

#187 The Keys To Finding Happiness & Friends with Jessica Weiss

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SPEAKERS

Michelle Glogovac, Jessica Weiss

M Michelle Glogovac 00:00

You're listening to the My Simplified Life podcast and this is episode number 187. Welcome to the my simplified life podcast, a place where you will learn that your past and even your present. Don't define your future. Regardless of what stage of life you're in, I want you to feel inspired and encouraged to pursue your dreams, simplify your life and start taking action today. I'm your host, Michelle Glogovac, and I'm excited to share my stories and life lessons with you will taking you on my own journey. This is my simplified life. Hey, friends, welcome back to another episode. I'm your host, Michelle Glogovac, and today is all about happiness. Like How great does that sound? My guest is Jessica Weiss and she is the happiness expert. Jessica has like she's she's just happy naturally, it seems she is full of energy. She's full of knowledge. And she's all about happiness. And when I talk about that, I don't want you to think oh, she's going to be one of those Wu's or this episode is going to be all about how we can be more happy and that it's not realistic, when in reality, every single tip and tool she offers is extremely realistic. And we're just we're having so much fun talking not just about happiness, but about friendship, as I'm now over 40 2am recording this and I'm still 41 but by the time this airs will be 42. And I find that friendships later in life are different. It's different to make the friendships, to keep the friendships to find time to nurture the friendships, and the types of people that become your friends simply become different. So we're talking about how do you find those friends? Who is it that you gravitate towards? How do you make new friends? You know, do you need a certain type of friend in your life? Or is there just the one best friend, we're talking about all of that, and how friends can equal happiness, and happiness can equal friends and how they all come into play. I think you're going to really love this interview. So without further ado, let's get happy and make some new friends. Hi, Jessica.

J Jessica Weiss 02:27

Hi, Michelle.

M

Michelle Glogovac 02:29

I'm so excited to talk to you. And you're the happiness expert. And I just feel happy talking to you. So your magic works.

J

Jessica Weiss 02:36

Well, I'm happy that it comes across the screen that makes me super happy. But yes, I am the happiness expert, which is quite a title that I often struggle to live up to

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Michelle Glogovac 02:45

the introduce yourself and then tell us how you came about being the happiness expert.

J

Jessica Weiss 02:51

Sure. So I am Jessica Weiss. I am a happiness expert. And that title came about because it was a little bit of a winding path. So let's rewind a tiny bit. So we can I can tell you how I got there. Basically, I have an MBA after I graduated from business school, I went on to become a management consultant. And I was doing a lot of culture work and organizational design work and helping companies like big fortune 500 companies like Johnson and Johnson and American Express, for helping them to figure out how they can be more innovative, how can they grow more grow faster? How can they generate more revenue? And what we found in every single one of those projects, as you sort of peel back the layers and kind of understood what was really going on in these organizations. The real question we often had to ask was, how can I do my job better? How can I have more satisfaction, happiness out of my work, right? Because if we're happier at work, we're more motivated, we're more productive, we're more creative, or all those wonderful things. So when I realized that that was like the nugget of the question, that's when I was like, Okay, this is some interesting stuff. How do we get happier at work? So that is how I came to the happiness stuff just from like a purely professional kind of background. And then personally, it's just been a subject that I've always been interested in. And it kind of started when I was an undergrad. And I was lucky enough to take a class from Dr. Martin Seligman, who was actually the founder, let's call him the forefather of this entire positive psychology movement and his whole belief, you know, on top of being a psychologist and studying all of the ailments and illnesses, and all of that what he really proposed at that time and in the class, which completely grabbed my attention pretty much for the rest of my life was Why do we always study what is wrong with people? Why are we constantly looking at what's wrong with everybody? Let's look at the people who get it right. Let's figure out what's right with people. And then let's do more of that, right, let's figure out the people who are happy, who are enjoying who are satisfied. And let's do what they do. So that was a class I took literally, when I was 18. I signed up for the class, I had no idea what I was signing up for. But from that moment on, I was like, Oh, this happiness stuff, I am hooked. And I loved it. So now I sort of, you know, on a personal level, I devour all the books, all the interviews, all the research, all the science, it's always been a topic that's been super interesting to me. And then when it came together with my work, I was like, Okay, I found something, I got it. I'm happiness expert. And that was really, you know, so now I do it professionally. And it's stuff that I'm just super interested in.

