Trust me, this is like, you could basically consider this a miracle because in the past, if I ever crawled into bed tired in the middle of the day, I would not want to get back up and I would not want to do anything at all. So I say yes when I wake up from my nap because the bed has no grip on me. Now if you're at home during the lunch hour or early afternoon, you gotta try this. You can take a nap anywhere between 11:00 AM and 4:00 PM and that won't throw off your sleep tonight. You'll do a quick charge and you'll get it perfect. Now I realized this can't be done with every work schedule, but there it is. Take a nap. Take advantage of this if you can. The story of the NAP zone is one of discipline and anticipation. It's disciplined because with bipolar you have to be careful not to sleep too much or it'll cause you problems that you don't want.
- Speaker 1: [34:38](#) It takes discipline to rest when you're wired from all that productivity. Trust me, especially if you're the achiever personality, you will feel like a bum loser hopping into bed at 1:00 PM but just try this discipline creates the attitude of self control and it creates anticipation because when you wake up, now you're heading into the second half of your day and you're doing things that you know you won't feel as much resistance on. Your priority work is uncomfortable usually, but your non priority work, it only requires a little bit of attention. It's just time to divide and conquer. And this is the easy stuff. You know the stuff that I used to do first because I wanted to feel busy, but as you know, just being busy does not move the needle on what actually needs to happen in order for things to improve. So okay, here we are now in the back half of the energy loop.
- Speaker 1: [35:33](#) This is the section that really flies by and it's going to like these last couple of sections are flying, which is perfect because all my energy that I bank last night and in my morning and my nap, it's all pulling me towards a strong finish. Your non priority work is something you know you have when it doesn't matter what order you do it. As you work through your list. Now whether your list is a mental note or you're actually writing things down, just take this whole time to settle the smaller matters and be a finisher. You know how this feels. If you're a list maker, you knock something out and then you bust out your sharpie and you cross that thing off and it's like, yeah, what? And you get that little dopamine hit in your brain and it's like, heck yeah, I knocked that out.
- Speaker 1: [36:20](#) I'm feeling good. And you have a somewhat somewhat of a long list. That little hit of dopamine can push you right into the next task. Now, not every day has a complex task list, hopefully, but there are days where you really have to get caught up because you just can't lapse on the things that need your attention. I mean, this is how we get into so much trouble and having

EPISODE 12: HAVE ENERGY

bipolar because we say, yeah, yeah, later, later, and then what always happens suddenly something that was due or something that needed to be paid. Suddenly it's in your face and you aren't prepared to handle it or you have to act under enormous pressure. And then when you go from pressure to pressure, you bleed out all your energy in the worrying and the anxiety and the energy loop doesn't work if you don't put any work back into it.

Speaker 1: [37:09](#)

It, it has miraculous effects, but it's not the miracle. You are the miracle. So the story of your work day is about getting things done. It's about being responsible and responsibilities can be heavy, which is why we're at the tail end of our loop and that's our social time. Now this is the time to exhale and this is where the flow of energy begins to reverse. It's when your battery starts to charge its social and yes, even you introverts can get a charge here. Take it from me. Just a few social meals a week can work wonders for you. This is where if you, if you cook your cooking at home, this is where if you grab a bite out, you're heading out on the town. This is where you're making plans with your lifer and that whole crew, you're inviting people over, you're taking people out, you're enjoying your spouse, your partner, your girlfriend, whoever you want, unwind and just be, you have no one to impress.

Speaker 1: [38:14](#)

But you also know that you got some serious work done today. I mean, you nailed it so you're not feeling like you've wasted your time because that can be awkward. You know, when your social time is there and you're sitting with people and you're talking and it just becomes clear that you know you wasted your time today when your friends ask what you did today. I mean it can be so embarrassing, right to say that I basically got nothing done and even though it was a work day and not a day off, and you know, most people probably don't care, but we judge ourselves the hardest and I don't want that for you. So consider all of your productive activities during the day as an advanced payment on the quality of your social time later. Cause if too many days go by where you do nothing to move forward, you know what that does to you and then you find reasons not to socialize, not to go out.

