



## EPISODE 46: BUILD YOUR SUPPORT TEAM

- Speaker 1: [00:00](#) What's up real quick, I have to give a medical disclaimer. The information in this program is not intended or implied to be a substitute for medical diagnosis, treatment, or advice. You are encouraged to confirm any information obtained from this program or through this program regarding any medical condition or any treatments with your physician. Never disregard professional medical advice or delay seeking treatment because of something you have heard or accessed through this program. You're listening to the bipolar now podcast, episode 46
- Speaker 2: [00:40](#) 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.
- Speaker 1: [00:53](#) Well Hey there. Welcome to a, another episode of the bipolar now podcast. It's Mike with you. And if you're just recently joining us, we've been going through a bit of a mini saga of my recent spell of depression and anxiety and paranoia and all the fun that goes along with having a real life mental illness in real time while you still work a job and a business. And while crisis is brewing in the background. So one thing I want to share with you just briefly because this is going to be one of those shorter episodes of a short tactical episode on how to build your team. And we're going to get into that in just a second. But I think I just would be missing something if I didn't take the opportunity to at least reveal through the events that have happened to me in the way that I'm choosing to process my illness and treat myself and then take care of the situation in the background that's stirring all of this up.
- Speaker 1: [01:50](#) Um, I really does come down to two things and I learned this a long, long time ago when I first got started, this was eight years ago, I picked up a book by Julie fast and she authored a book called take charge of bipolar disorder. For those of you who've listened to me, you've heard me recommend this book endlessly. It's a great beginning book. It's, it's probably one of the best beginner first books you could have on tackling this illness. And so I read that book and I remember her saying this. This is one of the standout lines in the entire book was she always said, make sure you treat bipolar first. She said, whatever you do, make sure you treat bipolar first. And then her and her coauthor go on to explain how you do that. And so that's what I've been doing. I've been taking care of my depression first.
- Speaker 1: [02:43](#) I've been regulating my day, I've been regulating my response to triggers. I've been keeping myself active. I stay socially immersed. That's also something we're going to talk about

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today on building your team is being socially immersed even when it's, which is super, super hard. So you know, I'm not taking that away from you. You know, just cause you don't want to see your friends or your family when you're sick. Um, I get it. Okay. And so I'm treating, I'm treating the illness first is what the point of that book was saying. Treat the illness first and then you can knock down whatever crisis or circumstance or problem or trigger is going on in the background that's causing your illness to flare. And so because this is an illness that's induced by environment and biology and all kinds of different things, it's just, it's, it's gonna happen one way or the other.

Speaker 1: [03:37](#) Something will take place in your life, your disorder will have a reaction to it, and then you get this feeling of being sick with those symptoms. So what I've done is I've treated myself first and then I've gone to work by treating my problems with my attention. And really the hardest thing there as far as knocking down a crisis, you know, cause crises have several layers. And I got into that last episode about how it's not just about my income and my lack of a day job right now. It's, it's not, it's more than that. There's other factors that are combining with this lack of income that's causing this crisis that's causing me to be sick. And so what I'm saying is as I'm treating bipolar first, then I go to work knocking down that crisis by tackling my problems with my attention. And that the toughest thing about that is maintaining a winning attitude.

Speaker 1: [04:34](#) But there's ways around it. There's ways to plug into strength. And this show has been nothing but idea after idea after idea as to how you can do that. And um, literally every episode has been just a chapter out of my developing playbook for what I do to gain and defend my mental health because that's what the whole point of this show is. We're here to gain mental health through different activities, practices, and mindsets. And we're here to defend it and we want to defend it because we want to build a life that we're proud of. And let me be the one to tell you, you absolutely can. Even with a mental illness attached, you absolutely can build a life that you're proud of. And I'm so excited about this show because week by week I get a little sneak peek into people's lives and they're revealing to me that it's true.