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Michelle Glogovac 05:42

And so are you happy person?

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Jessica Weiss 05:46

Sometimes, not all the time, I think I'm pretty normal. And the truth is, I probably came to the happiness stuff, because I wasn't happy, right? And I wanted to find more happiness in my life, just like everybody else did. So I might the answer to that is yes, sometimes, although I definitely have some crappy days. But the truth is, I know what to do to make myself happier, right. So I know what the science says, I know what the research tells me to do. I know from personal experience, the stuff that makes me happier. So that helps a lot. The tools.

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Michelle Glogovac 06:19

And I love that you said that. Yeah. Because I'm sure that people are like, you know, well, I think it's the question like, are you happy? Like, nobody really says that? Unless it's maybe a therapist, you're just like, are you happy? How are you? Good? You good? Okay, that's, that's the gist of it. But to be asked, Are you happy? It could go deep.

J

Jessica Weiss 06:38

Yeah. And it's almost like you were all just kind of getting by, you don't even give yourself the space or the time to feel happy, right? You just want to like get through all the stuff that you need to do. And you don't even think about, wait, I could actually be doing this and be happy and enjoying it and being satisfied. There's actually more to life than just kind of moving through every you know, kind of ticking all those boxes. And you know, all that like productivity, all that stuff. I feel like wait a second, we left out one key element here. How do we actually enjoy all this stuff? Right? How do we like get satisfaction from it? So yes, I feel like people don't even give themselves the luxury of asking the question.

M

Michelle Glogovac 07:16

And so what is happiness? Like? What I love that you said the enjoyment? You know, how do we define what does it mean to be happy? Because it can mean different things at different times to different people. But I mean, like what overall, is simply being happy, right?

J

Jessica Weiss 07:32

So I think that there are lots of people who have lots of different definitions of it, right? And people say there's happiness versus joy, and what's the difference? So there's a lot of kind of wordplay, but for the sake of our conversation, let's say happiness is this lasting feeling of contentment, right? So it's not necessarily laughing all day long. It's not necessarily smiling, or any of that it's this internal feeling of contentment, that lasts day after day. And for me, there

are, there are three components for that lasting happiness. And I think the first one comes from your friendships, your social connections, your family, relationships, whatever it is, that's the first one I like to say friends are magic, that is the first key building block to lasting and sustainable happiness. The second one is your level of engagement with your life. So by that, I mean, how interested and excited are you about all of the stuff that you are doing? So it's, it's the opposite of this idea that you're just kind of moving through the motions, it's that you're really deeply engaged in your life. And the third one, for me for happiness is getting happiness from work? How do we get satisfaction lasting happiness from work? So if you focus on those three things, friends, and social connections, your level of engagement in your life and getting happiness and satisfaction from work? To me, that is the definition of happiness.

M

Michelle Glogovac 09:04

I love it. I love it. And let's hit on the friendship one, because you and I have talked about this before and I'm over 40 And you know, you're it's hard to start finding friends like once you're no longer in college once in now that I am not in the corporate workspace. I have more online friends, but to find these connections, you know, then it's like you have kids and there's mommy groups, but ya know, then the kids go to different schools and it there's all of these different factors that play in finding friends when you hit a certain age, it seems, you know, how do you find these friends and and how do you make them last lasting friends and how do you weed out the bad friends?

