

0:00:09.916,0:00:13.000

Hi. Welcome, everybody, to the Ogden Way podcast, a place

0:00:13.000,0:00:16.750

where we talk about Ogden through the lens and through the stories of our people.

0:00:17.125,0:00:21.000

Today, we're joined by Jodi Brown, a local Ogden resident

0:00:21.458,0:00:25.875

and local Ogden leader and champion and leader of resilience.

0:00:26.208,0:00:27.583

Thank you for being with us today.

0:00:27.583,0:00:29.500

Thank you. I'm honored to be here.

0:00:29.500,0:00:30.958

I'm honored to have you.

0:00:30.958,0:00:33.208

And it's an honor to share your story.

0:00:33.208,0:00:37.583

This is a person, a woman of incredible strength and resilience.

0:00:38.083,0:00:39.541

And you're you're a story

0:00:39.541,0:00:42.166

and an experience that everybody needs to know about.

0:00:42.166,0:00:45.166

Because I think there's something that everybody can learn from you.

0:00:45.250,0:00:47.000

So thanks for your willingness to share.

0:00:47.000,0:00:50.875

I'm happy to do so because I learned from others

0:00:50.875,0:00:54.583

how to move forward through difficult, difficult challenges.

0:00:55.000,0:00:57.041

And I'm glad now that I have the opportunity

0:00:57.041,0:00:59.750

to help pay it forward and share that message with others.

0:00:59.750,0:01:02.750

Well, that is an enormous part of the Ogden Way

0:01:02.833,0:01:03.833

we talk about the Ogden Way

0:01:03.833,0:01:06.833

in terms of it being an ethos and spirit that drives us.

0:01:07.541,0:01:09.000

But it's about us.

0:01:09.000,0:01:12.166

It's about people,

and it's about making sure that we

0:01:13.375,0:01:16.666

own our  
circumstances, but that while we do that,

0:01:16.666,0:01:20.000

we lift ourselves and we make sure  
that we lift those that are around us.

0:01:20.125,0:01:22.166

And so you're a big champion of that.

0:01:22.166,0:01:24.291

And I know that your story  
is going to help to do that.

0:01:24.291,0:01:27.791

Including the stories that are,  
shared through your book.

0:01:27.916,0:01:28.958

This is your fifth book.

0:01:28.958,0:01:31.041

Yes. It's called Depression Fighter.

0:01:31.041,0:01:34.125

And, but before we get to that,  
let's just get to you for a minute.

0:01:34.750,0:01:37.500

Tell us a little bit of a baseline,  
some background

0:01:37.500,0:01:41.083

that people need to know about you before  
we start talking about this, your story.

0:01:41.083,0:01:45.500

And, in ways that they can learn  
from your experience.

0:01:46.000,0:01:49.958

My background,  
basically what it comes to is I was living

0:01:49.958,0:01:54.708

my white picket fence life, married  
to my best friend who I met in college.

0:01:55.125,0:01:59.958

And, I was new to Utah  
when I came out here for school.

0:02:00.458,0:02:02.708

And so I was not that familiar  
with the area.

0:02:02.708,0:02:04.541

And so when I met this man

0:02:04.541,0:02:08.083

that I fell in love with,  
and he told me all about his hometown

0:02:08.416,0:02:11.291

and where we were going to go visit,  
I had the opportunity to come

0:02:11.291,0:02:15.666

to the glorious, amazing city of Roy,  
Utah for the first time.

0:02:16.083,0:02:20.541

And I remember coming here  
and he drove me down Washington Boulevard

0:02:20.541,0:02:25.083

for my first time in Ogden under the sign  
where it says it Pays to live in Ogden.

0:02:25.541,0:02:29.625

And, that was at a time where Ogden  
was in a little bit of disrepair.

0:02:30.083,0:02:31.750

And at the time, I honestly thought,

0:02:32.958,0:02:34.000

I don't know if you could pay

0:02:34.000,0:02:37.000

me to live in Ogden in the state  
that it's in now.

0:02:37.000,0:02:39.916

And yet we ended up moving to Ogden,

0:02:39.916,0:02:44.916

and now we have been here 28 years,  
and I don't plan on going anywhere

0:02:45.166,0:02:49.541

because this is a town  
and unlike any other in the area.

0:02:50.250,0:02:53.500

So we settled in here,  
started our careers.

0:02:53.750,0:02:54.708

We both started it.

0:02:54.708,0:02:57.791

lomega back in the day when,

0:02:57.791,0:03:00.791

tech high tech was taking over  
Weber county.

0:03:01.041,0:03:06.250

And then I moved on to do what became  
essentially my first career in fundraising

0:03:06.291,0:03:11.166

at McKay-Dee Hospital and then at the  
National Center on Shaken Baby Syndrome.

0:03:11.166,0:03:13.250

And then for Weber  
Health and Human Services.

0:03:13.250,0:03:17.083

I just really got into the philanthropy  
side of things, and

0:03:18.041,0:03:21.333

a few years  
in realized I had actually checked off

0:03:21.333,0:03:25.416

all of the boxes on my  
to do want to accomplish in life.

0:03:26.125,0:03:29.833

I was married,  
had four kids living my white picket

0:03:29.833,0:03:33.541

fence life with my husband, had gotten  
my bachelor's degree, my master's degree.

0:03:33.833,0:03:37.458

I was running a nonprofit charity  
that I loved, and I thought,

0:03:37.458,0:03:40.250  
my life is pretty good.  
Maybe it did pay to live in Ogden there.

0:03:40.250,0:03:43.583  
Maybe it did pay to live in Ogden  
after all.

0:03:44.208,0:03:46.916  
And, then

0:03:46.916,0:03:51.333  
I started having what I now  
recognize were symptoms that at the time,

0:03:51.333,0:03:55.041  
I wasn't sure what was going on,  
but I started having issues.

0:03:55.041,0:03:58.541  
Dizzy spells, vertigo ringing in my ears.

0:03:58.541,0:04:01.375  
And I went to the doctor  
over and over and again.

0:04:01.375,0:04:05.416  
And after months of trying  
to figure out what was going on,

0:04:05.833,0:04:09.500  
I was diagnosed with a brain tumor  
between the end of my ear

0:04:09.500,0:04:11.208  
canal and wrapping around my brainstem.

0:04:11.208,0:04:15.000  
So everything changed in that moment,  
in an instant.

0:04:15.000,0:04:16.041  
In an instant was

0:04:17.041,0:04:19.208  
like one of those scenes on a movie

0:04:19.208,0:04:22.666  
where we walked out of the doctor's office

0:04:22.666,0:04:25.666  
and I literally collapsed  
into my husband's arms and.

0:04:27.583,0:04:29.041  
Had that moment of,

0:04:29.041,0:04:32.041  
how do we go home  
and tell our four little kids

0:04:32.125,0:04:34.708  
that the doctor just said,

0:04:34.708,0:04:36.875  
I'm sorry, but I won't touch you.

0:04:36.875,0:04:39.625  
You're inoperable. It's too far.

0:04:39.625,0:04:42.125  
Too much, too much, too much.

0:04:42.125,0:04:46.291  
And that was at the very hospital  
that I had worked for ten years.

0:04:46.291,0:04:49.375

And where these were my people  
and my friends, it was

0:04:51.000,0:04:53.875

devastating in a way  
I had never experienced before.

0:04:53.875,0:04:56.875

But ultimately you did find someone  
that was wounded

0:04:57.125,0:04:58.708

to touch it, to take it on.

0:04:58.708,0:04:59.916

And we did find someone.

0:04:59.916,0:05:05.041

And even the way  
in which we found someone is somewhat of

0:05:06.750,0:05:08.458

the purpose of the podcast.

0:05:08.458,0:05:09.541

It's another example of connection.

0:05:09.541,0:05:12.291

It???s another example  
of one of those touch points.

0:05:12.291,0:05:15.083

So my personal motto is

0:05:15.083,0:05:19.208

every interaction is an opportunity  
to change your life, because that's

0:05:19.208,0:05:24.250

what I've experienced in the 15 plus years  
since my brain tumor experience.

0:05:25.208,0:05:29.458

And the case which led to finding  
the surgeon to save my life,

0:05:29.791,0:05:34.833

was when someone at my husband's work  
overheard the conversation, overheard.

0:05:34.875,0:05:35.458

Oh my gosh.

0:05:35.458,0:05:38.458

Tom's wife  
has been diagnosed with a brain tumor.

0:05:38.541,0:05:40.875

She took a chance

0:05:40.875,0:05:44.375

and she went up and just said,  
I don't know where you are.

0:05:44.541,0:05:49.500

I don't know what you have found out what  
your plan is, but like our best friend

0:05:49.500,0:05:53.708

is he's a neurosurgeon at the University  
of Utah and Huntsman Cancer Center.

0:05:54.291,0:05:57.583

And maybe you don't need this,  
but just in case you do,

0:05:58.291,0:06:01.291

I made a call and I asked him  
if he'd be willing to see your wife.

0:06:01.958,0:06:04.958  
And so  
if you can get to the hospital on Friday,

0:06:05.208,0:06:09.000  
he'll take his lunch hour  
and he'll see your wife. Wow.