Speaker 1: [05:30](#) They're putting a new life together right in front of their very eyes. Their life is changing. And I love this. I love this. So we've said that 2020 is the year of the project and that project is your mental health. And we said two episodes ago that the best thing to do for project mental health 2020 is to find yourself a lifer. And a lifer is a person who is on your team. They're on your

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side, they're pulling for you, they help you maintain that winning attitude that I talked about earlier. A lifer is a GoTo person you can go to when you're sick, you can go to them when you're well, you can go to them when you're worried. You can go to them when you're winning, like a lifer wants to see you regardless of how you're doing. And it's amazing. And so today I'm going to talk about how we do our part. And this was stirred up in part by a great Instagram conversation that I had and this person reached out to me and she wanted somebody else to be doing their part. And I kept reminding her, we can't change what other people do. We can only do our part. And so today I want to spend just a little bit of time revealing the how to, of doing our part to find a lifer. So let's jump right in. Here we go.

Speaker 1: [07:05](#) So maybe you're thinking that you're not ready to build your team just yet. Maybe you're thinking, you know what, I should focus on building me. I've got a lot of work to do on me. I mean, it's pretty endless. So what am I supposed to do here? Like am I supposed to focus on me? Am I supposed to focus on them? Am I supposed to do both? What is the deal here? What are we gonna get to the bottom of this? I took the first year of my recovery and I did focus on building me. Actually, that's a lie. The first year I did nothing because the fallout from my manic psychotic episodes was so great that I literally couldn't take a job. I barely could leave the house. I was frightened to go to the store to buy food. Like it was a nightmare the whole entire first year or so of my original recovery.

Speaker 1: [08:03](#) And so once I recognized that I didn't enjoy living that way, I decided that I was going to start building myself up. And so I was going to focus on me, look in the places where I wanted to get stronger and I started reading books and just consuming content online and it was just kind of a, a slow, slow progress of me building me. What I want to highlight in today's episode as far as building our team goes is that my real turnaround when I noticed an uptick in my mood and my confidence in my ability to think about making plans again cause that is a very real thing. I just want you to know if, if you are right now, you're in a place where you feel like I can't make any plans. I don't know what to do. If I do make plans, I have zero confidence that I can pull them off with any degree of success.

Speaker 1: [08:54](#) I'm stuck and let me just say that I've been there. Here's what turned it around for me. What turned it around for me was all of a sudden I slowly began to focus on others. And that's why I say if 2020 goes by and you don't find yourself a real friend, a true lifer of a friend or family member, like if you don't find your lifer

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this year, your chances of a turnaround are so slim. So slim. What I did was I started with one relationship and that was with Daniel. Daniel Mears has been on this show and he's my buddy. He pastors our church. We've been through a whole heck of a lot together and we have a whole heck of a lot of fun doing it. But, um, he was the first one that I built a relationship with coming out of my massive depression and white, just, I was wiped clean.

Speaker 1:                    [09:54](#)                    I was totally wiped, I had nothing. And so Daniel desired to be friends with me and he gave me a place and a time to do that. And we met every single week. And that was the open door for me, building out my entire support team. Of course I had my family, I had my super core family, had my sister and my mom had my dad, but then I had Daniel and that's really, I noticed a big turnaround. It was like it was a switch in my thinking. It was a switch in my energy, like I got more energy. I started studying again. I started thinking through what kinds of leadership I should get involved in. It was just a whole new place for me to explore and I did that because of that relationship and then it led me to doing that. All I do is just rinse and repeat with other people.

Speaker 1:                    [10:50](#)                    So now I have a gang of lifers and three super core ones and Daniel is still in the core of those lifers and so now everywhere I go it's like I either know somebody or somebody like recognizes me or we have history together or whatever. It's like it's amazing what you can do when you develop that one relationship and let it start to develop a pattern, a new pattern for you. One of the terms that I used early on with a good buddy of mine was a, we were, we were just talking one day at his shop and I was down there and he was doing a bunch of welding and we were just chatting and we were talking about, um, different, like different parts of our lives that we were looking to, um, get a better handle on. And I told him, I said, you know what I'm getting really good at recently is people.