J

Jessica Weiss 09:44

Yeah, well, right. That's the real question. Right? Okay, so what you're saying you're tapping into everything that the research says, And you're saying it at 40 But the truth is, we start to lose friends at 25. And that sort of makes perfect sense, right? You're no longer in school. You're no longer like you've got other life priorities. Maybe you're focusing on your career, maybe you're focusing on a family, whatever it is, your whole life at that point is no longer friends. Right? So that's when the network really starts to shrink. So it's not 40 it's way, way before 40. Right, excellent. So what I think that should make you feel better, because the truth of the matter is, we're all in this together, Nobody escapes, you know? Yes. When we're in school, and we have, you know, whether it's college and you're constantly totally focused on friends, or you're in elementary school, high school and middle school, you have recess, you know, things are your parents tell you go outside, make friends, right? That's your only job when you're a kid. But the truth of the matter is, when you become an adult, this is something that's going to require a little bit of planning, a little bit of purpose, a little bit of strategy. It's not stuff that just happens. And I think that we all have this romantic notion we included that, you know, we should all have our friends already, like, come on. I'm this age, like, this is ridiculous. I can't be making friends. It's too late for me. And that, that that right? There is the thing that stops all of us from making friends, because it is never, never never too late to make more friends.

M

Michelle Glogovac 11:13

And how do we make the new friends? Because I think that when we hit, let's say, we're hitting 40? You know, you make these new friends. And there's 40 years that they don't know about? Yeah, how do you catch up on those 40 years? Is it important to catch up on those 40 years? Or

do you just start from where you are? And, you know, fill in the pieces as you go along?

J Jessica Weiss 11:33

Well, I think what's interesting about friendships, is the different level of friendships that we can have. Right? So I and I think that it's somewhat intuitive, right? Because you meet certain people, and you feel you have that deep connection with them. Right, and whether you know them for five years, or 20 years, or five days, there are just people who, you know, oh, she totally gets me, right, she and I can totally be friends. And from there, you can start to dig into maybe a deeper friendship. But the truth of the matter is that research shows that in order to be in order to kind of have a really fulfilling and happy social connection, you need relational diversity. Okay? What does that mean? You need all different kinds of friends, you need close friends, you need acquaintances, you need mommy friends, you need jogging friends, you need friends from everywhere, and everything, because that is the key to happiness. So the truth is, yes, a best friend is fabulous. But let me tell you this, only 40% of people even say they have a best friend, we all think everybody has a best friend, only 40% of people even have a best friend, but you need all kinds of friends. So there's no reason to limit yourself in any way. In terms of oh, God, she doesn't know me, I need to tell her everything. That's okay to like, it's okay to have those light friends that works. So I think that once we kind of open our mind to all the possibilities of friendship, it becomes much easier, it takes the pressure off of oh my god, this has to be the relationship where I give all of my you know, deepest, darkest, most emotional thoughts and support. We can have it all like it can be a big wide circle.

M Michelle Glogovac 13:13

And what about the people who are listening right now and go, Oh, crap. So I have to have all these different types of friends. Happy like, now I need a jogging friend and a mommy. Well, like I was fine. Looking for one friend. Now many friends.

J Jessica Weiss 13:31

Okay, so the truth is, you know, I feel like my mother used to always say, if you can count your friends, on one hand, you're in good shape. So you know, let's kind of keep that as the backdrop of what's going on. I always say it's quality over quantity. But there is something nice in quantity, because that diversity frees you from kind of the pressures of it all. So that's the only thing that I was meeting in terms of, you know, having all different kinds of friends. It just gives you more possibilities, more options and more potential. But the truth is, I feel like the question that we kind of all struggle with, and honestly, me included, is okay, yeah, but how do I make friends? Like, I'm busy? I'm working. I'm like, what do you do? And there are things that you can do that you can put yourself in a position to make friends. But you have to do them like you've got to open your mind to the possibility that it's not too late. B It's possible, and then see, you actually need to do some stuff to make it happen. That's the truth. It absolutely

M Michelle Glogovac 14:29

is. And as you say all of this A ha ha I'm not saying to myself, because

J

Jessica Weiss 14:34

it's not hard. It's not hard like saying like it's it's an it's not this overwhelming thing you can figure out some things to do that will actually work in your life. Like here's one that's super simple, okay. And this one goes back to why we all made friends so easily in school and why it's easier to make friends at work, right? It's this idea that you see the same people every single day, right? It's that consistency and that exposure to the same thing. people every single day that kind of facilitates friendship. So once you've removed yourself from that situation, you need to recreate that situation as an adult. And you need to do it in a way that is not forced artificial or weird in any way to you. So it can be as simple as walking your dog at the same time, every single day, because you will see the same people every single day at the same time, right? So we can really go super simple, and then you just say hi, and things kind of happen from there. It can be a question of going to work at the same coffee shop, maybe every Friday, at the same time. Every week, on a consistent basis, you start to see the same people. For me, I like to like I take yoga. So I go to the same class, I see the same people, you know, it's so you do what resonates for you. But the whole point is that you want to have this idea of consistent exposure to the same people so that you create an environment so that you can actually start to make friends.

