

Dr Rebecca Faris

#78: *Superhero conversations, sh&* sandwiches, and what we can learn from Ted Lasso.*



I thought, "Oh, I'll learn how to be a better vet" . But turns out it was more about how to be a better human.

Rebecca Faris. She is a veterinarian, a positive psychology practitioner, and the founder of FlourishEd. In her journey to become a better veterinarian, she was instead able to discover how to become a better human. Rebecca's goal is to help people create environments that are safe spaces for everyone who wants to thrive. In this episode we talk about positive psychology, mindfulness, strengths, and how it connects and benefits our work and life.

<https://farisrj.wixsite.com/flourished>

You can also follow Rebecca on her socials:

Rebecca's Work History

[25:42]

Rebecca grew up in a farm. She studied in vet school, focusing on farm animals. This kickstarted her career in the field, where she began working on part-time small animal work and dairy medicine. After her second child, she took a job at Melbourne University as a practitioner. She thought she would improve and gain clinical skills at the job, but it focused more on the student's side.

[27:10]

Kathy Warburton was the one who introduced the concept of growth mindset and neuroplasticity to Rebecca, which she ended up getting interested in. She continued to study and research about them and eventually got a certificate in positive psychology. When Rebecca applied to the field of educational support, it triggered her liking for how a person's face reacts upon gaining new knowledge. This also prompted the establishment of FlourishEd.

Anchoring What You Want

[4:59]

Rebecca mentioned some affirmation quotes from a card:

- Don't berate yourself for being preoccupied with your professional future.
- Don't let others describe the anxiety as neurotic.
- Give the agony the time it needs to luxuriate in it

[5:52]

You should focus more on positive emotions to appreciate what you have. Every time you get a negative emotion, you move away from that feeling, but when you get positive emotions, it widens your mind – opening them up.

Emergency (Panic)

[7:01]

When it comes to emergencies, you should prevent panicking for us to know what's the proper thing to do. Keep your mind intact, and practice breathing strategies to help you calm down. After the event, analyze what happened and think if you did something wrong so you can prevent mistakes and improve for the better.

Get Better and Improve

[11:41]

Practicing can help you improve. You should learn how to regulate your emotion. That way, you'll be able to do what you need.

Mindfulness

[14:33]

Mindfulness talks about focusing on the present, not thinking about the past or future. Meditation is one of the processes you can do to execute mindfulness.

Rebecca attended a mediation retreat where she learned about the topic. The activity for mindfulness isn't limited to meditation. Anything that can help you focus on what you're doing is mindfulness.

[16:50]

Once you're practicing mindfulness, you should be able to notice some changes.

[19:05]

Sometimes, practicing mindfulness is hard. However, you can still try and improve one step at a time.

Neuroplasticity

[21:22]

Sometimes you receive negative comments about yourself, and you think that the only thing that can help solve them is fixing them. However, fixing is not the solution; acceptance is.

[23:42]

Rebecca mentioned how they teach well-being and resiliency in school, and they also have an event for a day that's dedicated to neuroplasticity. She shares a story about when people were shocked at how the brain could change just like that.

Key Points that Rebecca Wants to Bring to the Vet Profession through FlourishEd

[31:58]

Education and Learning allow you to increase your well-being. It creates psychological safety when you are being taught as a group. They encourage teachers to conduct games or activities that will help build a stronger relationship with the teachers and their classmates. Rebecca believes this activity is helpful in the veterinary industry because it can create psychological safety between managers and the team.

Strength

[35:03]

Studies have shown that if you know your strengths and use them at work, it'll give you the opportunity to be more engaged, productive, and efficient with what you're doing. You'd be able to finish and reach your target if you used your strengths.

[35:46]

Filling up surveys is one of the ways Rebecca used to discover her strengths. Aside from that, you should think of something that you are doing that when you do them, you feel excited. This could also be a strength of yours.

[41:25]

Focusing on your strengths doesn't mean that you are ignoring the existence of your weaknesses. Focusing on our weaknesses leads us to the path of negative emotions, eventually leading to depression and anxiety. However, if you are focusing on your strengths, you are simply focusing on the positive side, enabling you to become open-minded and engaging.

Superhero Conversations

[[44:06]

Rebecca discovered that she is good at teaching superhero conversation.

Positive Work Review

[51:24]

Most of the feedback that Rebecca gets is very limited. For example, feedback that says “you’re a good vet” is limited feedback that doesn’t provide much information. However, if you say, “I love how you’re honest about what’s working or what’s not,” it provides information, possibly showing you your strength or something positive about you. This type of feedback is much better because people will know what they are doing correctly, assuring them that they are not making mistakes.

[53:01]

Aside from positive things, you can also talk about negative things but ensure to deliver it in positive language.

[53:35]

When it comes to feedback, every person has a particular set of demands. What you need might not work for another person. You should try to ask people how they want to form their feedback so you can provide them with feedback that will be useful for them.

The one message

[1:01:56]

Pay attention to what your gut is telling you and believe in it. It might be telling you something true when it doesn't feel right.

Podcasts and books

Via Character Strengths Survey:

<https://www.viacharacter.org>

Chat 10 Looks 3 Podcast:

<https://www.chat10looks3.com/podcast>

Ted Lasso

<https://tv.apple.com/au/show/ted-lasso/umc.cmc.vtoh0mn0xn7t3c643xqonfzy>

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