Speaker 1:                    [11:43](#)                    And he said, really? I said, yeah man, like I just get this sensation that I have it so good when it comes to people that I would consider myself to be people rich. He said, dang, I like that word man. People rich. He said, I'm going to remember that. I'm going to, you know, I'm going to start doing that myself. And that really showed me the power of placing others as a priority of building your team as a priority. You know, one day I'm going to be married and my wife and I are going to be a team and she's going to be my Primo lifer. You know, but there's going to be, there's just going to be times where like every single marriage we're going to get in trouble. You know, things are going to

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happen. Maybe you get angry, maybe something, uh, you know, whatever, whatever, whatever it could happen in a marriage is going to happen to me.

Speaker 1: [12:40](#)

I know that for a fact, and I have to remember that it's my team surrounding me and my wife. There's going to be a team of people surrounding us that we can go to to help us stay committed to the standard, stay committed to each other, stay committed to the relationship, stay committed to restoration. When we get in trouble, we need others to help us head in the right direction. And so you can you, can you believe that in my marriage, I'll be focusing on more than just me. So I'm getting practice now. That's why it's all about right now. That's why this show is called bipolar. Now it says, what am I doing now that this mental illness is an active force in my life? So the big idea today about building your team is that a dynamite team. If you have a dynamite team, that means you're going to spend less time freaking out. Does that sound good? I could use a lot of that. I could use a lot less time freaking out and that's my story. That is truly what I have done in my team, our people, and those people are really the only stable thing in my life.

Speaker 1: [14:12](#)

My team is the only stable thing in my life. Can you feel that? Can you feel what that's like? Now, of course, there's so many people on that team and it doesn't just have to be people. For those of you who have a relationship with God, God is definitely on your team. Okay? God is your Primo, Primo lifer, right? Like both my wife and I in the future, we're both going to have God as our Primo lifer. He's going to be on the team. He's pulling for us. He wants us to win. He puts stabilizing elements in our lives. He puts people that that's what he does. He puts his people all around us to stabilize us. That's been my story. That's, that's been the exact reason why when I freak out, I run headfirst into relationship. So let me give you a sample of this just to give you like a, a, a snapshot of what this could be like in a single day.

Speaker 1: [15:17](#)

Last Monday I wrote this down. I said, wow, this is, you know, this is not an unusual Monday. This actually happens quite a bit. So right now I am, uh, unemployed. I'm self employed through my business and my clients. But if I'm not, I'm not employed by a nine to five job. And so in the mornings, sometimes I'll go over to my parents' house and we'll have coffee and it's the morning and it's quiet and there's so much news to share. And this is where I lay some of my rough draft plans on the table and I discuss them and I get feedback and counsel and my mom and dad are just great sounding boards for my ideas, for my dreams and desires. They know me inside and out and they've obviously they've known me since, you know, since I was a little tiny baby.

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So that's, that's just one relationship inside of my team, mom and dad.

Speaker 1: [16:18](#) Then I go to the store. Okay. It's morning time. There's nobody at the store. It's my favorite time to shop for food and who do I run into? But Theresa and she's one of these amazing people that I've had the privilege of working with and now we're buddies. And I talked to her and her husband whenever I see them in the store, cause they're there quite a bit. We've got a lot of kids. And the thing I notice about Teresa is she will always stop, look at me, ask me how I'm doing and she'll ask me with those eyes where it's like you can tell me if you're not doing well and I will. And sometimes I don't have to, but sometimes I do like recently, so this last Monday I bumped into Teresa. She's in the aisle, you know, I can tell she's on her way to get the rest of her food shopping done.

Speaker 1: [17:06](#) She stops, asks me how I'm doing. And then as I share with her all the difficulties that I'm facing right now, she's listening intently. She, she's so just into what I'm sharing and I felt completely supported. Like she came up and gave me a giant hug and said, you're going to make, you're going to make it through this, you're going to make it through this. And I just, I left the store that day thinking, wow, you know, like who, who else runs into the store and just bumps into somebody and has a support session right there in the aisle, in the store. That's being people rich being people rich also means I, I was a, I just champed up to the gas station, Carney, the gas. So I put my, uh, put my car up there and I'm getting gas. I'm getting ready to leave.