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Michelle Glogovac 15:58

So you bring up a great because this is where I'm going, I was going with it as I think about my children, and you said, you know, children, your job is to go make friends. And it's so funny, because even last night, we're watching the fireworks, a neighbor boy is there, another little boy comes up and my son is just talking his ear off. He's eight, and they're talking, talking, talking, and then all of a sudden he goes, Oh, by the way, my name is Declan Montes neighbor, and it's good to meet you. Anyway, I think the finales coming up, and we were laughing so hard, but this is just how they do it. And yet as adults, we get very, you know, we kind of square off like, we're not going to just be that that person and I'm trying very hard in my life, and then to teach my daughter to like, it starts with a compliment. If you like Jessica's hair that the lady with the blonde hair, go tell her you like her nails, you say something, and you don't keep that back. You like it, you say something? Because you're you're

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Jessica Weiss 16:54

right, hey, Michelle, you're hitting on research that says this, that people love to receive compliments, and that we as the giver of the compliment, we think it's going to be this horrible, awkward experience. And the truth is, it's not. People love to receive compliments, and you will feel good for having given someone a compliment. And they will feel great for having received a compliment. And that's an amazing way to kick off a conversation. Amazing. You hit right on, right the nail on the head,

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Michelle Glogovac 17:25

look at me.

J

Jessica Weiss 17:27

Look at you making friends.

M

Michelle Glogovac 17:29

But how do we make how do we start these conversations? If it's not a compliment? You know? That could be that maybe you overheard them talking to someone else? And you were like, oh, like I kind of resonate with that person or something? How do you even start that to create that friendship?

J

Jessica Weiss 17:44

So I think the big thing is that we need to realize, and this is again, so much of what I talked about is always based upon scientific research. So I like to go back to that because it's real. It's data. It's objective. So like whenever you're feeling oh my god, I'm so awkward. I can't believe I just saw that. And let's, let's look at the research and see what science says about it, because it'll help you overcome all of those, like social phobias that everyone has. Okay, so we all assume that nobody likes us, right? When we meet new people, it's this thing called the likeability gap or liking gap, we assume that nobody likes us, that when we meet a stranger, they think we're weird and crazy and awkward. And the truth of the matter is, that's absolutely untrue. People love to be spoken to, when you speak to a stranger, it increases their happiness, just a stranger, like even if you're on the subway in the middle of New York City, and you talk to the person next to you that you would think that oh my god, they're gonna think I'm psychotic. No, it actually increases happiness. And it's a great, so. So that should be the first thing, right? There needs to be a mindset shift that we all assume that everybody thinks we're awkward and weird and strange. No, they actually like us. So we can actually start conversations. And that's all good. So that's the first thing. It's a little bit of like a mindset shift. The other thing I would say in terms of starting conversations, is when you first meet people, it's always best to kind of find similarities. So if somebody that you meet somebody, and you went to a big school, and they went to a big school, but you went to two different schools, in order to kind of kick off the conversation and kind of grease the wheels to get things rolling, it wouldn't be like, Okay, you went to the University of Michigan, and I went to Michigan State. So instead of saying something like, oh, rival schools, but no, it would be something more like, oh, we both went to big schools. Did you like it? Did you go to football games? We love going to football games? Did you like going to football games. So you kind of are always looking in those beginning moments of the conversation is looking for similarities, similarities is going to be like the it's going to facilitate more conversation.

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Michelle Glogovac 19:49

As you say that it's so funny because I'm thinking of someone who starts off conversations totally the opposite, right? And it's an individual that I'm like, I don't want to hang out with you like you suck. cuz, like, everything is like, me, me, me, and this is my experience and it's so much better than yours. You're like a mob?