0:06:09.625,0:06:13.958  
My husband thanked his colleague and said,  
yeah, we'll take the appointment.

0:06:14.666,0:06:18.416  
And only when we arrived  
at the neurosciences center did we realize

0:06:18.416,0:06:21.416  
that this doctor had a 4 to 6 month wait

0:06:21.833,0:06:24.125  
to get in for a single appointment.

0:06:24.125,0:06:28.041  
But because his friend called and asked,  
we got it in two days.

0:06:28.208,0:06:33.625  
Wow, that is an incredible  
story about the Ogden Way.

0:06:35.291,0:06:35.916  
Because that

0:06:35.916,0:06:38.916  
human connection is so important.

0:06:39.500,0:06:42.541  
Just and also that instinct

0:06:42.541,0:06:45.541  
that she had in that moment  
to make the connection.

0:06:46.166,0:06:49.625  
There's so many times in our communities  
across the country, including ours,

0:06:50.583,0:06:53.583  
that we have programs  
and resources for people to help,

0:06:53.625,0:06:56.666  
but there's not an awareness  
and a connection to those things.

0:06:57.083,0:06:59.666  
We even might think in our minds, oh,

0:06:59.666,0:07:03.625  
if they knew about this program  
or if they met my friend.

0:07:03.916,0:07:07.791  
But if we don't take the opportunity  
to make that connection and say, hey,

0:07:07.791,0:07:12.541  
I'll do a mutual introduction for you on  
LinkedIn, or let's get on a call together.

0:07:12.833,0:07:13.791  
And that's what she did.

0:07:13.791,0:07:17.041  
She made the call first

and then gave us the opportunity

0:07:17.041,0:07:21.333  
and literally opened the door  
that would have been closed to us.

0:07:21.500,0:07:23.833  
Wow. Any other circumstance.

0:07:23.833,0:07:27.958  
And he was the man that took  
all of my scans.

0:07:27.958,0:07:33.208  
I remember sitting in the office  
and he's staring at the images of the MRI

0:07:33.208,0:07:38.416  
on his screen and slowly,  
methodically looked at me and just said,

0:07:39.541,0:07:40.916  
I think I can do this.

0:07:40.916,0:07:42.833  
There's hope, there's hope.

0:07:42.833,0:07:47.666  
And he reinserted that hope that we had  
started to lose after going from doctor

0:07:47.666,0:07:51.791  
to doctor to doctor who all said, We're  
sorry but you're inoperable. Wow.

0:07:51.958,0:07:53.833  
That's huge. So?

0:07:53.833,0:07:57.791  
So a small act of charity,  
seemingly small, is such a significant

0:07:57.791,0:08:01.791  
act of opportunity  
that changed the trajectory of your life.

0:08:02.458,0:08:03.333  
Absolutely.

0:08:03.333,0:08:06.541  
And that was the first of them.

0:08:06.541,0:08:09.541  
And since then, there have been  
so many more that that's how

0:08:09.916,0:08:13.708  
I came up with that motto of, wow,  
it doesn't have to be big.

0:08:13.708,0:08:15.958  
It doesn't have to be a huge, life  
changing thing, like,

0:08:15.958,0:08:18.291  
I'm going to do surgery  
and save your life.

0:08:18.291,0:08:20.708  
Sometimes  
it's in the very smallest of moments,

0:08:20.708,0:08:25.375  
and sometimes the small moments  
mean a quick interaction, and other times

0:08:25.375,0:08:28.166  
it means

when people are at their smallest,

0:08:28.166,0:08:32.000

when they are going through something  
that's hard or difficult, that's

0:08:32.000,0:08:36.541

when an interaction can be a life changer,  
a lifesaver for them.

0:08:37.125,0:08:40.916

And I saw that over and over  
and over again in my journey

0:08:41.500,0:08:45.083

and decided  
I want to be one of these people and

0:08:46.791,0:08:49.583

truthfully, I already felt like I was.

0:08:49.583,0:08:52.583

But I think it deepened my calling  
because then

0:08:53.500,0:08:55.083

I internalized it so much.

0:08:55.083,0:08:58.791

Being on the receiving end is much  
different than being on the giving end.

0:08:59.291,0:09:03.708

I had literally been on the giving  
end of the charities and the fundraisers

0:09:04.000,0:09:06.625

and for a living. For a living. Yeah.

0:09:06.625,0:09:09.583

And I asked people to come and contribute  
and help

0:09:09.583,0:09:12.583

change these other people's lives,  
these other people's lives.

0:09:12.916,0:09:16.500

And then it was the flip side,  
and all of a sudden I was the patient.

0:09:17.041,0:09:18.541

I was the one in the bed.

0:09:18.541,0:09:20.666

I was the one that needed the help.

0:09:20.666,0:09:22.916

And there's nothing like that change

0:09:22.916,0:09:25.916

in perspective to

0:09:26.041,0:09:27.208

Change your perspective.

0:09:27.208,0:09:27.458

You know,

0:09:27.458,0:09:31.250

I've been calling that something and it's,  
you know, a different perspective. But

0:09:32.791,0:09:33.500

I share this

0:09:33.500,0:09:36.500

with our staff that if we serve others



0:09:36.541,0:09:39.541  
99% of the time,  
they're going to want to serve us, too.

0:09:40.041,0:09:43.166  
And we're not doing it to in order  
to get anything in return.

0:09:43.500,0:09:45.625  
We're doing it  
because it's the right thing to do, right?

0:09:45.625,0:09:46.500  
Right.

0:09:46.500,0:09:48.625  
And that's how most people receive it too.

0:09:48.625,0:09:51.166  
And they want to be charitable back

0:09:51.166,0:09:55.750  
because not because they feel a sense  
of transactional requirement to do so,

0:09:55.750,0:09:57.875  
but because they feel like  
it's the right thing to do.

0:09:57.875,0:10:02.333  
And I call that cycle of service  
to one another the servant cycle.

0:10:02.833,0:10:06.625  
And when you when you see it  
and you feel it, it's really impactful.

0:10:07.208,0:10:10.166  
I mean, it's it's

0:10:10.166,0:10:10.791  
and how change happens.

0:10:10.791,0:10:15.750  
And when you can implement it into teams  
and businesses and homes and families.

0:10:15.750,0:10:17.625  
It changes everything.

0:10:17.625,0:10:21.791  
And so now in the second  
half of my career, in this second

0:10:21.791,0:10:27.625  
chance of life that I've had, that's  
what I do is I go and I help organizations

0:10:28.708,0:10:31.541  
place more value on their clients,

0:10:31.541,0:10:36.000  
their people, their employees,  
whoever they say that they value.

0:10:36.333,0:10:39.833  
I really help them  
improve those relationships by taking

0:10:39.833,0:10:44.083  
the opportunity to have those moments,  
have those interactions have a little bit

0:10:44.083,0:10:49.041  
more vulnerability, be willing to share  
what's going on and serve

0:10:49.041,0:10:52.416  
when you see someone needs to be served,  
because it always does come back to you.

0:10:52.875,0:10:55.875  
So I actually call them S.O.S moments.

0:10:56.291,0:10:58.791  
See opportunities to serve.

0:10:58.791,0:11:01.916  
When you see that  
someone else is having a moment,

0:11:01.916,0:11:03.750  
they're putting out a silent S.O.S.

0:11:03.750,0:11:04.041  
call.

0:11:04.041,0:11:07.041  
That's when you see the opportunity  
to serve, and that's when you step in.

0:11:07.541,0:11:11.833  
And if we can make that more  
a part of what we do on a normal basis,

0:11:12.250,0:11:15.875  
that we step in to help  
when needed, then things don't

0:11:15.875,0:11:19.791  
get to the same level of crisis that  
they were otherwise, I completely agree.

0:11:19.791,0:11:22.833  
In fact, that's  
why we've wrapped our mission statement

0:11:22.833,0:11:27.541  
as a city around service,  
because that's what it creates and it's

0:11:28.250,0:11:31.375  
while we're working, we need to be mindful  
that we're serving each other

0:11:31.375,0:11:32.166  
in the work that we do.

0:11:32.166,0:11:34.083  
We have things  
that we have to do for each other

0:11:34.083,0:11:37.458  
to make sure that we each succeed  
in the work we're doing for 90,000 people.

0:11:38.125,0:11:41.583  
And when we're serving them,  
that's always our mindset.

0:11:41.708,0:11:44.458  
What can we do to help you  
and help them succeed?

0:11:44.458,0:11:47.458  
And so that's that's our mindset here  
and our ethos.

0:11:47.708,0:11:51.416  
I love that because we're ambassadors  
for the city and all that you do.

0:11:51.416,0:11:55.125  
And if you take that responsibility  
seriously, then you know

0:11:55.166,0:11:58.375  
that you are serving people  
in every interaction that you have,

0:11:58.375,0:12:01.375  
even if they come to you mad  
because of what you're doing,

0:12:01.708,0:12:05.000  
you have to understand it from  
your perspective is

0:12:05.500,0:12:08.708  
I need to be a servant in this  
as much as I can and help

0:12:09.083,0:12:11.500  
find a positive way  
through this situation. Correct.

