

# Rebellious Wellness <sup>over</sup> 50

## **Life is Like an Escape Room Complete with Zombies**



Ep 19: Life is Like an Escape  
Room Complete with Zombies  
with Christina Eanes

### **Why Life is Like An Escape Room**

#### **Gregory Anne**

Welcome back, everybody, to another episode of the Rebellious Wellness Over 50 podcast. Today my guest is Christina Eanes. You're going to love this background and the stuff we're going to talk about, about productivity from an energy standpoint. Now, that is a unique twist. Christina, welcome.

#### **Christine Eanes**

Thank you. So glad to be here.

**Gregory Anne**

Thanks for being here. I have to tell the listeners a little bit about your background, it is fascinating to me because the only thing I know about the FBI is TV. But Christina was in the California police department and the FBI in the violent criminal apprehension program. That sounds really scary.

**Christine Eanes**

It was actually very fun work. I said, well, maybe the topic wasn't as fun, but it was very fulfilling work.

**Gregory Anne**

Yeah, interesting. And you worked in the FBI's leadership development program and you trained thousands of leaders. You advanced to senior management within the FBI all before turning 40. And as you call yourself, a super achiever. I would have to say that sounds like a super achiever to me.

**Gregory Anne**

Well, Christine, we met who knows how but her. I wanted to have her on my podcast because there's this, everything about your take is unique to me. So productivity from an energy standpoint, life is like an escape room. We're going to talk about that in a minute. And your podcast Quit Bleeping Around, which I just love the name of that. Those are the title of three books, Quit Bleeping Around, Life is an Escape Room, and The Secret to Super Productivity. So, they always say, if you want something done, give it to a busy person, you have done an awful lot in your short life. And on top of it all, you also have children. I remember.

**Christine Eanes**

Yes, they are mid 20s now.

**Gregory Anne**

Oh, gosh, yeah. You look so young.

**Christine Eanes**

Well, I did have them when I was young, OK, early 20s.

**Gregory Anne**

So it's funny but it's interesting. My, friend's mom just died at ninety nine.

**Christine Eanes**

Oh wow.

**Gregory Anne**

Her brother is 70 and there were times when friends would invite him to go out and do something. He's like, "No, I have to go visit my mother. "Like you could just tell us the truth if you don't want to visit" they would say because they couldn't believe that somebody at 70 would have a mother at ninety nine but he had.

**Gregory Anne**

So OK, let's get down to "life is an escape room" that fascinates me. Some of the points that you have on your media site are awareness of one's perception, how it can become an obstacle to achieving a goal. I think maybe from what I'm hearing is there's too much emphasis on the awareness of what's going on around you. Tell us about that.

**Christine Eanes**

So, there's so many different lessons and escape rooms in regards to perception. But the main one is, and I could tell a little story in relation to that. Is it's really, you figure out that your perception is your reality. That the story that you create about things is what you, how you experience life. Can I share a little story?

**Gregory Anne**

Please.

**Christine Eanes**

OK, so this one I have permission because my husband laughs at himself now to share this. But, so we go on escape vacations, which means will choose an area that has a bunch of escape rooms and travel to it and do five, six, seven, eight, nine.

**Gregory Anne**

What fun.

**Christine Eanes**

Yeah.

Wow. Throughout the world we've been sticking mostly to the US the past couple of years, but this one in particular was actually right before the lockdown happened last year. We were at a location, and I was excited because we were doing a room with a live actor in it, who was actually playing an undead zombie. OK, yeah. So, I can't remember what his name was, like Barry the zombie. But I was excited because I've heard of escape

rooms before with zombies in them and then they're chained and after a period of time the chain lets up.

**Christine Eanes**

Right. Yeah. And if you're touched, you're in trouble. Well, this one would be roaming freely throughout the escape room. So, I was excited. New experience, right. Novel. We've done so many, over five hundred rooms at this point. So a new experience. I was very closely listening to the game master, who is the person that guides you through the experience.

**Christine Eanes**

And she said while the zombie will be going throughout the room and maybe rattling the walls and chains and stuff, he can't actually come after you until you locate the Nerf guns. My husband did not hear that. So I enter this experience thinking, oh man, this is going to be fun. I can mess with the zombie until we find those Nerf guns. He went into the escape room with the mindset, the perception of "there's a zombie roaming freely in these rooms and he can get me."