J

Jessica Weiss 20:07

Well, it's the whole idea of like one upmanship I think yes. All right, people think that that's a good way to have a conversation. But the truth is, it's not, it's really off putting to the other person, you're much better off finding like places of similarity where you guys can even if it's not similar, find a point of similarity so that the conversation can flow from there,

M

Michelle Glogovac 20:27

I'm gonna have to send this episode to people. But now, I don't want to be friends. So for your future friends, future friendships that you might want to have here, listen to this episode.

J

Jessica Weiss 20:43

You know, another great way, another great way to meet friends. And this one is it takes the pressure off of you is if you have a friend who's like one of those super connectors, so that like super extroverted person who knows, everybody, if you in some way can kind of hook yourself into her network or his network. That is a great way to start the friendship ball rolling, because first of all, as that extroverted super connector, they love bringing other people along, right? And if you go to them and say, Hey, I was wondering, do you have any recommendations, I just moved to town, or you know, my kids are in school full time, or I'm working from home. And I'd love to meet new people. Have you done anything fun, and those people will love to bring you along? And those people love to be helpful, right? That's what fills their cup. So by going to them and asking them for advice, recommendations, you're kind of creating the situation for them to invite you to all their stuff or introduce you to somebody who's similar. So I say super connectors are a great way to kind of start the the wheels of friendship. I can

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Michelle Glogovac 21:54

totally agree with that. Because one of my friends and I know she's listening because we were talking yesterday because you know, I listen every week, right? No, Cindy, I didn't know like, I don't have this magical little Cindy, just listen to your episode. But now she's hearing her name. So But Cindy and I met because of another friend who invited us both to a dinner party and sat us next to each other. And this was over a decade ago. And now Cindy and I are great friends. And she was here yesterday. So yes, super connectors, other friends meeting friends through friends. Yeah, I just started a book club. We had

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Jessica Weiss 22:27

amazing, it was all it was

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Michelle Glogovac 22:29

kind of random. I was like oh, baseball coach's wife, son's friend's mom, Mom, that's my friend from the PTA. Oh. Cindy. too. You know. it. We pulled from all of these different thinas. And

we're like, oh, this kind of fun. Because I also felt like, I didn't want the same type of people that are from the same circle. I feel I felt like there was like, it could cause drama, per se. Yeah. But if we're all doing different things, and from different walks of life, this might be more fun,

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Jessica Weiss 22:58

right? No, no. And you're tapping into another perfect thing. And this also goes back to like our childhood, right? So in school, you would always join extracurricular activities, right? You'd go to school. And then after school, you do the fun stuff. So whatever it is, whether it was sports, or theater, or student government, but that would be an additional place for you to make friends. Maybe that was where you really made friends. But as an adult, we don't really have those like pre prescribed clubs. But a book club is exactly it. You want to go into the stuff that that you're interested in your special interests and either create a group join a group, but that's perfect. That's another great way. And then again, you've got consistency, exposure, all that stuff that we were talking about. And even better, you're talking like you're doing an activity, which takes pressure off, right, everybody can come we all know what we're talking about. It's not going to be awkward, right? We're all talking about the book, it makes life much, much easier, because we all hate small talk. So all of that is perfect. Like the book club hits on, like so many of those friendship points.

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Michelle Glogovac 23:57

And it totally evolved to I was like, I've never run a book club before. I don't know. Y'all read the book. So have you read the book? Nobody read the book. Okay. We'll just who liked the book. We'll start with that. What did you read the book? Oh, you read next month's book. Okay, we can talk about that. But it was good because it did veer away from the book at times. But that did give us that focal point of Okay, now we get to know each other because of what you liked and what you didn't like and what resonated with you. And yeah, it was definitely fun. It but then it's that okay, we're all a bunch of moms time. Can we all make this day? You know, we literally I stopped saying, When can you make it? I said just give me the dates of when you cannot make it. And then I will put that on the calendar and I'll pick a date where everybody can do it.