0:12:11.500,0:12:13.458  
And that's  
one of the things that I learned, is

0:12:13.458,0:12:17.250  
even if the situation is tough,  
or the communication

0:12:17.250,0:12:19.791  
you need to have with  
someone is difficult,

0:12:19.791,0:12:22.791  
there are ways to get through it  
in a positive way.

0:12:23.500,0:12:26.833  
And a quick story of

0:12:26.833,0:12:31.583  
when I was in the hospital,  
I had a lot of caregivers.

0:12:31.583,0:12:36.291  
I was I had three brain surgeries  
and a number of complications

0:12:36.291,0:12:37.333  
that caused me to be

0:12:37.333,0:12:40.541  
in the neuro critical care unit  
for 35 days straight, bedridden.

0:12:41.458,0:12:46.208  
So I had a lot of caregivers  
and CNAs and nurses and doctors, and

0:12:47.541,0:12:50.541  
some of them treated me

0:12:50.583,0:12:52.958  
like I was a body in a bed,

0:12:52.958,0:12:55.958  
like I was a name on a chart  
or a number on the door.

0:12:57.833,0:13:00.250  
And one in particular came in

0:13:00.250,0:13:03.250  
and just walked in and announced,

0:13:04.166,0:13:06.083  
I'm here to bathe you

0:13:06.083,0:13:09.208

didn't even tell me her name,  
didn't introduce herself, just came in

0:13:09.625,0:13:14.375

and started preparing me to be bathed  
and rolled me out of a room, down

0:13:14.375,0:13:15.291

into a shower room.

0:13:15.291,0:13:18.833

Literally took the gown from off of me,  
yanked it,

0:13:18.833,0:13:21.833

put it on the floor so I was

0:13:21.916,0:13:24.958

naked on the bed and she just started  
spraying me down with the hose.

0:13:27.083,0:13:30.083

And as I lay there, I thought,

0:13:30.125,0:13:35.166

I may as well be a car in a car wash,  
like there's no humanity here whatsoever.

0:13:36.291,0:13:39.291

There was no element that I was a person

0:13:40.291,0:13:43.041

or that she was interacting with me.

0:13:43.041,0:13:46.041

She was hosing down the car just.

0:13:46.375,0:13:49.541

And as I lay there shivering,

0:13:49.541,0:13:53.958

I finally,  
can I have a towel just to cover myself.

0:13:54.958,0:13:59.041

And you would have thought  
I was asking for the biggest imposition.

0:13:59.041,0:14:03.000

She walked across the room  
and grabbed a towel, threw it at me

0:14:04.166,0:14:07.000

so I at least had a little something  
to cover myself.

0:14:07.000,0:14:11.666

Every drop of water that spiraled down  
the drain on the floor, I felt like

0:14:12.458,0:14:16.500

my humanity and my dignity was going right  
along with that.

0:14:17.541,0:14:19.666

And by the time

0:14:19.666,0:14:23.541

she took me back into the hospital room,  
they changed the sheets on my bed

0:14:23.541,0:14:24.666

and had gotten everything ready,

0:14:24.666,0:14:28.041

and someone else came  
and they helped lift me back onto the bed.

0:14:29.500,0:14:30.083

She started

0:14:30.083,0:14:33.083

dressing me, which I could not do for myself.

0:14:33.250,0:14:35.958

Talk about being in a vulnerable position.

0:14:35.958,0:14:37.208

Put clothes on me.

0:14:37.208,0:14:39.250

I was still wet,

0:14:39.250,0:14:40.875

but she put the clothes on me.

0:14:40.875,0:14:44.000

And I remember  
when she snatched the gown around my neck.

0:14:44.500,0:14:46.166

I thought,

0:14:46.166,0:14:49.166

may as well have been a noose, because

0:14:49.916,0:14:51.875

what point is there in being alive

0:14:51.875,0:14:55.041

when someone can no longer  
see the value that you have as a person,

0:14:57.000,0:14:59.375

and oh,

0:14:59.375,0:15:03.708

if that didn't change the way immediately  
that I saw

0:15:05.041,0:15:08.000

every little interaction.

0:15:08.000,0:15:10.416

That's heartbreaking.

0:15:10.416,0:15:12.000

The good thing is

0:15:12.000,0:15:14.666

that was one of the exceptions.

0:15:14.666,0:15:17.666

I also had incredible caregivers

0:15:17.791,0:15:20.791

who reminded me not just.

0:15:22.333,0:15:24.458

That they cared, but who actually

0:15:24.458,0:15:28.166

instilled the hope for me to keep fighting  
and to live.

0:15:28.791,0:15:33.208

And I had one gentleman who came in  
a young CNA, a 20 something year

0:15:33.208,0:15:38.875

old guy, on a day that I was going to ask  
to be bathed and to have a shower.

0:15:38.875,0:15:42.208

This 20 year old kid with scraggly hair  
walks in and I was like,

0:15:42.208,0:15:45.208  
yeah, I'm not going  
to ask him to give me a.

0:15:46.291,0:15:49.166  
So I quickly  
decided that showers are overrated, right?

0:15:49.166,0:15:50.875  
Like kids threw this to us all the time.

0:15:50.875,0:15:53.541  
You don't have to have a shower.  
You can go for a while.

0:15:53.541,0:15:54.041  
And I just said,

0:15:54.041,0:15:58.833  
would you find one of the one of the gals  
that maybe could come and wash my hair?

0:15:59.416,0:16:02.041  
And he said, I can wash your hair.

0:16:02.041,0:16:04.625  
So he came back about a half hour later

0:16:04.625,0:16:08.583  
and had the most tender, gentle,

0:16:09.208,0:16:12.208  
spa like experience that I had ever had

0:16:12.333,0:16:17.250  
as he covered my bed in plastic bags  
so as not to get everything wet,

0:16:17.916,0:16:23.041  
helped me  
try to relax and he lovingly and gently

0:16:24.000,0:16:28.791  
poured warm  
water over my head and massaged shampoo

0:16:28.791,0:16:34.250  
and conditioner into my scalp, so careful  
not to touch my staples and my scars.

0:16:37.166,0:16:41.000  
And by the time he left, I realized, okay,

0:16:42.166,0:16:45.500  
he didn't have any status in the hospital.

0:16:45.500,0:16:47.875  
He was one of

0:16:47.875,0:16:50.875  
hundreds and hundreds of lowly CNAs.

0:16:51.083,0:16:53.250  
But he was a man

0:16:53.250,0:16:56.250  
at great stature, and he understood.

0:16:58.083,0:16:59.041  
That the biggest difference

0:16:59.041,0:17:02.041  
you can make  
is in those individual interactions.

0:17:02.083,0:17:03.958  
Did you ever see that woman again?

0:17:03.958,0:17:06.791  
I never saw the woman again,  
and I never saw the man again.

0:17:06.791,0:17:09.750  
Wow.  
All of the time I spent in the hospital

0:17:09.750,0:17:15.333  
and some of the same caregivers on repeat,  
I had each of them for one shift only.

0:17:15.833,0:17:17.250  
So did they.

0:17:17.250,0:17:18.000  
Did you ever wonder

0:17:18.000,0:17:21.833  
if it was who they are every day,  
or if it was who they were that day?

0:17:22.041,0:17:24.125  
I have  
since had the chance to think about that.

0:17:24.125,0:17:27.000  
At the time I didn't think about that.

0:17:27.000,0:17:28.875  
Now I realize

0:17:30.333,0:17:33.250  
the woman,  
she was probably going through something.

0:17:33.250,0:17:34.500  
She probably had a reason

0:17:34.500,0:17:37.625  
that she was acting that way,  
because no one goes into that industry,

0:17:38.375,0:17:42.708  
no one goes into caregiving,  
nursing, teaching

0:17:43.250,0:17:47.208  
because it's a glorious and glamorous job.

0:17:48.000,0:17:50.041  
She went into it because she cared. Yeah.

0:17:50.041,0:17:53.166  
So she was likely going through  
something at that time.

0:17:53.166,0:17:55.166  
And now I recognize that.

0:17:55.166,0:17:59.500  
But when I was literally fighting for my  
life, I was not in a position to recognize

0:17:59.500,0:18:03.833  
that I was literally in survival mode,  
and it was all I could do to hang on.

0:18:04.500,0:18:07.500  
And it was  
when the young man, Lucas, came in

0:18:08.333,0:18:11.750  
and treated me with such kindness  
and respect and tenderness

0:18:12.291,0:18:15.291  
that I thought,  
he knows I'm still a person.

0:18:15.458,0:18:20.416  
Yeah, I can still hang  
on, you know, as a as a community,

0:18:22.125,0:18:24.208  
even as a society today.

0:18:24.208,0:18:27.208  
And the world, we're so focused on

0:18:28.791,0:18:32.000  
you against me or we're pointing fingers  
all the time.

0:18:32.000,0:18:33.000  
All the time.

0:18:33.000,0:18:36.750  
And I think we're losing sight of the fact  
that we all have a responsibility.

0:18:37.250,0:18:40.250  
Not, one, the responsibility  
and how we respond but two,

0:18:40.250,0:18:43.250  
our responsibility to how we treat others.

0:18:43.458,0:18:46.291  
And you never know what condition  
someone's

0:18:46.291,0:18:48.000  
in when you're interacting with them.