**Christine Eanes**

So, we actually started up this experience split up in two different really dark rooms. And at one point the zombie came and like, jangled the wall. And I pretended like I was in the bathroom. I said, "I'll be out in a minute" cause I was having fun with the zombie. But I heard him (her husband) over our walkie talkie. He was getting nervous. His voice was wavering, and I even heard it. One point, the game master said, sir, please don't lock that gate, that's a health and safety issue.

**Christine Eanes**

He's actually trying to lock a gate after he got through it so the zombie couldn't get to him.

**Gregory Anne**

Wow.

**Christine Eanes**

So I asked him after, well, what? We actually came into the third room about halfway through the experience and like, "what's up?"

**Christine Eanes**

He's like "the zombies after me." So, he ended up getting really nervous as he was trying to do the puzzles. It was hard for him to concentrate, always looking over his shoulder.

So, by that, we did get out. We did not get attacked by the zombie. He was a slow moving zombie who was not a World War Z zombie. But when once we left, that was the first experience of the day. I was refreshed. I was excited.

**Christine Eanes**

I was ready to hit that next experience because I had gone in with the mindset, hey, this is a cool new experience, so we're going to have fun with it. He went in with the zombie is after me, so he was exhausted when we got out of there because that was that was his experience. It wasn't pleasant for him. So that's kind of in-your-face about how we create our own realities and how we experience life.

**Gregory Anne**

That's a great visual. I mean, the story has so many visuals because we often, especially in the coaching world, say we create our own reality, but I think it stays in the woo cloudiness of. Yeah, for a lot of people. But yeah, that's a really great story.

**Christine Eanes**

And that's what escape rooms help us do. And there's so many other perception things because they actually have puzzles and experiences meant to mess with your perception. But that's the one that comes to mind that is very visceral in the whole experience. Yeah.

**Gregory Anne**

So, tell me about the relationship first idea and using this intention as a basis for communication.

**Christine Eanes**

Oh, I love that you ask that. So we run into all different types of folks in the Escaper world, and I've taken teams through escape rooms and what I have found again, is that perception, that you're walking in that room with, there's others that it'll be, you know, we're getting out of this room, we're going to beat it. We're going to beat the time. And then when they walk into the room with the perception such as that, what happens? If things go wrong, we get agitated, we get upset. We I mean, people snap at each other, whole things.

**Christine Eanes**

I'm sure the game masters watching these can share lots of different experiences that they observe. But what we set in the beginning, and we actually have a ninety seven percent escape rate. So it's a very successful set is what do we want to experience when we go into these rooms? And it's relationship first it's for us to enjoy our time together.

And this is how we love to spend quality time together. We enjoy working together as a team. So any time any of us kind of forgets that, the other one will remember.

**Christine Eanes**

Let them remember that we're here to have fun. We get out. That's great. But when you walk in with relationship first, it really changes how you communicate with each other, the level of stress in the room and realizing that we're here to get through this together, it just creates more collaboration, too.

**Gregory Anne**

Would you say that just sounds like everyday life if we don't have any expectation, and especially in our close relationships, to enjoy life, navigate in a certain way, decide to disagree in a certain way, like it sounds like we should plan more than many of us do.

**Christine Eanes**

Yes. And that's actually what I bring into workshops is, OK, we're about to complete this activity together. And then, of course, we can relate it to personal or professional goals. We're going to complete this activity together. What's our main goal? So one of the things that we used to teach in the FBI before we opened up the leadership development program is OK, so you accomplish the mission, but is there scorched earth and burned bodies in your path, or do you have a team that's motivated and ready to go and move forward on the next thing?

**Christine Eanes**

So whether it's your home team at home or it's a colleagues at work. Right? It's focusing on that relationship first and escape rooms help you practice that.

**Gregory Anne**

I've only been in two escape rooms. Both were part of team building exercises. And let me just say that there was more of the snapping and "you don't get it. I'm done. I'm leaving." It was, but that's what team building exercise is so interesting how they bring up us like our personality just, when we're stressed in that way.

**Christine Eanes**

Oh yeah. Unless we go in with intention to work on something.

**Gregory Anne**

Right, and the intention for us, the intention for the leaders of the group. I was actually coaching the program, but I was playing as a participant, was to see what we would experience that day. You're working as a team. I just said here is a fun night out. Let's do this.