J

Jessica Weiss 24:44

Well, you're tapping into something else also around friendship and also like the difficulty of creating new friendships as adults is this idea that we don't have time, right? So it becomes this huge planning thing of like, Oh, are we meeting on Monday? I can't meet on Tuesday. Can you meet Next Thursday, not how about Friday, but the idea that it's a ritual, right? Let's say that your group maybe meets every second Tuesday of the month, everybody keeps it free. It takes off the pressure, it makes life much easier. It's not a question of like, who did the inviting last time? I have to invite her she invited me, should we invite him? Right? All of that. So as much my one piece of advice for you around the book club is make it the second Tuesday of every month, right? Everybody knows it's the second Tuesday of the month. And that's it, and it takes the pressure off, and everybody kind of plans around it. It makes life a whole lot easier. This idea of like creating a ritual, because as adults, there's nothing more annoying than having to plan, at least for me, like I'm, like, tapped out. I'm done. No. And

M Michelle Glogovac 25:43

we did that. We were like the third Tuesday of the month. And then that third Wednesday, I'm leaving at 640 in the morning. I was like, Yeah, Tuesday's not gonna work for me, we're gonna have to move it to Monday. Because life is busy. But of course, yeah, all of those things are factors. And then it's like, well, where do we go? Where do we meet, you know, but yet, you just do it. And when you do it, you're like, Oh, that wasn't so bad.

J Jessica Weiss 26:08

No, as much as you can create a ritual around it, like as much as it can be kind of set in stone and not having not taxing like another decision, another decision, another decision is going to make it that much easier. So that would be my advice. In terms of that.

M Michelle Glogovac 26:22

What do you think of I don't even know if these exist anymore. There was that? Like, app? It was not like Tinder, but it was for friendships. Was it Bumble? Was it? Yeah, it

J Jessica Weiss 26:31

was Bumble BFF? Yeah.

M Michelle Glogovac 26:33

Is it still around? I don't even know.

J Jessica Weiss 26:35

I don't know. I think it might be. And I think it works. I think in like, first of all, I think social media, using social media for those kinds of things is great. I think social media can also be a little bit of a disaster when it comes to friendship, right? Because we all see what everybody else is doing. And it's like that whole idea of like, Oh, my God, everybody else has it figured out and why am I not at 10 parties this weekend, and I'm sitting here scrolling through Instagram. Um, but I do think if you use social media, well, social media can be a great outlet for making friends. And for me, the stories that I've heard, I've never used Bumble BFF. But I think it works from what I've heard from people that I've worked with is it works really well, if you're moving to a new city, or you know, or you're relocating for a certain period of time, you know, kind of coming to Bumble BFF with a purpose, like, Okay, I just moved to Chicago, and then you can kind of take it from there. I think that I think that that actually works really well.

M Michelle Glogovac 27:27

When I moved to Chicago, and I had no friends. There was, there was a group for like adventures, like, you would sign up, and you could go, you know, like whitewater rafting or whatever interests you. But it costs so much money that I was like, it's not worth the friendships that I could make. Yeah, so I just made friends in my condo. And then, you know, that expanded. But yeah, when you go to a new city, and you're like, I know no one. So you're gonna sit here, or I'm gonna go to the coffee shop, because I also work from home. So that was exciting. And this was like, early social media. I don't think I even had an Instagram account.

J Jessica Weiss 28:04

Right? Right. So but you did this stuff. Look, you you made friends in your condo, because it was people that you saw regularly, right? It was all those you hit you, you intuitively know all the right things to do. Right? Or you went to the coffee shop and you saw the same people, there's definitely things that we can do to make friends as adults, we just have to keep doing those things.

M Michelle Glogovac 28:26

What do you think stops people from doing the things?

J Jessica Weiss 28:28

I think the biggest one is that people have this romanticized notion of friendship, that it's all done and settled. And you know, at 22, you've made all your friends and now you just kind of move through life. And it all is, you know, I've got my group and we've known each other for however many years and it's all done. I think that that idea that I'm embarrassed that I don't have that romanticized idea, friends, it's too late for me, forget about it. I can't do it. That I think is the biggest thing. I think it's a mindset thing is the biggest thing that holds people back,

M Michelle Glogovac 28:59

and what about drama, and friendships, and I'll give you a real life and then my TV, you know, what I look at, for example, it's like, Real Housewives. I'm always amazed that you all call yourselves friends. And then you go on vacation and you hate each other and talk crap. Like I that I would not go on vacation with you if I did not like you. Yeah, that's I get its TV. But then I've seen even in real life, like drama being created. And for me, I'm like, cut, we're done. Like, I don't need that I am over 40 That's not what friendship is about, like, what is that about? And then there's some people who don't cut it. Like, No, I'm just gonna keep being friends with you, even though you make me miserable, and I can't stand it. You're not good for my mental health. But you know, keep coming at me. And that's great. And we'll be quote unquote, friends.