0:18:48.000,0:18:51.458  
But I feel like we have a duty  
to each other, to mankind, to be good,

0:18:51.958,0:18:54.791  
to be kind and be, to be caring to others.

0:18:54.791,0:18:57.875  
And it makes it so much easier  
and more likely that someone else

0:18:57.875,0:18:59.875  
is going to respond in the same way.

0:18:59.875,0:19:03.750  
And that's what sets us up for success  
as a city and as a community and

0:19:04.500,0:19:08.958  
as a country and in the world is the way  
we interact with each other, right?

0:19:09.166,0:19:11.375  
I call it interactional leadership.

0:19:11.375,0:19:13.416  
And that's when I go and train.

0:19:13.416,0:19:16.166  
It's literally  
how you lead through your interactions.

0:19:16.166,0:19:20.041  
People talk about, oh, I want to have  
impact and I want to be an influencer.

0:19:20.375,0:19:24.125  
Well, the best way to have influence



is this way.

0:19:24.375,0:19:27.375

It's how do you treat someone in those one on one moments?

0:19:27.791,0:19:29.958

As I mentioned, the S.O.S.

0:19:29.958,0:19:33.458

opportunities,  
you have to look for them to see them,

0:19:33.458,0:19:37.583

because a lot of times if you aren't  
paying attention, people are walking by.

0:19:37.583,0:19:39.750

They're avoiding eye contact. They don't.

0:19:39.750,0:19:42.000

They're not wanting to look  
you in the eyes these days.

0:19:42.000,0:19:45.000

They don't want to have  
those conversations or interactions.

0:19:45.541,0:19:47.875

And that you can see cuz  
they're out there.

0:19:47.875,0:19:48.750

Someone is,

0:19:50.000,0:19:52.041

rubbing their neck, you know,

0:19:52.041,0:19:55.041

they're in pain, they're hurt  
and they're uncomfortable.

0:19:55.291,0:19:56.625

They're avoiding eye contact.

0:19:56.625,0:19:58.250

They're looking down.

0:19:58.250,0:20:00.583

They're having something  
with confidence or self-esteem

0:20:00.583,0:20:01.708

or they're having a hard time.

0:20:01.708,0:20:04.708

And so as you start to become more aware,

0:20:04.791,0:20:08.083

so part of the reason I say,  
you see opportunities to serve is,

0:20:08.083,0:20:09.750

first of all,  
you have to be on the lookout,

0:20:09.750,0:20:12.416

you have to be looking  
and you have to be paying attention.

0:20:12.416,0:20:15.958

And the more we do that, and the more  
we can have the ties that make

0:20:15.958,0:20:18.958

it just part of who we are and what we do,  
then that's what we become.

0:20:19.666,0:20:23.333

And I love that  
people talk about random acts of kindness.

0:20:24.291,0:20:28.500

But when you realize, okay,  
maybe it's random because it popped up

0:20:28.500,0:20:31.500

right in front of my eyes,  
but it's not random,

0:20:31.500,0:20:35.666

because if you start looking,  
then it's not a random thing at all.

0:20:35.958,0:20:37.166

It's actually very intentional.

0:20:37.166,0:20:39.791

That's exactly right. I was about to  
say intentional. I feel like

0:20:41.041,0:20:42.291

I feel like I'm

0:20:42.291,0:20:44.916

reflecting on some of the lessons  
my mom taught me when I was young.

0:20:44.916,0:20:48.750

You have good terms and words for it  
and and acronyms.

0:20:48.750,0:20:51.250

But my mom always said

0:20:51.250,0:20:53.541

we should always be mindful of others.

0:20:53.541,0:20:57.333

And if you're not mindful of others,  
you're not going to see it.

0:20:58.291,0:21:01.750

And if you're not intentional  
in your seeing of others

0:21:01.750,0:21:05.333

and caring about others, how are we going  
to see the things that people need?

0:21:05.500,0:21:07.000

The S.O.S.

0:21:07.000,0:21:11.083

Because we've all been sitting in a room  
where there are multiple people

0:21:11.083,0:21:14.083

and some people are having a life  
changing experience,

0:21:14.375,0:21:17.333

and others are just blind to everything  
that's going on around them.

0:21:17.333,0:21:22.041

And depending on where you are mentally,  
where you're focused,

0:21:22.041,0:21:25.041

are you focused on looking for  
what's happening around you?

0:21:25.083,0:21:27.583

Are you in the moment  
or are you on your phone?

0:21:27.583,0:21:29.708  
Are you 100 miles away?

0:21:29.708,0:21:32.708  
Wherever you are, be there.

0:21:32.875,0:21:37.125  
Be there in that moment  
and look for those opportunities

0:21:37.416,0:21:39.125  
and you'll start to see  
that they're everywhere.

0:21:39.125,0:21:42.250  
Be there. Be present. Be in the now right.

0:21:43.291,0:21:44.625  
So, so

0:21:44.625,0:21:48.583  
backing up just a little bit,  
just for context, how many procedures

0:21:48.583,0:21:55.291  
if you had since the beginning of this,  
I???m at 24, I had number 24 in the fall.

0:21:55.291,0:22:00.083  
And I've got number 25 that will be  
coming up here in a few months. And.

0:22:02.375,0:22:04.291  
I won't pretend like it's fun.

0:22:04.291,0:22:07.250  
It's not my favorite thing to do.

0:22:07.250,0:22:12.000  
Have I learned  
how to manage the situations better? Yes.

0:22:12.000,0:22:14.875  
Have I become resilient through it? Yes.

0:22:14.875,0:22:17.833  
Do I know how to prepare? Yes.

0:22:17.833,0:22:22.500  
I know how to do all of those things now,  
and that is a blessing.

0:22:22.500,0:22:25.541  
And it has strengthened my life,  
and it has strengthened my resolve

0:22:25.541,0:22:28.833  
to help other people  
find that same type of resilience.

0:22:29.291,0:22:31.125  
No one wants to go into those situations.

0:22:31.125,0:22:33.333  
No one is looking to walk into a situation

0:22:33.333,0:22:36.333  
where they lose control  
and they can't do what they want to do,

0:22:36.875,0:22:41.041  
but you always can take control  
of the things that you can control.

0:22:41.625,0:22:46.458  
And those factors, when you start there  
and say, okay, I'm not choosing this

0:22:46.458,0:22:51.208  
or this or this, but I do get to choose  
how I act and how I react and how I think

0:22:52.333,0:22:52.666  
you got

0:22:52.666,0:22:55.666  
to start with that and  
and plan outward from there.

0:22:56.458,0:22:59.541  
So certainly, you've  
I mean, it's been a journey,

0:22:59.708,0:23:04.791  
to say the least, an adventure,  
you've had many, many downs.

0:23:05.333,0:23:08.333  
Yes. And we're we're clearly seeing ups.

0:23:08.541,0:23:11.541  
But as you talk to people there,

0:23:11.541,0:23:14.541  
you're talking to people  
that might be experiencing the downtimes.

0:23:14.708,0:23:15.750  
Right?

0:23:15.750,0:23:19.833  
Well, depending on the circumstances,  
because now, as a professional

0:23:19.833,0:23:23.625  
speaker, as an author, I get to go  
on, I get to do some of the fun things.

0:23:23.625,0:23:25.791  
The rah rah rah is that you know,  
you want to become

0:23:25.791,0:23:28.833  
the interactional leader  
and you want to help influence your team

0:23:28.833,0:23:31.125  
and your business,  
and you want to have the impact.

0:23:31.125,0:23:33.458  
So I definitely get to have those moments.

0:23:33.458,0:23:36.625  
I also help people realize  
that some of the ways

0:23:36.625,0:23:39.833  
to draw closer to each other  
is by sharing those down moments.

0:23:39.833,0:23:41.666  
It's by being a little bit vulnerable,

0:23:41.666,0:23:44.875  
by admitting that our lives are not all  
Kardashian.

0:23:44.875,0:23:47.875  
We're not by any way. Thank goodness.

0:23:48.291,0:23:49.125  
Thank goodness.

0:23:49.125,0:23:50.500

I don't know a lot  
about the Kardashians but.

0:23:50.500,0:23:51.125  
I don't either.

0:23:51.125,0:23:55.041  
And that's intentional  
but what I do know is, this

0:23:55.625,0:23:59.541  
glamorized lifestyle  
where it looks like things are great?

0:23:59.916,0:24:02.458  
And that's not true for most of us.

0:24:02.458,0:24:06.458  
A lot of the time it's just day to day  
roller coaster things going on with inside

0:24:06.458,0:24:07.916  
families and homes.

0:24:07.916,0:24:10.291  
Yes, you're going to have your ups  
and you're going to have your downs.

0:24:10.291,0:24:14.333  
And so the more we can recognize that,  
normalize

0:24:14.333,0:24:17.958  
the conversations of not just the ups,  
but also the downs,

0:24:18.458,0:24:21.541  
so that we can all then help that project,

0:24:21.833,0:24:24.791  
projectary to go back up.

0:24:24.791,0:24:26.291  
That's what we want to do.