Speaker 1: [39:07](#)

And that's just a bum deal because this is the time of your day for you to kickstart your recharge. This is the spot in your loop that is easily the most enjoyable. I mean why else do you think the bars are so crowded? People want to celebrate and recharge and you can do this at home too. All it takes is cooking a refreshing meal. So I mentioned this earlier and here we are at the end of the training, but it brings up a subject that entire podcasts are devoted to and that subject is food because food is information that the body uses for energy. Now I'm not able to

EPISODE 12: HAVE ENERGY

tell you definitively what foods to eat for your most energetic self because I'm not a food expert and, and I'm definitely not a nutritionist. But what I will say from experience is that consuming whole foods or I guess what is known as clean eating, consuming whole foods for the bulk of your daily calories is a great baseline.

Speaker 1: [40:09](#)

Now you can build tons of meals around foods that have never been processed. And what that means is these foods have their natural, you know, nutritional profile intact. So you're getting more bang for your buck in terms of benefit to your body with these kinds of foods. And the other big plus here is that you can eat less and still feel full. So food is a subject worthy of your investigation. And if it seems overwhelming and yes, I get it, that every expert seems to have a different opinion. But if you decide to invest even a little study in food from someone who combined science with practice and the ease of cooking and prep, it will be well worth your time to be able to know what to eat. And how it affects your energy balance. That is what you take in versus what you burn through metabolism and physical activity and also drink plenty of water.

Speaker 1: [41:06](#)

You can find out how much your body needs given things like your weight and your gender and your activity level. And you know, forgive me for being blunt about this, but when you up your water level, you will go to the bathroom a lot more because it just means that you're hydrating. Well, but you know, I actually kind of find this energizing and I do take multiple breaks during the day, which is the time that I use to refocus if it's a workday and it's just cool. So drink plenty of water for energy. And also on the flip side, because this can dehydrate you, but you can use caffeine and you can use it in a strategic way. Now everybody knows that the energizing effects of caffeine taper off the more you drink and the more regularly. But do it in moderation. And I'm saying take it a step further and do it strategically.

Speaker 1: [41:53](#)

Now, not everyone can drink coffee or red bull or monster or what have you. You know, if you get dizzy or disoriented or you get jittery or maybe you even get manic, then you know you have to stay away from caffeine. You know, if you really must have caffeine, talk to your doctor. But I use caffeine only once or twice a week and usually on the weekends and it gives me just a little bump when I need it. And this is so that I can perform better or be extra alert. And the rest of the time I'm not depending on it. You will definitely not catch me in the Starbucks line for both breakfast and lunch, but you might see me in the convenience store with the little of pow pow for that strategic moment. So just be careful with caffeine, but try it strategically.

EPISODE 12: HAVE ENERGY

- Speaker 1: [42:40](#) So love food, there's the point. Love Food and be social. This is the time of day for that. Be kind to your brain and be kind to your body. Retire at a decent time, like say an hour before your bedtime and then people will just accept that this is you being your most energetic and happy self. You know, people stop asking me a long time ago to hang out late and to drink because they know that I'd rather have a killer two hours of, you know, like 100% real deal, really amazing social time and I would just prefer this over kicking it for a pointless amount of time until everybody's, you know, sitting around watching TV in the middle of the night talking nonsense and you know, it's so late that I basically blown my shot at baking a real night's sleep. Like people know that that's not what I'm into anymore and it's just cool.
- Speaker 1: [43:33](#) I'm not knocking what most guys in my shoes would do, but I've got an energy loop to protect. And once you start trying yours and once you start enforcing boundaries, you're going to see that the trade off is super worth it. Now what about weekends? My personal strategy is to do about a half days, work on Saturdays and let the rest of the afternoon and the evening be completely free form. I dig working on Saturdays, so this is just me, this energizes me. And then my Sundays are just programmed for all out recovery. This is where I hang with my faith community for a bit and this is where I grab a day hike or some time in the water in the summer, you know, and in the evening on Sunday, I have shared this in previous episodes in the evenings. That's where I review my takeaways from the week and including any gains that I might've made in, in uncovering more of my identity.
- Speaker 1: [44:27](#) You know, remember that that morning thing that I do and then last of all Sunday evenings, I map out my work plan and that's going to shuttle me into the future that I want. And the reason that sets me up for an energetic week is that it shows me how much control I actually have over how I'm going to face my many challenges. And Trust me. This is way better than just reacting to everything and not putting yourself in the mindset to actually anticipate your problems and setbacks. It's going to take you way farther. So what can we say? There's a whole lot of mindset going on here and I will be clad to share it with you in future episodes, but it's pretty much baked into everything I've been telling you about and it's a mindset of deliverance, not of me delivering on what I'm responsible for, but of me delivering myself from the effects of a lack of discipline.
- Speaker 1: [45:24](#) The reason energy matters so much to me is that I need it to be delivered. I need to escape and avoid the whirlpools of depression that seem to be around literally every corner and I need to get away from and take shelter from the whirlwinds of