**Gregory Anne**

And boy, was it **not** fun.

**Christine Eanes**

Aww,

**Gregory Anne**

Well, well, it was fun. But for me, I'm one of these people that I get very frustrated when I can't figure out the puzzle. They want puzzles. And I'm the one that likes to undo knots and these little things.

**Christine Eanes**

Oh, there you go.

**Gregory Anne**

But when you're with other people and they have to also play a role. I anyway, it was great and I learned a ton and took away from that, you know, how to interact with people differently, bring out their strengths, not get so frustrated with my weaknesses, et cetera.

**Christine Eanes**

Well, and it's great for emotional intelligence, too, like you just mentioned. Right. How to notice and work through the frustration or the nervousness or whatever pops up.

**Gregory Anne**

As an FBI, when you were working, but I'm sure this carries through your life, when do you let yourself off and say, oh, I'm just learning or I'm being flexible to let go of this moment? And when do you stick with it? Or how do you stick with something intentional when it seems like, oh, I should just let go?

**Christine Eanes**

Yeah, good question. So, I'm all about growth mindset and I teach it right? So, we can learn from every opportunity. If I do choose to give up, what am I learning from this opportunity if I do choose to go forward with it, what am I learning from this opportunity? But basically, I set my intention before I, anything personal or professional life, before I go into that and I make sure that I'm constantly meeting that intention. So, work related, I only look for work that brings fulfillment.

**Christine Eanes**

You know, to me, I'm not going to go through with something that doesn't bring fulfillment. So, I guess another gauge then would be emotions and not the I just don't want to do it. I'm being lazy emotion. But no, this isn't fulfilling. This isn't something I want to move forward with. Yeah.

**Gregory Anne**

And I think I would say that becomes more important as we get older.

**Christine Eanes**

Yes.

**Gregory Anne**

I can see the finish line more than I can see the beginning, the start line. And how do I want to feel in these communities. What kind of work do I? I love to work? I love the work that I do.

**Gregory Anne**

But I recently just gave a client back their project because their communication style and work style is very different than mine. And I thought, you know what, I'm not leaving them in the lurch. I wouldn't do that to a client. But I'm also not getting what I need to do the work for them the way that I want to do it.

**Christine Eanes**

So I love that you say that, because since a young age and it was well before the FBI, but and it's not that I've had a lot of death in my life, but I've been very aware of death. And so, I've been very focused on, OK, nothing today is taken for granted.

It could be. It could be my last day. It could be the people around me last day. So that's really helped me put my priorities in perspective throughout my whole life. And I think a lot of people during the last couple of years or year and a half. Have also realized what's a priority in life, what's more fulfilling and what's really important.

**Christine Eanes**

If they hadn't already.

**Gregory Anne**

I was speaking with a friend yesterday who's a coach and she's more connected to the online coaching world than I. But a group of her peers were saying they've gotten many, many more calls from women who are saying, I just realized that if this is all there is,

this is not enough for me or this is not the way I want this to be, really just over the past 10, 12, 14 months.

**Christine Eanes**

Yeah, a lot of realizations.

**Gregory Anne**

Exactly. And a lot of new opportunity, a lot of excitement or enthusiasm. But I know that it can be scary in the present moment when you don't know what to do or how to make it happen.

**Christine Eanes**

Yeah

**Gregory Anne**

Well, then we're going to move into productivity, which is a word that's funny. I was talking to the same woman yesterday and she said, "you know, there's this woman and she's teaching productivity.

And she offered to let me into the course for free. And I just thought, oh, productivity? Who wants to learn about that?" Is this at age thing? Or is this that it sounds hard? And I think what it is, it sounds hard.

**Christine Eanes**

Yeah.

**Gregory Anne**

Make it not so hard for us Christina.

**Christine Eanes**

So, the secret to super productivity is all about managing your energy, not your time, because we can't be productive for 24 hours a day, nor would we want to. Right? So the limiting factor is our energy levels. And when I was trying to look at what I was trying to think about, what am I going to write for my second book, What comes natural to me that maybe doesn't so much for others? And I realized that I'm able to do so much more, pack so much more living in.

Right. So that's a great way of being productive. It's packing more living in, right?