0:24:26.291,0:24:30.000  
And when I am talking to  
people in the down moments,

0:24:31.250,0:24:33.833  
I had a revelation

0:24:33.833,0:24:39.041  
some time ago, kind of an epiphany  
light bulb on in my head moment,

0:24:39.291,0:24:42.291  
which actually was the preface  
for my book.

0:24:44.083,0:24:47.083  
That within the word depression

0:24:47.333,0:24:51.000  
are two other words  
which are the solution to the problem.

0:24:51.833,0:24:54.333  
Press on.

0:24:54.333,0:24:59.041  
I had seen the word depression  
a thousand times before.

0:24:59.041,0:25:03.291  
As soon as you said two words, I'm like,  
Holy cow, it's right there.

0:25:03.291,0:25:04.958  
They're right there.

0:25:04.958,0:25:08.375  
And yet,  
when you're having those down moments

0:25:08.375,0:25:11.916  
and difficult times,  
that can be the hardest thing to do.

0:25:12.458,0:25:15.541  
Which is why we need to recognize  
what's going on around us.

0:25:15.541,0:25:19.791  
And then we also need  
to get into the mindset of ourselves,

0:25:20.583,0:25:23.125  
figuring out the best way  
to press on and move forward

0:25:23.125,0:25:26.416  
and keep fighting the positive fight  
so that we can be resilient and

0:25:26.416,0:25:30.416  
we can find that path to that happiness  
and that happy life again.

0:25:30.833,0:25:34.375  
And so by pressing on, by  
focusing on pressing on, you focus on what

0:25:34.375,0:25:37.375  
we can control, what we can control.

0:25:37.500,0:25:39.166  
And everyone situation is different.

0:25:39.166,0:25:43.166  
And so you need to recognize  
that there's not a one size

0:25:43.166,0:25:46.166  
fits all solution,  
but there is definitely a path.

0:25:46.583,0:25:50.666  
And it may not be as obvious as a yellow  
brick road, but there is a path

0:25:50.791,0:25:54.958  
and you can find it, and you may  
have to find it one step at a time.

0:25:55.583,0:25:58.500  
But start with the things  
that you can control.

0:25:58.500,0:26:00.000  
One of the things we know

0:26:00.000,0:26:03.125  
very first and foremost that you control  
is your thoughts.

0:26:03.750,0:26:06.250  
There's a term for it metacognition.

0:26:06.250,0:26:07.791  
Think about your thinking.

0:26:07.791,0:26:11.541  
Think about what you're thinking about  
and how you're thinking.

0:26:12.125,0:26:14.833  
And, start there.

0:26:14.833,0:26:17.291  
Start with what thoughts  
am I allowing into my mind?

0:26:17.291,0:26:18.750  
How do I processes things?

0:26:18.750,0:26:22.291  
And then what comes out on the other  
end is actions.

0:26:22.791,0:26:24.916  
So it's not good enough  
just to think about your thinking.

0:26:24.916,0:26:26.125  
You have to think you have to

0:26:26.125,0:26:29.250  
program the positive thinking,  
and then you have to act on it.

0:26:30.208,0:26:33.625  
So you mentioned the book, Depression  
Fighter you talked about everybody's

0:26:33.625,0:26:35.208  
experience is not the same.

0:26:35.208,0:26:36.416  
And that's the basis of this book.

0:26:36.416,0:26:38.666  
It tells the story of how many.

0:26:38.666,0:26:41.666  
There are 70 different people  
who contributed parts of their stories.

0:26:41.875,0:26:42.833  
70 different people.

0:26:42.833,0:26:45.541  
So there's 70  
different examples, 70 different stories,

0:26:46.500,0:26:49.916  
all the to illustrate that no two people  
are the same.

0:26:49.958,0:26:50.666  
Exactly.

0:26:50.666,0:26:56.500  
As well as the research that shows  
why what these people did actually works,

0:26:57.041,0:26:59.583  
because there's research around  
why getting in

0:26:59.583,0:27:02.583  
nature helps,  
why getting enough sleep helps, why?

0:27:02.583,0:27:04.000  
You know, exercising helps.

0:27:04.000,0:27:05.791  
How listening to music can help.

0:27:05.791,0:27:07.833  
And so there's the research behind it.

0:27:07.833,0:27:11.416

And then there's people's  
individual stories of what

0:27:11.416,0:27:15.416  
their situation is  
and how that answer works for them.

0:27:15.833,0:27:20.375  
And it's amazing when you see  
there are no two circumstances

0:27:20.375,0:27:23.458  
that are exactly alike  
and even ones that are similar.

0:27:23.750,0:27:26.958  
Their solutions are different based on  
who they are and their preferences.

0:27:26.958,0:27:30.708  
And some people say, if I can get out,  
go on a hike and be in the sunshine and

0:27:31.291,0:27:34.250  
my mood will lift instantly,  
someone else says,

0:27:34.250,0:27:36.541  
I want to turn on the music,  
and I hear a positive beat, and I

0:27:36.541,0:27:39.541  
start dancing to one of my favorite songs,  
and all of a sudden

0:27:40.416,0:27:42.083  
I can be lifted out of the darkness.

0:27:43.375,0:27:44.791  
If I can be around the right people.

0:27:44.791,0:27:46.500  
Not too many people. Not people like it.

0:27:46.500,0:27:49.125  
But if I can be around the right person,  
that can help me.

0:27:49.125,0:27:52.791  
So there really are a million  
different solutions

0:27:53.291,0:27:56.125  
and a million different stories

0:27:56.125,0:27:59.291  
in this book  
there's about 70 different examples, but

0:27:59.375,0:28:01.083  
there's a little something for everyone.

0:28:01.083,0:28:01.625  
So what?

0:28:01.625,0:28:04.625  
What is it that works for you? Oh,

0:28:05.125,0:28:08.125  
I need to be around the right people  
for sure.

0:28:08.125,0:28:10.916  
Sunlight is huge for me.

0:28:10.916,0:28:13.916  
I in fact, I'm  
leaving tomorrow for Mexico.



0:28:14.250,0:28:15.875  
Because I need the sunshine.

0:28:15.875,0:28:18.875  
I need the light. I need the warm weather.

0:28:19.166,0:28:22.041  
That's a big thing for me.  
Winters in Utah.

0:28:22.041,0:28:23.458  
I cannot pop my ears.

0:28:23.458,0:28:26.208  
That's one of the side effects  
of my surgeries.

0:28:26.208,0:28:29.958  
Okay,  
so being in Utah winters with the storms

0:28:29.958,0:28:33.333  
that come in and out in the barometer  
that changes is a tough situation.

0:28:33.541,0:28:33.833  
Okay?

0:28:33.833,0:28:37.791  
I get like a bobblehead doll  
where the head is really, really

0:28:37.791,0:28:41.375  
big and filled with pressure  
and it's like way too big for the body.

0:28:41.666,0:28:43.458  
That's how I feel all winter.

0:28:43.458,0:28:44.541  
That sounds significant.

0:28:44.541,0:28:46.416  
It's fairly significant.

0:28:46.416,0:28:50.166  
So I have learned, okay,  
if I can get down to sea level

0:28:50.583,0:28:54.333  
where there's sunshine and there's warmth  
and there's not, the pressure changes.

0:28:55.166,0:28:57.416  
Now, did I figure that out instantly?

0:28:57.416,0:28:58.416  
Absolutely not.

0:28:58.416,0:29:00.625  
Can do  
I have the luxury of having the time

0:29:00.625,0:29:02.583  
and money to be able to do that  
anytime I want?

0:29:02.583,0:29:04.416  
No, of course not.

0:29:04.416,0:29:07.708  
But can you figure out  
the little things that work

0:29:08.250,0:29:10.750  
if you have a hard time  
getting out of bed in the morning?

0:29:10.750,0:29:13.166  
But maybe it's easier if you hear

0:29:14.166,0:29:16.291  
like, wake up sleepy Jean.

0:29:16.291,0:29:19.291  
You know whatever  
you know your song is, or you're happy,

0:29:20.208,0:29:21.333  
you're happy moment.

0:29:21.333,0:29:24.125  
You're a happy song.

0:29:24.125,0:29:27.958  
If you start looking, you start to notice,  
what is it that makes me better?

0:29:28.416,0:29:32.541  
And then just start adding those things,  
stacking them one on top of each other,

0:29:32.541,0:29:33.375  
stacking them.

0:29:33.375,0:29:33.708  
There you go.

0:29:33.708,0:29:35.875  
So you can put yourself  
in the best situation.

0:29:35.875,0:29:40.333  
I find that if I, just in terms  
of like everyday grind of life

0:29:40.333,0:29:45.208  
not going through a tragedy or anything,  
but I find that

0:29:45.208,0:29:48.458  
when I start to slip a little  
and I'm not my best self,

0:29:49.458,0:29:52.666  
usually it's because, like,  
I'm not going to the gym in the morning,

0:29:52.916,0:29:54.750  
which means  
if I don't go to the gym, that I'm not

0:29:55.833,0:29:56.333  
spending the

0:29:56.333,0:30:00.958  
end of my time there in solitude  
and and reflecting and praying or,

0:30:01.708,0:30:05.750  
which means that I'm not coming to work  
with the right energy.