Speaker 1: [17:59](#) And who pulls into the gas station? But it's Julie and she's another buddy. She's another mega supporter. She's another person that will always stop, look me in the face, say, how are you doing? And it doesn't have to be okay. And so, you know, I don't, I don't, um, I don't try to exhaust my story. I tried to be very brief but you know with Julie it's like she wants to share as well cause she's has experience facing crisis and she's there to offer me support and counsel. It's amazing right there in the parking lot of the Valero gas station in the morning. Okay. Later after work I go over to the gym. This is being people rich. I have so many people at the gym that I can talk to. They all know my story. They're all pulling for me. It's phenomenal. So Alex is the gym manager and Alex is one of those guys who will text me uplifting songs and jokes and YouTube videos.

Speaker 1: [19:02](#) He's just, he's awesome at encouraging and I just, I have to like stop what I'm doing and thank him. Thank him for listening to

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me. Thank him for sharing with me. Thank him for having wisdom to give to me. He's a support. Alex is a support and then I come home and my landlords have food in a bag hanging on my door and they also have given me gift cards to the market. Kate, Jeff, and Ann. These are amazing support people on my team. I put them there. Okay, this, this was a Monday and it is not uncommon for a day like that to happen because everywhere I go, I'm people rich. I've built relationships. All I did to get this, I'm going to share this with you in just one second. I just, I did the same thing over and over and over again. I just repeated three steps over and over.

Speaker 1: [20:07](#) Repeat, repeat, repeat. I give, I just give, I give first. So yes, I give to myself first. That is true that you do have to work on yourself and my buddy Alex is like, he's a fan of sending me these funny teenage like rock pop songs that talk all about believing in yourself. But you know what? As a grown man, I can listen to that stuff. That's still a message for me. I'm giving to myself first, then I'm giving my attention. I'm noticing others, I'll share more about this in a minute, but I'm noticing others everywhere I go. And then I'm looking for a way to relate to others, to give to others. I'm always giving and my life is an open door until I need to show you the way out. My life is an open door. People, they get it. They get an easy pass at me cause I'm always giving. The thing I have recognized over these last eight years is that unlike the eight years before that, in my twenties where I didn't need anybody, now I recognize that I do need other people. I really do need other people, especially if I'm going to do anything halfway. Good.

Speaker 1: [21:35](#) I wrote this down in my notes for today. I wrote down the word nine 11 and for those of you that can remember that it was a, an era, a very brief era in our history as a country where in recent times we took a stand, um, and there was this phrase and I still see it sometimes it says together we stand. The thing is crisis makes us stronger. It forges bonds, bonds that are not easily broken. And so one of the ways that I look for a chance to build my team is through crisis, not my crisis but someone else's. And now I don't go looking to rescue or fix anybody. That's not the point. People don't enjoy that. It's, that's a totally different, that's a different thinking. That's it's just not healthy. People don't like to be fixed and rescued, but when people are in crisis, they like you to walk with them and they like you to help lend a hand when they stumble and fall.

Speaker 1: [22:42](#) And I love this about human connection. I have a buddy and Oh my gosh, this guy we met again at the gym. Surprise, surprise. You know, there's just so many people there. We met there and

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I could tell you is going through a hard rough patch in life. He was alone. He had his head down and I just struck up a conversation with the guy and one thing led to another and I got to meet his family. And there was a, just a strange situation in his living situation and he was with this girl that they weren't supposed to be living together and it was just temporary, but they couldn't find anywhere else to go. And then the family situation was tense. And so he just, he was kind of like stuck. And so what I did was just come along right next to him.

Speaker 1: [23:34](#)

I gave him rides, you know, he didn't, he didn't have a car. I helped pick up his kids from school. You know, I, I, I was just there to be a bro. And to this day, you know, like we, we went through so much together in the short amount of time that he lived on this mountain that he actually wants to live on this mountain. He wants to somehow work his way up here, move his family up here and have a house up here. All because of what happened when we got together. And a true friendship was struck. It's a great story and it shows you that there's just, there's so many people and so many different levels of people that you can develop this sense of being people rich with theirs. So I've already mentioned the lifers and that's your, your closest super closest supporters.