**Gregory Anne**

Yeah.

**Christine Eanes**

So, I realized that I naturally manage my energy, not my time. So I put a system around it and it's a three step system. You can use it either in extreme detail for those people that really like the details and likes to put numbers on things to very high level, or just more of an intuitive way.

### **Christine Eanes**

So the first part is know yourself. So know your natural energy fluctuations throughout the day. And I actually have four different levels that are very subjective.

The first one is, well, level four, super productivity. And that's where nothing can get in your way. You are full of energy. You are going through things quickly. Level three is productive. You're getting stuff done, but you're not like just bursting with enthusiasm and energy. Level two is meh, I can't think of a better term for a boss like me? Meh. Yeah, I can do things, but I want to think about them. Yeah.

### **Christine Eanes**

I don't want to involve my thought process. And then level one is basically zombie mode. You can stare at Netflix, would binge watch a show or something, but there's not much else going on. The lights are on, but nobody's home at night. So the different levels. Yeah.

### **Christine Eanes**

So, knowing where you're at on any given day and it changes. And then in the book there's actually a two-week assessment period that you can do to see if you don't already have an awareness of it. Yeah. So it's awareness of that on any given day, any given week of any given month where your energy levels typically are and it just makes you more self-aware where you're at. And then step two is know your "ECs" and your ECs are your energy consumers and energy creators.

### **Christine Eanes**

So, I want people to start thinking about, their energy as a bank account. Right? So there's things that bring us energy and there's things that take away our energy. There's things that maybe bring us energy right away, but then take it away even more so after like a candy bar.

### **Gregory Anne**

I was just going to say, like a twinkie?

### **Christine Eanes**

Yeah, yeah, yeah.

### **Christine Eanes**

So, knowing energy creators are would be things that bring us energy. The top three are self-care. Yeah. Like proper diet, nutrition, etc. They are individual to us though.

Positive feelings. Those bring us energy, they create energy and then what is it? Systems and routines. So, the more that we can create systems and routines about what we're regularly doing, we're saving some of that energy for us. Then the energy consumers, those are things that take away our energy.

### **Christine Eanes**

Top one, what is it? The monkey mind. So, when we ruminate on something or we're worrying about something or anxious about something, we're constantly going through that negative self-talk, that's draining along those lines. Negative feelings, not saying we shouldn't have them, but just understand that we do have them and we need to work through them. It's going to take more of our energy, will be a little less productive during those periods of our lives or maybe not productive at all.

### **Christine Eanes**

And then the other thing is distractions.

### **Christine Eanes**

So, yeah, a lot of people think that they can multitask. They actually can. It's just their brain is switching back and forth constantly, which takes up more energy. And I'm one of those that continues to try to multitask. I'm like, wow, yeah.

I kicked myself for doing it because I end up just more exhausted than I, I would have been if I just uni-tasked or single tasked.

### **Christine Eanes**

Yeah. So, it's awareness of that. What brings you energy? What takes away energy? And then the third step is plan accordingly. So when we have control over our schedule, it's doing those level four tasks when you're in level four energy. That was a big lesson for me, because what happens when you are in super productive mode, you can knock out 20 of those little things on your task list, but instead, we need to focus on that one thing that's going to take that energy.

### **Christine Eanes**

Yeah. So doing the appropriate level task when you're at that level of energy, when you can't control your own schedule. Say, for example, I'm super productive in the morning, I am OK a little bit after lunch, but then about after 2:00 or 3:00 in the afternoon, I'm

not worth anything. So sometimes I'll have to, I'll have to teach a workshop in the morning, teach a workshop in the afternoon, and I need to be on all day.

**Christine Eanes**

So different ways you could maybe limit the energy consumers like energy vampires, maybe not having that conversation with that person that completely drains your energy before you have to go into that, you know, level for production mode and then maximizing your energy creators. So maybe taking a quick walk out in fresh air before you have to go into that three p.m. meeting, making sure that you're not having that candy bar when you hit that normal two, three p.m. slump instead of having a more healthy snack that sustains you.

**Christine Eanes**

So essentially, it's just being aware of your energy, knowing what takes it away, knowing what creates it, and then treating it as a daily budget that you can manipulate to a certain extent. Right? We all have a typical energy level, but you can still manipulate it enough to accomplish what you want during the day.