0:30:05.875,0:30:06.833  
Right mindset,

0:30:06.833,0:30:07.916  
and then

0:30:07.916,0:30:09.958  
I'm not putting out the right energy  
to the people around me,

0:30:09.958,0:30:12.583  
and they're not reflecting it

back as a result. Right?

0:30:12.583,0:30:15.500

Everything stacks one thing after another.

0:30:15.500,0:30:17.250

Absolutely. And I am the same way.

0:30:17.250,0:30:20.666

If I don't start my morning  
with meditation, prayer,

0:30:20.666,0:30:23.666

scripture, you know, something positive.

0:30:23.916,0:30:27.083

I very rarely get back to it  
later in the day.

0:30:27.291,0:30:28.916

It's the day starts moving

0:30:28.916,0:30:32.458

and it just moves along  
and I'm just carried along with it.

0:30:32.791,0:30:36.666

And if I don't intentionally carve  
a way that time for myself in the morning,

0:30:37.125,0:30:39.208

then I'll get to the middle of the day  
and I???m like,

0:30:39.208,0:30:41.875

what the heck is going  
on today? And I realize,

0:30:43.500,0:30:43.958

it was because

0:30:43.958,0:30:47.083

I didn't do what I know  
I need to do to take care of myself

0:30:47.083,0:30:49.541

so that I can  
then help take care of and serve others.

0:30:49.541,0:30:52.250

Exactly.  
You can't give what you don't have right?

0:30:52.250,0:30:54.666

Yeah. If I,

0:30:54.666,0:30:56.041

if I don't, I

0:30:56.041,0:30:59.041

sometimes feel like I have more energy  
before I even get to work.

0:30:59.041,0:31:01.416

To give all my energy to my work.

0:31:01.416,0:31:05.750

But by giving energy in the morning,  
it actually gives me energy.

0:31:06.125,0:31:07.500

To keep you going. Right.

0:31:07.500,0:31:10.500

And then when I give that energy  
while I'm at work,

0:31:10.583,0:31:13.583

I really feel a ton of energy  
given back to me.

0:31:14.125,0:31:15.583  
That makes sense. Absolutely.

0:31:15.583,0:31:18.041  
And so it's a little bit of a.

0:31:18.041,0:31:20.958  
Well there's a reciprocity there too.  
Yeah.

0:31:20.958,0:31:23.958  
When you give there's that natural

0:31:24.041,0:31:28.208  
response of wanting to give back  
and I love that.

0:31:28.208,0:31:33.666  
I had an experience in high school  
and I was walking home from school.

0:31:33.666,0:31:35.375  
I was a freshman, I didn't have a car,

0:31:35.375,0:31:39.541  
so I was walking this long,  
two miles home from school and a gentleman

0:31:39.541,0:31:41.875  
that was a senior in school saw me,

0:31:41.875,0:31:44.291  
and he stopped and he pulled over  
and asked if I wanted a ride home.

0:31:44.291,0:31:47.291  
And oh yes, I want a ride home.

0:31:47.333,0:31:49.583  
And he gave me a ride home  
and dropped me off.

0:31:49.583,0:31:52.708  
And I was with my girlfriend  
and we were so grateful.

0:31:52.708,0:31:54.625  
And so we made a bunch of cookies,

0:31:54.625,0:31:57.708  
and we took over to his house  
as a thank you for giving us a ride home.

0:31:58.166,0:32:01.125  
Well,  
guess what he did when he got the cookies.

0:32:01.125,0:32:03.333  
He said, that was so nice of you  
to make me cookies.

0:32:03.333,0:32:05.333  
And then he brought us flowers.

0:32:05.333,0:32:09.458  
And so as silly as it was,  
it became this whole reciprocal thing

0:32:09.458,0:32:13.041  
where we got it in this cycle of service,  
serving each other.

0:32:13.041,0:32:13.583  
Right.

0:32:13.583,0:32:17.208

In that instance,  
when I was a freshman in high school,

0:32:17.791,0:32:20.833

really taught me something that there  
there is something there.

0:32:20.833,0:32:26.000

When you serve someone else,  
they want to serve you back

0:32:26.250,0:32:29.541

and they want to serve others,  
and they want to be that kind of person.

0:32:29.791,0:32:34.541

And it literally can turn into a cyclical,  
way of life.

0:32:34.541,0:32:35.875

And it's beautiful and it's fun.

0:32:35.875,0:32:42.208

And it went on the whole rest of the year  
and was so fun to see how we could find

0:32:42.208,0:32:46.791

fun ways to serve and surprise  
and make make that other person smile.

0:32:46.916,0:32:50.041

So when I started as mayor,  
I got some blood

0:32:50.041,0:32:53.125

results, blood work done,  
just as like a baseline for my health.

0:32:53.125,0:32:55.375

I was really worried  
about my health in this job.

0:32:55.375,0:32:58.500

And just last week I got my repeat test.

0:32:58.875,0:33:01.916

So my first year and all of my blood  
work came back healthier.

0:33:03.000,0:33:03.833

How about that?

0:33:03.833,0:33:04.708

That's incredible.

0:33:04.708,0:33:07.708

And you're doing some things right  
for sure.

0:33:07.708,0:33:11.125

Also, people around me are and I feel

0:33:11.541,0:33:14.666

that positivity around me  
a lot here in the building.

0:33:15.333,0:33:20.375

There's an energy here of of hope and joy  
and optimism around the work that we do.

0:33:20.375,0:33:23.333

Other people care deeply  
for the city that we serve,

0:33:23.333,0:33:24.625

and they love the work that they do.

0:33:24.625,0:33:26.333  
They love the people they do it with.

0:33:26.333,0:33:31.708  
And for, and it just creates  
an environment that feels good.

0:33:32.125,0:33:35.416  
And I feel like when I get home at the end  
of the day, after a really long day,

0:33:36.416,0:33:39.625  
like you might think you're exhausted,  
but I'm so full of energy

0:33:40.041,0:33:42.416  
because of all the energy  
that everybody gave to me.

0:33:42.416,0:33:46.708  
I love that, and that's the thing  
that is so transformational,

0:33:46.708,0:33:51.083  
not just in your individual life  
or in your office or in your workplace

0:33:51.083,0:33:54.666  
culture, but what what can we do  
to broaden that to the entire community?

0:33:55.166,0:33:58.166  
Because I also come upon people  
that just have such a negative

0:33:58.833,0:34:03.083  
view of the world,  
they take skepticism and just focus on it

0:34:03.083,0:34:06.666  
and assign and assume intents  
that aren't there.

0:34:06.666,0:34:08.375  
And it's really toxic.

0:34:08.375,0:34:12.083  
The victim mentality has really taken  
over the younger generation.

0:34:12.083,0:34:16.208  
And I think social media has blinded.

0:34:18.208,0:34:21.541  
An entire group of young people  
to believe that life should be easy.

0:34:21.541,0:34:23.125  
There should be an easy button

0:34:23.125,0:34:24.208  
that you should be able to press,

0:34:24.208,0:34:26.166  
and it's going to give you a cheat code,  
and you're going to be able

0:34:26.166,0:34:29.166  
to get from a high school  
graduate to a millionaire in two years.

0:34:29.333,0:34:30.625  
And life is going to be easy,

0:34:30.625,0:34:32.875  
and you're going to have a yacht  
and everything's going to fall in line.

0:34:32.875,0:34:36.750

And when that doesn't happen,  
it is derailing.

0:34:36.750,0:34:38.083

Then they think they're the failure.

0:34:38.083,0:34:40.708

They think that they're a failure  
and that they're the victim

0:34:40.708,0:34:42.125

because it's not working for them.

0:34:42.125,0:34:44.375

And people are taking advantage of them.

0:34:44.375,0:34:46.208

And it's not the case.

0:34:46.208,0:34:49.208

But they've almost been programed  
to see it that way.

0:34:49.291,0:34:52.500

And as much as I love  
the transformational work

0:34:52.500,0:34:56.333

that's being done  
about different ways that we can work,

0:34:56.875,0:35:00.416

there's nothing worse for our generation  
that's coming up right now than to read

0:35:00.416,0:35:04.541

books like the Four Hour Workweek,  
because what it does not say

0:35:04.541,0:35:05.291

is that before

0:35:05.291,0:35:08.500

you can ever have a four hour workweek,  
you must have a 60 hour workweek

0:35:08.500,0:35:11.500

and then work your way down to a 50 hour  
and then a 40 hour.

0:35:11.583,0:35:13.833

And then maybe at some point  
in time in your life,

0:35:13.833,0:35:17.041

you'll be at the point where you can  
have that, but you cannot start there.

0:35:17.125,0:35:17.791

No, you have to.

0:35:17.791,0:35:22.291

And as you're at the 60 hour work week,  
it???s 60 hours of grind, grind, failure

0:35:22.291,0:35:25.291

and setback and reason and try again

0:35:25.416,0:35:28.666

and not at the million dollar level.

0:35:28.916,0:35:32.250

My daughter  
just graduated from BYU in the fall

0:35:32.708,0:35:36.000

or in the spring

and now has her first real job.

0:35:36.333,0:35:38.083

And it's a great job.

0:35:38.083,0:35:39.500

She's working for Goldman Sachs.

0:35:39.500,0:35:41.333

But do you know how much they are  
working her?