Speaker 1: [24:32](#)

And of course for those of you who know, um, and have a relationship with God, God is definitely on your life team. And then you've got this other layer and it overlaps. And these are the people you see that are, uh, in a professional setting, maybe a doctor or a therapist, someone you go to, to take care of medical issues or get counsel or help with any particular issues that you want to get a handle on. Like there's professionals and you gotta build that team. And then there's friends and you can, you can have a very broad friend group where you don't, you don't need to be, he's like super buddies with everybody. But it is pretty amazing to like to show up to a place like a gym and, and know 50 or 60 people by name. That's just, there's something cool about that.

Speaker 1: [25:28](#)

And what I want you to do in this, in this episode, if you choose to take me up on building your team and you want to get your life for this year and you want to focus on building this out, I want you to populate all three categories of teammates. I want you to populate the lifer teen. Just get one person this year. That's the one critical relationship this year that's going to help you win. I want you to populate your professional network, you know, experiment with therapy, try senior doctor, you know more often than they schedule you for if, if your insurance allows you to do that. Like I get to see my family practice doctor,

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I get to see her every quarter about every, about three times a year I get to see her and she's just phenomenal. She's so phenomenal. She listens to this show and then there's friends and friends.

Speaker 1: [26:20](#) You can just build, you just build and build and build. And there's like almost no end to the amount of friends that you could have. And that's the people I even count, people that reach out to me like so if you choose to reach out to me through this show or through the podcast, a group on Facebook, if you choose to reach out to me, like I consider you a friend and so many of you have already given me amazing encouragement. I I capture these like these just amazing sentiments and stories that people give and share with me. I capture them, I save them on my phone every morning, I look at a handful and it just puts a huge smile on my face. Cause you guys are on my team too and I'm on your team. Okay. We, we ha we have through this show, not a physical relationship, but we do have any emotional or possibly even spiritual relationship through this show.

Speaker 1: [27:15](#) And I love that. So recognize that you need other people. I need other people. Mike needs a lot of people. Mike needs a lot of help. He needs to have a lot of counsel around him. He wants to spend less time freaking out together we stand. So here's the thing, you need other people. But you need to choose those people and I don't want you to settle. I want you to get quality. So how are you going to do that? All right, well, there's three things that I wrote down for today and these are your three steps. These are the three steps that I just repeat, repeat, repeat, repeat, repeat over and over and over again until, I mean, I mean, I'm already people rich. I could probably be insanely people rich for all I know. I just keep repeating this process over and over and over and it's phenomenal. So what's the first thing you want to do? The first thing that you want to do when you choose who's on your team is you choose yourself and you want to make sure that you are worthy. Now, I know that sounds funny, right? Like am I worthy of me? That's a weird thing to say. Here's what I mean by that. Like, are you living a life that is exciting?

Speaker 1: [28:44](#) Like, yes, bipolar disorder and other symptoms and other disorders, they can all conspire to make your life very unexciting. They can conspire to make your life very tiny. They can conspire to make you hide. Remember we talked about recently on that episode about being able to name your diagnosis and share it and to do that without shame. Okay. I recognize that this is a heavy, heavy, heavy illness and it makes life very unexciting. What I'm saying is, could you find yourself worthy of building an

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exciting life? Are, are you out there leading with value? Are you practicing? If, if you, if it terrifies you, and, and I know this, some people, if it terrifies you to have interactions with human beings, you've got to start by leading with value with that one lifer who is going to be down for you and who wants you to succeed.

Speaker 1: [29:58](#) You've got to lead in their life with value. You've got to show up with good things. You got to make an effort all the way back in. I want to say it was episode 15. It had a really silly title, so I apologize. Um, it was the episode where I talked about being happy and healthy and hot and the hot part was intentional because we talked about how to be an attractive person even with a mental disorder. And that's what I'm talking about here is like make yourself attractive. Make yourself worthy, live in exciting life. I give you permission to live an exciting life and not be scared. So that's the first thing is, is to find the me that is worthy. The second step to find quality people is you've got to go where they go. You got to look for interest clubs. What are you into?