**Gregory Anne**

I love that. It's very clear, easy steps to follow and there is quite a bit of science behind what you're saying about we have a finite amount of energy.

**Christine Eanes**

Yeah,

**Gregory Anne**

And I relate it to willpower. People say "I don't have any willpower anymore" or "I don't have it at four o'clock. So that's when I want to eat." That's because your willpower is tied to the energy you get, the budget we're given, and as you're saying, use it, use the energy we're given at the appropriate time and especially for planning food. People that know that they're going to have cravings at a certain time of day maybe need to not be in the kitchen or near the know.

**Christine Eanes**

Yeah.

**Gregory Anne**

Something that occupies them. So it's really related to all aspects of our lives.

**Christine Eanes**

Oh, yeah.

**Christine Eanes**

Yeah. One way I've overcome that is just for me personally, as I make sure that I keep my energy flow even throughout the day. So I eat, no matter what, I eat about every two to three hours. A healthy for the most part most days. Right. A healthy snack to keep me going.

**Gregory Anne**

Yeah

**Speaker 2**

I didn't know that about you know, there are certain people that I'm in the old days I used to believe in that you eat when you're hungry six times a day, whatever it would take. Yeah. For some people to hear that information, they start doing it and it has the opposite effect. Yeah. So again, it's knowing yourself, which is some point that you made.

**Christine Eanes**

Exactly.

Step one know yourself.

**Gregory Anne**

Step One. Exactly.

**Christine Eanes**

And then get creative and experiment. What works best for you.

**Gregory Anne**

Right. And how long would you say if somebody is trying to figure this out, is this like a two-week process? How long do they have to play with the energy?

**Christine Eanes**

It's not a one and done it's constant awareness, right. Because our bodies change, especially like the age that I'm entering now where the hormones are, right? All the menopausal stuff is happening.

So it's just being aware of constantly being aware of not that you have to be on top of it every second of it. It's just awareness. You know, I had a snack about an hour ago in this particular snack and I'm feeling kind of drained right now. So maybe I shouldn't do that tomorrow, you know, or just it's a constant evolution.

**Gregory Anne**

It is. And to let people know if they are trying a food elimination to see if something is bothering them one day is not enough.

**Christina Eanes**

You're right, exactly.

**Gregory Anne**

The point is makes absolute sense. "I ate it today. I don't I won't eat it tomorrow" but then also don't eat it for about seven days. Get the actual result. Your body has to get rid of the thing and then adjust to not having it and then see how you feel. So yeah, I give things time. We want everything to happen like that.

**Christine Eanes**

Yeah, there's no easy answer. It's just constant. It's just like emotional intelligence, constantly and perceptions, constantly managing our perceptions, our emotional intelligence, our energy and just being on top of it, pivoting when we need to.

**Gregory Anne**

Yes. And that takes some discipline. I would have to say.

**Christine Eanes**

Yes.

Easier to stay in the routine of like, well, I'm tired. I'm just going to have a snack at four and it's a candy bar. And then I'm just going to, the whole day is shot because I had a bad meeting or bad conversation.

**Gregory Anne**

Yeah, I think we have to anticipate that there will be those days that as well as we've planned in our schedule gets upended. Something does come into our world that is impactful and it causes us to, you know, to get rocked.

**Christine Eanes**

Yeah

**Gregory Anne**

That's OK. We just have to make sure that we understand these things are going to happen. Don't let it derail the whole rest of the day. And exactly. You agree there's nothing wrong with calling the day like at three o'clock.

If it's something happening, you're done. You're done. It's not.

**Christine Eanes**

You're done.

And that yeah, that's part of that. So negative feelings and energy consumers, knowing that it's just going to take more of your energy. So take a day off to do whatever you need to do to work through it, I mean, don't sit in your emotions, work through them. Yeah, but give yourself the space to do that because it's going to take more energy.

**Gregory Anne**

It just is. And I love the idea of like I can see this thing called energy now that we're having this conversation and how much I have made a quart bottle and I've got half of it left. And then a bad conversation comes and it feels like it just depleted. Well, maybe that's OK. Just yeah. I'm a big fan of naps.

**Christine Eanes**

Yes.

**Gregory Anne**

There are times when I just feel like all I want to do is close my eyes and so I close my eyes.