0:35:41.333,0:35:44.333

She is understanding what the grind means.

0:35:44.583,0:35:47.833

Good. She's got to report at market hours.

0:35:47.833,0:35:50.458

So she's got to be the minute  
the market opens on the East Coast,

0:35:50.458,0:35:51.833

she's got to be in the Salt Lake office.

0:35:51.833,0:35:54.250

So she's got to be in the office  
before seven in the morning,

0:35:54.250,0:35:57.083

and she's often there  
until 6 or 7:00 at night.

0:35:57.083,0:35:57.666

She comes home.

0:35:57.666,0:36:01.833

She's absolutely exhausted,  
but she is learning what it's like

0:36:01.833,0:36:06.750

to put in the time to learn  
how to solve problems, to press on.

0:36:07.166,0:36:10.166

And she knows that it's going to pay off.

0:36:10.166,0:36:14.458

Maybe this isn't her forever career,  
but she is learning what it takes

0:36:14.458,0:36:18.541

to put in the reps, to put in the time  
to care, to figure it out.

0:36:18.916,0:36:22.458

And she's going to be better for it  
that those who are looking for

0:36:22.458,0:36:25.541

that cheat code easy button doesn't exist.

0:36:25.583,0:36:26.416

It doesn't exist.

0:36:26.416,0:36:28.750

That's not how success happens.

0:36:28.750,0:36:31.833

And it's scary because it's derailing  
a lot of our young people.

0:36:32.000,0:36:35.666

It's more than just derailing,  
it???s robbing us.

0:36:35.666,0:36:38.875

It's robbing our community and our country



and our world of greatness.

0:36:40.583,0:36:41.583

I feel like talking with you.

0:36:41.583,0:36:45.166

I it reminds me of talking with my wife,  
Jaynee as, you know Jaynee well.

0:36:46.125,0:36:47.750

And I love Jaynee. Right?

0:36:47.750,0:36:50.958

But we, you know, she's  
this is a take control kind of person.

0:36:51.000,0:36:53.875

Yeah,  
she's a throw a punch and pistol. Right.

0:36:53.875,0:36:55.500

And I love that about her. That???s  
a good term for her.

0:36:55.500,0:36:57.541

I wouldn't have said that,  
but I'm glad you did. Yeah.

0:36:57.541,0:36:59.041

Hopefully I don't get in trouble.

0:36:59.041,0:37:01.250

I don't wanna get throat punched  
when I get home, but,

0:37:01.250,0:37:05.083

I love that about her,  
that she's so strong and,

0:37:05.083,0:37:06.833

because it's a it's  
a reflection of her resilience.

0:37:06.833,0:37:10.166

But it's when we talk about this stuff,  
we use different words,

0:37:11.000,0:37:14.625

but it and it just kind of reflects  
the all of our different journey.

0:37:15.416,0:37:18.416

But at the same time, we're all human  
and we're all in this human experience

0:37:18.416,0:37:20.000

together as well.

0:37:20.000,0:37:23.791

And I can I can translate  
what you're saying right now

0:37:24.333,0:37:27.333

into the things that I hear  
and the things that resonate with me

0:37:27.708,0:37:29.708

and the words that I say.  
You say resilience.

0:37:29.708,0:37:31.583

I talk about mental  
toughness. That's how I was raised.

0:37:33.083,0:37:34.458

You talk about.

0:37:34.458,0:37:38.125

Anti-fragility It's the other way  
I talk about it is becoming antifragile,

0:37:38.125,0:37:41.250  
which is getting better and stronger  
from the things that challenge you,

0:37:41.250,0:37:44.291  
from the mistakes that you make,  
from the volatility that you have.

0:37:44.791,0:37:47.291  
You don't have to be perfect,  
which is what our young people are being

0:37:47.291,0:37:49.083  
told is  
your life is supposed to be perfect.

0:37:49.083,0:37:50.958  
You're not supposed to make any mistakes.

0:37:50.958,0:37:55.416  
And that's where we are robbing ourselves  
in our society of the positive things

0:37:55.416,0:37:58.708  
that are out there, because they feel like  
there's this easier way around it.

0:37:59.166,0:38:02.500  
We have to stop bubblewrapping people,  
for heaven's sake.

0:38:02.500,0:38:03.333  
Right. We can't be.

0:38:03.333,0:38:06.958  
So we're not packages  
to be delivered by UPS.

0:38:08.166,0:38:09.958  
We need to find a way

0:38:09.958,0:38:14.125  
to get that antifragile resilience.

0:38:14.125,0:38:16.333  
Mental toughness, as you would say.

0:38:16.333,0:38:19.333  
Aspect so that we can get stronger.

0:38:19.583,0:38:22.000  
We got to stop giving everyone a trophy

0:38:22.000,0:38:25.291  
and show that a little bit of stress  
is actually good for you.

0:38:25.416,0:38:27.625  
There was a study done.

0:38:27.625,0:38:30.083  
It started in 1918.

0:38:30.083,0:38:33.416  
Some scientists looked  
at the strength of trees.

0:38:33.875,0:38:34.708  
When you cut down a tree.

0:38:34.708,0:38:38.250  
They were looking at a lumber  
and you count the rings on the trees.

0:38:38.250,0:38:42.500

You see the thickness of the rings  
and it tells you how strong that tree is.

0:38:43.000,0:38:44.333  
Essentially.

0:38:44.333,0:38:48.416  
And they repeated that study 100 years  
later in 2018,

0:38:48.958,0:38:51.583  
only this time  
the trees were being grown on a tree farm

0:38:51.583,0:38:55.125  
where you've got the right location  
with the right amount of light,

0:38:55.541,0:39:00.375  
the ideal amount of water,  
and the best circumstances possible.

0:39:00.875,0:39:02.125  
And guess what?

0:39:02.125,0:39:05.000  
The trees were weaker. Correct. They grew.

0:39:05.000,0:39:07.041  
They may have grown more in a shorter  
period of time,

0:39:07.041,0:39:10.791  
but because they grew more,  
they grew softer, weaker more.

0:39:11.041,0:39:13.291  
They didn't have to fight for life. Right.

0:39:13.291,0:39:15.125  
They didn't have to fight  
through the windstorms.

0:39:15.125,0:39:17.500  
They didn't have to fight  
to get to the sunlight.

0:39:17.500,0:39:20.500  
They were  
they were on vacation their whole lives.

0:39:20.666,0:39:23.666  
And that did not do them well.

0:39:23.791,0:39:25.166  
It didn't have to fight.

0:39:25.166,0:39:27.166  
They didn't have to fight.

0:39:27.166,0:39:29.500  
They didn't have  
to press on because they just

0:39:30.750,0:39:31.291  
got to kick

0:39:31.291,0:39:34.500  
back and grow in the perfect, ideal  
vacation circumstances.

0:39:35.041,0:39:38.500  
So one of the things actually  
I talk about in the book a little bit is

0:39:38.500,0:39:41.500  
we have to expect imperfection.

0:39:41.583,0:39:43.916  
Not every day is vacation

0:39:43.916,0:39:48.125  
or a wedding day  
where it's going to be 65 to 85 degrees.

0:39:48.125,0:39:50.833  
No chances, you know, rain, it's not.

0:39:50.833,0:39:52.958  
And if your meal isn't perfect,  
you can send it back.

0:39:52.958,0:39:56.041  
And that is that is not reality.

0:39:56.333,0:39:58.166  
We call it progress, not perfection here.

0:39:58.166,0:40:01.791  
We, we get wrapped around the axle, around  
making it a perfect outcome,

0:40:02.208,0:40:04.791  
and then we end up never doing anything  
right.

0:40:04.791,0:40:05.583  
Focus on progress.

0:40:05.583,0:40:07.916  
Step at a time, step wise.

0:40:07.916,0:40:10.708  
Adapt, adapt, adapt adapt, right?

0:40:10.708,0:40:12.541  
Yeah, adapt, pivot, change.

0:40:12.541,0:40:15.333  
Press forward. Press  
on. That's the way we have to do it.

0:40:15.333,0:40:19.375  
And we need to normalize that mentality  
for everyone.

0:40:19.791,0:40:23.083  
And the last thing we want to do  
is create generations to come

0:40:23.083,0:40:26.666  
that are going to have more problems  
that are going to inherit more issues

0:40:26.666,0:40:29.125  
because they haven't learned  
to deal with these things.

0:40:29.125,0:40:32.583  
And so we need to help them understand  
that.

0:40:32.833,0:40:33.333  
Guess what?

0:40:33.333,0:40:36.500  
That little bit of stress  
that's actually better for you. Man.

0:40:36.500,0:40:37.708  
I could talk to you forever.

0:40:39.916,0:40:41.666  
We make this, like a six hour episode.

0:40:41.666,0:40:43.416

Absolutely.

0:40:43.416,0:40:46.416  
You know, you say things  
that resonate with me big time.

0:40:46.750,0:40:48.333  
And again.

0:40:48.333,0:40:50.791  
It's in different ways,  
in different words.

0:40:50.791,0:40:54.000  
Mine's more of a function of how  
I was raised and how I built myself.

0:40:54.000,0:40:55.291  
We're not.