EPISODE 12: HAVE ENERGY

mania. You know the ones that threatened to blow my house over and smash it to smithereens. You know what I'm talking about? That pole is real and the damage is real too, and I want you to avoid that because it truly is in your power. The other thing that's in your power is attitude. Sure. It's hard to turn this around when your attitude is in the dumps, but hard is not the same as impossible. You can do it. There's a spirit of victory and you can access it once you know the way, and that's a component that I'll work into future episodes as well because it's amazing when you can flip an energetic attitude on almost like a switch.

Speaker 1: [46:20](#)

But for now, just get this model of an energy loop. Just get it into your thinking. It's going to take time. It's going to take effort, but imagine the possibilities. That's what's going to pull you through the rough spots that you face right now. And change is hard for anyone and it's double hard when you have this disorder. So please, please, please do not beat yourself up for where you think you should be. Don't feel like you need to be amped up and ready to step up to the challenge. You know, pardon my foul language, but do you think that after listening to me today, you're going to jump out of bed in the morning and start kicking ass? I mean, probably not, and that's nothing to worry about. We are writing a new standard. That's what this show is doing. In a nutshell. I'm writing for you the new laws of freedom and that's what standards do for you.

Speaker 1: [47:18](#)

When you hear me like talking today about this stuff, it literally took me seven years to assemble it. Seven years to do just a single day. Now I'm giving you the outline version in this training and it's something you can refer back to as you experiment with your own tried and true energy loop. But I know, I know, I know this episode sparks more questions than answers, so what I want you to do is jump on over to the bipolar now podcast on Facebook. This is your private tribe of energy hunters and happy helpers and it really is an incredible group of people with this illness who are looking for more. They're looking for better and I'm right inside of this group to help you with your questions. So if there's something in this mini training that you are super curious about, something that sparks your interest and you say, I want to know about that, like tell me more about that.

Speaker 1: [48:13](#)

Then I want you to post it for us in the group and if you use the Hashtag ask, I'll be sure to see it and talk with you and then we can launch a future episode all about it. And this is pretty much my favorite thing. So please come by and give your fellow owners a shout. Also, I've made an activity to help you start to assemble your very own energy loop. It's got a diagram of what I described today along with some plug and play parts for you to see how your version would work. And it's also got your weekly

EPISODE 12: HAVE ENERGY

lifer discussion guide because I want to challenge you to bring this to them. I want them to see not only how simple this is, but also how they could play a role in helping you get your energy levels balanced. Remember a lifer is someone on your critical support team.

- Speaker 1: [49:06](#) They're going to be there in the good times and the bad Daniel dropped by earlier on this show. And I'd love having him around so that you can see how a real life are functions and helps steer me in the right direction because they have an eye on you and they have a love for you and they are 100% essential nobody. And I mean nobody should be without a lifer. So to find this activity, just go to Mike Lardi dot com forward slash 12 and that's where you'll find the link for the energy loop activator so that you can plug and play and see in a visual what I'm doing here to generate all this usable and wonderful energy. Cause I don't want you dragging around from depression to depression. I don't want you dragging from worry to stress, to panic, none of that. And once you stronger, I also don't want you sucked into the whirlwinds of mania where all the damage occurs.
- Speaker 1: [50:02](#) I want you planted right here, feet on the earth and being energized naturally. So like I just mentioned, the starter activity, we'll get you going and it has our weekly questions too, and that's it, MikeLardi.com forward slash 12 and that's the number 12 so that's gonna do it for today. Next episode is one that comes highly requested. I'm going to take a special zoomed in look at our mornings since, as you can tell, a powerful morning is going to lead to a powerful day and it's the perfect jumping off point for what we learned today. So I'll see here. Same time, same place. Adios.
- Speaker 2: [50:46](#) [inaudible].
- Speaker 1: [50:52](#) Thanks for listening to the bipolar now podcast at www dot mike lardi dot com.