Speaker 1: [31:01](#) What's a club that you could join? What's a local organization? Are they doing anything cool? Are, are there any nonprofits that ring bells for you? Like are, are, are there any enriching communities in your community? Like I'm talking about communities within community, these small, smallish groups of people, you know, they could be enriching, eh, I don't really care what they're enriching. They could be enriching your kids' lives. It could be enriching your faith. They could be enriching your town. The thing to ask when you want to look for where quality people go, like you want to ask, okay, like as I look around this town, who would I miss if these people were gone?

Speaker 1: [31:48](#) Kay and Ian, do you want to go check that place out? Because it's like, man, these people matter to this community. I want to go be a part of that. And then when you get there, you got to notice, okay, you gotta, you gotta notice people like who, who seems friendly, who wants to chat with you, who has something interesting that they're doing? Who's a leader? Just notice. Notice who does it for you and know, okay, that came out wrong. Notice I'm not talking about sex here or who's hotter, who's not? I'm talking about like who does it for you? Like who stirs you up to want to get involved into what these people are doing? Okay. And then hook up with them. That's the third part. Connect with interesting people.

Speaker 1: [32:36](#) And the way I do this, the way I get people rich is I add to other people's lives. That's the value that I was talking about.

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Remember always lead with value. I want to add to people's lives. I want to help somewhere. This is just something that I've learned how to do over the years. I'm not a natural at it. I'm very selfish. I'm very introverted. Um, I'm very like I am, I'm standoffish and I'm also insecure. Like that's the old me. The new me had to learn how to add value and help out and and be a good presence in this new place. So I enrich. I also encourage, this is one of my favorite things to do. So after I start to get to know people, I will encourage them. So for whatever interesting thing I see in them, whatever good praiseworthy, worthy thing I see in other people, I will take the time to tell them and I'll also take the time to text them and I will also take the time to write them letters.

Speaker 1: [33:47](#) And I have a drawer full of all of these custom cool. Just interesting stationary and envelopes where I can just sit down, break out two or three, right to two or three people that need to be encouraged, that need to be noticed, that need to be built up, that need to be lifted up. I have this new skill of encouragement. Okay. It's not my nature. Remember I tend to myself, I'm judgmental. I'm standoffish like that's, that's who I am in my nature, but I have this new skill where I'm an encourager and I'm known like if you get something from me it's, it's going to be a good word. It's just, it's going to be a really good word. I will put a lot of thought into that and then I hand it to the person in the relationship adds another layer of security and it's just so cool to see like piece by piece, brick by brick and building relationships and some of these relationships are like a thick wall and I have this wall of support and protection all around me.

Speaker 1: [35:02](#) It's a wall. That's what it means to be people rich. You've built it up. It's like I don't, I don't have anything in my bank account. Okay, I'm, I'm, I'm money. Poor Mike is money poor. But he's people rich. I'm like a fricking millionaire when it comes to people. I absolutely am. And I, and, and I love it. I did it on purpose. It serves me, it keeps me from freaking out. Like I said, the whole big idea here is less freaking out. And so that's all I do. I enrich, I encourage, I write, I have, I have just this skill built up. And then what I do often is I'll reach out and I'll ask to meet. So connecting with interesting people doesn't happen unless you ask. Maybe occasionally they'll ask you, but for the most part you got to do this yourself and you gotta risk it.

Speaker 1: [35:57](#) So you ask to meet and then guess what? You don't get scared. You actually meet. And I don't care if you have nothing interesting to talk about you, you ask questions about them, learn to be interested in other people. It takes the focus off you.

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It's, it's really, it's just really dynamite. And so when you meet, you're taking a risk. Okay. You don't know how it's going to go. You don't know how you're going to feel. You know, I recognize that I'm sensitive and so, you know, if somebody says something, I have to let them know right away. Is that really what you meant? And that's how I took it. Or you know, it's like we have to work together, you know, in a meeting because I'm, I'm not like, I'm not like the most, um, I'm just not the most talkative person that you'll know.