**Christine Eanes**

So you do. Yeah. Well, and that's the other thing about the system I appreciate is it gives us permission to do that self-care to make sure that we are. And I love you say that because I envision like a gas tank gauge of me constantly, like it's right here and I'm watching it. OK, are we down. OK, let's see. Can we bring it up? Maybe a nap will bring it up, maybe some carrots and a nice glass of water will bring it up.

Or if not, you know what? I'm just going to Netflix binge for the rest of the day and I'm going to be fine with it. Absolutely.

**Gregory Anne**

And you mentioned hormones. I am in the midst of taking another hormone class from a naturopathic doctor in the UK. And hormones really drive everything.

**Christine Eanes**

Yes, they do.

**Gregory Anne**

Whether we're going through menopause, menses, it doesn't matter. Our hormones, everything creates a hormonal cascade in the body. And it's fascinating, the pieces that I had, that I had missed really about the gut and things. But so, as you are experiencing hormonal fluctuations, thankfully, I'm past all of that. I'm wondering, they used to take me by surprise everything is fine and suddenly I'm having a hot flash and I'm on stage

speaking or I'm in class. Is there anything special that you do to just go with the flow or manage those?

**Christine Eanes**

I just notice it and give myself permission and space to work through it. Like some days it's like I don't feel like doing anything. Let me clear off my schedule. What I can clear off? And then I'll just push through what I can't, what I need to do. Yeah. So I just give myself permission to have the space and I love flexibility and pivoting so I create a space about flexibility. Yeah.

**Christine Eanes**

So I create a schedule that allows for that. I don't lock myself in too much. Like I'm not going to set up a whole day of meetings. I leave space so that I can pivot when I need to.

**Gregory Anne**

I would say space for just daydreaming and thinking too. There's been a lot of conversation going on in the world about the importance of daydreaming. Yes. And I don't know, as a kid, it would be like, "Why are you looking out the window for, Missy? Stop daydreaming." And I think that still stays with us and we don't daydream.

**Christine Eanes**

Yeah.

**Gregory Anne**

Do you think that that's an energy giver creator?

**Christine Eanes**

I think it is. I mean, it is for me. Yeah. Yeah. Like yesterday I just, I live in a three story building and I just went up to the roof and just sat there and enjoyed the breeze for a good half hour so that I could focus on the afternoon work when I when I had to do it.

**Gregory Anne**

Very nice. Yeah. I'm like you, I like to go outside. I'm fortunate. I live on, I can just walk outside. There's grass and trees and birds.

**Christine Eanes**

Yeah.

**Gregory Anne**

And that is absolutely restorative. It could be a couple of minutes. Yeah. It just feels good and my head is wherever it is but I come back I have to also tap back in. "What was I doing before I left?" Yeah. Well that's good.

**Christine Eanes**

Oh yeah. Oh it does. Because the brain takes up what is it? Twenty percent of our daily energy, the little three pound thing in our head takes up 20 percent of our daily metabolic energy. So the more breaks that we can give it the better. Yeah.

**Gregory Anne**

And the more good food we can give it,

**Christine Eanes**

Yes

**Gregory Anne**

It's a consumer of energy.

**Christine Eanes**

Yes. Oxygen, food and sleep.

**Gregory Anne**

Oh gosh. Sleep is when the brain cleans. I never knew this until about a year ago that there was like a cleaning system, like a little cleaning crew that goes in the brain while we're sleeping and sweeps out all the debris.

**Christine Eanes**

They're doing all the maintenance. Yeah, maintenance mode.

**Gregory Anne**

I don't want to leave without talking about Quit Bleeping Around quickly. What the heck does that mean?

**Christine Eanes**

So that actually came out of, once my kids left the house, or we're in the process of leaving now. So I decided, OK, I'm going to go be an entrepreneur. It's time. I started out that way and I wanted to come full circle back to it and just do what I want to do on a daily basis. So I was working with a coach and I was trying to think about why I wanted to write a book. I started out launching my own coaching business and now it's evolved into professional development.

**Christine Eanes**

And I have coaches that go do coaching in the, and trainings, we do workshops and stuff, but I was trying to conceptualize all that. And at one point my coach says quit blanking around, using different terms because that's what I respond to. And I went, "that's it." That's my brand. So that was the beginning of, I've created it now where I can create several umbrellas or I have an umbrella and I create several little brands underneath that like Quit Bleeping Around, Secretive to Super Productivity, Life Is An Escape Room, but that was the first one.