0:40:55.291,0:40:57.375  
We're not packages  
to be bubblewrapped, we???re

0:40:57.375,0:41:00.375  
people to be built and we're all built  
a little bit different,

0:41:00.625,0:41:02.708  
like you say in the book, right.

0:41:02.708,0:41:05.708  
But where you say resilience,  
I say mental toughness, where you say

0:41:06.750,0:41:08.791  
what was your antifragile? Antifragile.

0:41:08.791,0:41:11.416  
I say, don't be soft. That's  
how I was taught. You know what I mean?

0:41:11.416,0:41:14.416  
But at the same time,  
it just comes back to

0:41:14.666,0:41:18.208  
taking control  
of what we can control our mindset,

0:41:18.208,0:41:22.666  
how we react, how we respond, but  
also how we live and reflect to others.

0:41:22.666,0:41:23.791  
Right? Yes.

0:41:23.791,0:41:26.791  
And if we can take these lessons,  
apply them to ourselves,

0:41:27.833,0:41:30.833  
we are going to have a better impact  
on those around us.

0:41:30.833,0:41:34.875  
If we can scale that kind of a life,  
and living here in Ogden,

0:41:35.166,0:41:39.833  
we can be a better community, not a city,  
a community of people,

0:41:40.208,0:41:43.791  
people who come here  
because it pays to live here, right?

0:41:43.916,0:41:44.875

Absolutely.

0:41:44.875,0:41:45.791

And it didn't just pay

0:41:45.791,0:41:48.833

because you had a four hour workweek, paid  
because you made it work.

0:41:49.458,0:41:53.875

And as we were talking about before that,  
you can see those pop up

0:41:53.875,0:41:57.041

moments where you can serve,  
but you can also plan for them.

0:41:57.666,0:42:00.208

And when you start to make that part  
of who

0:42:00.208,0:42:03.291

you are,  
then there's nothing random about it.

0:42:03.291,0:42:05.791

It becomes intentional,  
and you're prepared.

0:42:05.791,0:42:07.500

You're prepared for those moments.

0:42:07.500,0:42:10.500

So at the beginning of the winter,  
I prepare,

0:42:10.916,0:42:13.541

some two gallon bags

0:42:13.541,0:42:16.833

of homeless kits,  
and I put supplies in them and some food

0:42:16.833,0:42:20.666

and change the socks and toothbrushes  
and toothpaste and some cash.

0:42:21.083,0:42:23.833

And when I see someone  
that's on the corner holding the sign,

0:42:23.833,0:42:27.875

I literally just have to grab down  
in the seat next to me where I want to.

0:42:27.875,0:42:29.166

And it's even got a little note

0:42:29.166,0:42:32.791

that says, hey, this is in honor  
of my little brother that died,

0:42:32.791,0:42:36.750

this is on my nephew that died, and I'm  
passing it forward and paying it forward.

0:42:36.750,0:42:39.750

And I'm showing you  
that there are people who care about you.

0:42:39.833,0:42:42.583

And I remember giving one to a lady

0:42:42.583,0:42:45.583

outside of the Walmart on 20th and wal,

0:42:45.625,0:42:49.041

and she saw this little packet

and her eyes lit up

0:42:49.041,0:42:50.875  
because there were  
all these different things in it,

0:42:50.875,0:42:54.083  
everything from an apple juice  
to socks to some cash.

0:42:54.791,0:42:58.416  
And she says, this has got to be  
the best thing I've ever received.

0:42:58.416,0:42:59.791  
You just made my day.

0:43:02.041,0:43:04.125  
With something so small

0:43:04.125,0:43:07.583  
to her, that was the best thing  
that happened to her that day.

0:43:08.916,0:43:12.625  
Something that changed her day,  
potentially changed her life.

0:43:12.750,0:43:15.750  
Changed her day,  
potentially changed her life.

0:43:15.833,0:43:18.875  
And yes,  
you can take advantage of random moments

0:43:19.500,0:43:22.833  
that the more intentional you are  
and the more you decided that's the person

0:43:22.833,0:43:24.416  
you want to become,

0:43:24.416,0:43:28.250  
the easier it is to be able to respond  
when those moments pop up.

0:43:28.541,0:43:31.541  
So as we reflect on the episode  
and reflect on the Ogden way,

0:43:33.250,0:43:36.250  
the Ogden Way is about  
taking accountability for ourselves.

0:43:36.541,0:43:39.541  
It's about investing in ourselves,  
doing the work to be better,

0:43:39.750,0:43:42.541  
doing the work to grow every day.

0:43:42.541,0:43:45.166  
And then as we do that,  
we become something

0:43:45.166,0:43:48.458  
that we have more of ourselves,  
more abundance within ourselves,

0:43:49.166,0:43:52.500  
and we can then have more to share  
with others, right?

0:43:53.250,0:43:55.041  
That's how you lift others around you.

0:43:55.041,0:43:59.000

You become more first  
and then you give more to others.

0:43:59.458,0:44:03.708  
When I was young, I remember  
my parents reading to me from the Bible,

0:44:03.958,0:44:09.125  
and there was a section, Joshua 24:15  
choose this day whom you will serve.

0:44:09.125,0:44:11.833  
But as for me and my house,  
we will serve the Lord.

0:44:11.833,0:44:14.916  
Now that's my personal faith  
and way of looking at it.

0:44:14.916,0:44:18.291  
But I remember as a kid thinking  
that that meant there was going to be

0:44:18.291,0:44:21.500  
one day where you had to choose, like,  
whose side are you on?

0:44:21.500,0:44:23.458  
And you would  
you would make that declaration

0:44:23.458,0:44:27.083  
and you would be forever team, you know,  
and that was your declaration.

0:44:27.083,0:44:31.916  
And since then, what I have learned  
is it is a daily choice,

0:44:33.625,0:44:35.083  
how you show up.

0:44:35.083,0:44:37.416  
You have to choose this day

0:44:37.416,0:44:39.708  
and then you have to choose again  
this day.

0:44:39.708,0:44:41.583  
You have to choose again this day.

0:44:41.583,0:44:45.125  
Choose this day, every single day.

0:44:45.791,0:44:48.791  
Who are you and how are you going  
to show up for yourself,

0:44:49.083,0:44:52.041  
for your family, for your community?

0:44:52.041,0:44:55.041  
And that is how you choose.

0:44:55.166,0:44:59.416  
Not in one moment,  
but in every interaction of every day.

0:44:59.916,0:45:04.375  
And that is a perfect point to end on  
because we end every episode

0:45:04.375,0:45:06.916  
with a call to action,  
and that's a call to action.

0:45:06.916,0:45:09.916



It's what are you going to do to show up today?

0:45:10.666,0:45:12.625  
How are you going to show up?

0:45:12.625,0:45:15.000  
What are you going to do to  
to be better, right,

0:45:15.000,0:45:18.000  
so that you can give more to other

0:45:18.166,0:45:21.250  
that's your call to action  
instead of for me,

0:45:21.250,0:45:24.583  
instead of praying for a lighter load,  
pray for a stronger back.

0:45:25.375,0:45:28.083  
Right? It's all about a mindset.

0:45:28.083,0:45:29.541  
Don't blame others.

0:45:29.541,0:45:31.666  
Take accountability for your situation.

0:45:31.666,0:45:33.458  
Invest in yourself to be better.

0:45:33.458,0:45:36.625  
You're only going to be one of those  
stronger trees if you're forced

0:45:37.250,0:45:39.750  
to be in the difficult situations  
and to have to fight

0:45:39.750,0:45:41.166  
your way to the sunlight. Wow.

0:45:41.166,0:45:42.416  
So there's your call to action.

0:45:42.416,0:45:46.500  
That to buy the book, Depression  
Fighter and I did bring three copies

0:45:46.500,0:45:52.083  
that you can give as gifts to your viewers  
as you see fit.

0:45:52.166,0:45:53.208  
Thank you so much.

0:45:54.416,0:45:56.333  
Jody Orgill Brown, thank you

0:45:56.333,0:46:00.000  
for joining us today on the podcast  
for the listeners and viewers.

0:46:00.250,0:46:02.250  
You got your call to action.

0:46:02.250,0:46:05.250  
You've heard the lessons shared by Jody,

0:46:05.375,0:46:08.458  
share the episodes  
so that more people can be impacted by the

0:46:08.458,0:46:11.458  
by the journey that you've shared  
and the life that you've lived.

0:46:11.791,0:46:14.791

Like, subscribe, share all the things.

0:46:14.791,0:46:18.416

Let's get Jody's story out there  
as much as we can, and make sure you buy

0:46:18.416,0:46:22.250

this book and learn from the 70  
or so authors and contributors.

0:46:22.583,0:46:25.875

Many of whom are also in our community  
so you will be inspired.

0:46:25.916,0:46:27.125

There you go.

0:46:27.125,0:46:31.083

Because we are Ogden  
and sharing our stories

0:46:31.083,0:46:33.333

and learning from others,  
that literally is the Ogden way.

0:46:33.333,0:46:36.333

So thank you again  
for having us or for for being here.

0:46:36.416,0:46:39.291

I look forward to talking to  
you for the next six hours.

0:46:40.583,0:46:41.083

Thank you.