Speaker 1: [36:43](#) I'd rather do the listening and that's totally cool cause it makes other people feel valued. Again, we're adding value. So you ask people to meet, that's how you connect and then you ask again. So when you're done with the meeting, if that's something you want to do again, you ask for it again, do it right there, right on the spot. Okay. Don't leave and go, Oh I should have asked him if he wanted to meet next week again. Like just do it right there. Get in the habit, get in the habit of asking every single time. So when you wanna get together again and realize you can't do this for everybody, the more your team grows. But for the true like interesting people that you want to cultivate a new level of connectedness with you definitely ask them again. So like I have this guy, John and him and I got together for coffee last week and he's semiretired and I'm semi employed and so the schedules lined up and we got coffee and this is a really solid dude.

Speaker 1: [37:45](#) This is somebody that I could really use his inputs. He's been through a lot, he's seen a lot, he's done a lot of ministry, he's got a lot of leadership. He's just naturally driven. He's another gentleman that I met at the gym and so we just kicked it up a notch and started having coffee together, connecting on a personal level. That's what you do, you connect. It's a constant cycle of these three things. The first thing is finding me. The second thing is going where people go and the third thing is connecting with the interesting ones. You just cycle over and over and over. Repeat, repeat, repeat. That's how dynamite teams are built. That's how dynamite teams are built. It's so cool. Every single person that I bump into lowers my anxiety. It is so cool. I spend so much less of my time in a state of panic and worry because I have so many people all around me that I can just bump into, get a hit of encouragement from and send me like rocketing back on my way in the direction that I need to go to build the life that I'm proud of.

Speaker 1: [39:05](#) It's dynamite. That's how these teams are built. I want to, I want to just end with the story and I told you about Julie and we met at the gas station last week and she said she ended the

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conversation with, well, if you ever need anything, my husband and I are here for you and just don't hesitate to pick up the phone and call us or come over and we'll take care of you. And I told Julie, I said, Julie, that's so awesome. And I just have, I have so many options right now. Everywhere I turn, there's a Julie telling me it's going to be okay if, if things are falling apart you can call me in an instant and I'm going to be there for you. I told her, I said I have too many options and we both laughed cause it's just like that's how our lives are being taken care of.

Speaker 1: [39:59](#) You know, we just, we have this faith that keeps adding more and more people to our lives and she said, I know I'm the same way too. And she giggled and I just love that because I, I know that she, she endures a lot of pain and hardship herself and she has shared a lot of her story with me and we just, we have a, we have a special like brother sisterhood. So you know, she said I had the same thing. I have too many options and I want to just close in light of last episode because in the last episode, number 45 we were talking about anger and anger is one of those things that's going to cut off the possibility of you ever being people rich. What's phenomenal is you can turn the corner, start with one relationship. You know you're going to build your team one person at a time.

Speaker 1: [40:55](#) You're going to build them one, one lifer, one professional, one friend at a time. Why don't you doing all three? But I really want you focusing just on the lifer. You're going to build your team this year and it's going to take away everything that happened that your anger tried to tear down. It is so cool. I want you to look forward to that. I want you to look forward to healing. Why don't you look forward to restoration and connection. All of these things are an incredible source of joy in my life and I wouldn't be without him. So do whatever you can, but make sure that you are becoming a person who is people rich.

Speaker 1: [41:48](#) Do whatever you can to become people rich. This is the beginning of your turnaround and I believe it. Okay, so what up with next week? Well, next week, episode number 47 Ooh, it's going to be a special show. I'm checking this out right now. Okay. Next week is going to be a real special show. It's just for my dudes. But ladies, you're totally welcome to listen. Uh, it's not that guys have it any easier or harder, but it's, it's just different to do this life with a mental illness when your a red blooded male, and I've been hearing a lot more from you guys. So this whole week has just been a, a great like experience of interaction for me. So keep them coming. I'm here for you. You're on my mind. But get ready for a good one and I will see you here. Same time, same place. Adios.

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- Speaker 3: [42:51](#) [inaudible]
- Speaker 2: [42:52](#) thanks for listening to the bipolar now podcast at [www dot mike lardi dot com](http://www.dotmikelardi.com)
- Speaker 3: [43:06](#) [inaudible].