**Christine Eanes**

And so that was the first book on, hey, I need to, I need to quit bleeping around. I need to help others to quit bleeping around and just do it. So that's how that was birthed.

**Gregory Anne**

I love that and that just do it. Whoever came up with that phrase for Nike. Boy, it is.

**Christine Eanes**

I know!

It says it all.

**Gregory Anne**

And it just is powerful.

Yes.

Some days we have to stop telling the story, complaining about the universe or covid or whatever and just move forward.

**Christine Eanes**

That's it. Take complete responsibility for how we experience life.

**Gregory Anne**

Oh, come on, can't we be somebody else. Just this once, Christine?

**Christine Eanes**

You know, we could you know, sometimes I take a couple of hours for a little pity party, but other than that, you're right back to it.

**Gregory Anne**

I had a coach and I don't know whether this is someone's bigger theory, but the coach told us that when we felt like we had to have a pity party, it was OK, but we had to put a timer on.

**Christine Eanes**

Yeah.

**Gregory Anne**

And if it was a little one, you got ten minutes and it was big, like somebody something bad happened. You could probably have a whole day.

**Christine Eanes**

Yeah.

**Gregory Anne**

Once it was done you had to be ready to move forward. And it's interesting how that like, moved me out of a whole way of being hearing that like, oh, I don't have to feel bad for the whole day.

**Christine Eanes**

Yeah, I feel bad. Put a timer on it.

**Gregory Anne**

Yeah.

**Christine Eanes**

I think the longest one I've had, I gave myself two and a half days and that's when we first went on lockdown because I am really big on not having limits or any kind of, you know, autonomy and independence is very important. So when we went on lockdown, I was livid. So I gave myself like two and a half days, OK, pity party, Netflix binge and then like, OK, back to work. It's time to go.

**Gregory Anne**

I had waves of feeling. In the beginning, I didn't know what the heck was going on. I mean, we live in a place where we don't, there's not a lot of people we don't have neighbors right nearby, but going to the store and all of that stuff had to be figured out. So I think it was just really busy in the beginning with a lot of figuring. Yeah. And then it looked like it was never going to end.

**Gregory Anne**

Then I went into sort of a slump and I would try to do some work, but I didn't give myself two and a half days in the way that you're saying. But I just thought today I can't I'm so distracted. Then there was the energy of politics and the energy of the.

**Christine Eanes**

Oh, all that.

**Gregory Anne**

Yeah.

**Gregory Anne**

Just talk about your distractions, one of the energy killers or whatever. Yeah. But then ultimately it occurred to me that if I just let that be my norm, I would wake up a year later with no business. Yeah. No relationships. And

**Christine Eanes**

yeah.

**Gregory Anne**

So I think also we've both done and many of the listeners a lot of personal growth work.

**Christine Eanes**

Yeah.

**Gregory Anne**

Boy does that come in handy at times like huge. Well Christina, do you have anything you want to leave our listeners with. This has been so informative.

**Christine Eanes**

Oh lots of fun. Well one final piece of advice. Yeah.

**Christine Eanes**

Keep going to be self-aware of your energy levels, your emotions, your perception, how that's getting in your way. And quit bleeping around and keep moving forward.

**Gregory Anne**

That's great, and your books can be found at your website, I'll put them on the page for the podcast and your website is your name Christina.

**Christine Eanes**

Christina Eanes dot com.

**Gregory Anne**

OK, great. Thank you so much. I just loved all of this. And I'm going to actually go buy your books now.

**Christine Eanes**

Oh, thank you.

**Gregory Anne**

Yeah. Definitely fun. Listeners, thanks so much for being here. We'll see you again next week. Bye, Christina. Thank you again. Thank you.

**Gregory Anne**

That's the end of another episode of the Rebellious Wellness Over 50 podcast. I hope you've enjoyed it. If there's anything that you heard or hear when you tune in that you think would benefit a friend, a sister, a mother, a even some guys send in my way, would you? And if you've not ever been to the website, Rebellious Wellness Over 50 dotcom head on over there, there are resources, things that I don't always get to on the podcast that might help you age better be well till next time and stay that way.