J Jessica Weiss 29:50

Yeah. Well, I think there's like a bunch of stuff going on there with what you said. I think that a

lot of us hold on to friendships for a little too long. Just because of The sheer fact that you've been friends for so long, right? It's like, well, we've been friends since you know, for 20 years, how can I let it go? But the truth of the matter is that we friendships don't last a lifetime. There are very few friendships that last a lifetime friendships on average last about seven years, like we're constantly changing friends. And, you know, it's the size of the network stays the same, but lots of different people come in and out based upon your life circumstance, and what's going on with you whether you have kids don't have kids, whatever it is. So I think that that's the first thing like we a lot of us hold on to, we all feel like, Oh, I must have friends for 30 years, and we cannot be friends. So that's the first one. The second one I think is friendship is this funny thing very different than like a romantic relationship, a romantic relationship. I feel like we go into romantic relationships and like, you know, you're gonna fight with your partner, right? It's pretty much like just because you have one fight the relationships not over. Right? You know that this is kind of the dynamic of the relationship. I think with friends, there's something different, like you don't expect to fight with a friend. And if you fight with a friend, right, one little small fight, you're like, Oh, that's it, it's over. And I think what we really need to do is normalize this idea of conflict in our female friendships, I think that we all think that a little bit of conflict means it's no longer meant to be. And I actually think a little bit of conflict is super healthy for a relationship, right? Because if you if you overcome the conflict, you have a stronger friendship at the end of it. So I think that there's that idea. So it's, we're holding on to friends for too long, we have to normalize the idea of a little bit of healthy conflict and a friendship. And I think as we get older, we all understand that we have boundaries, there's stuff that we like, their stuff that we don't like, right? And we become infinitely more comfortable with saying it right. Maybe you don't want to spend the weekend at your friend's house, you want to sleep in your own bed, you're not interested in doing that anymore. Set the boundary. And you know what I mean? And that's okay, so I think that those are kind of some of the things that go on with friendship, that maybe sometimes we need to think about, is it? Is it too long is a time to let the friendship go? Is it a little bit of healthy conflict that will only serve to make the friendship better? And then three, do I have to kind of establish some boundaries that will make this friendship easier, like just because I don't want to spend the weekend at your house doesn't mean we can't be friends. I just don't want to spend the weekend at your house. I really love you. You're fabulous. But I like sleeping in my own bed. You know what I mean? So those are some things I would think about in terms of, like conflict with friendships.

M

Michelle Glogovac 32:33

I love it. This is so much fun.

J

Jessica Weiss 32:37

I love talking about friendships. I think it's such an especially female friendships, because it's such an important part of our lives very different than male friendships, right? male friendships have serve a very different purpose, their friends in very different ways. They talk about very different things. But female friendships are kind of essential to who we are, right. It's like what we look to for emotional support. It's a very important part of our overall happiness, truly. So I think understanding the dynamics of female friendships is so enlightening, and really kind of frees you to make more friends and have more happiness. Like I love it. I think I love the whole

friendship things. I love hearing about people's friendships. I am the person who sits on the subway and likes to like, you know, overhear the person talking and I'm like, no, no, you shouldn't do that. The reason I says

M Michelle Glogovac 33:27

I love it. I'm an eavesdropper, but I don't but in but I would like to button.

J Jessica Weiss 33:34

Well, have you ever been in this situation where you're the eavesdropper, and then the table so if you're sitting like in a restaurant, and you're listening to the other, you know, I've been at the table where I'm talking and I'll tell the person I'm with this conversation over here. Much more interesting. Give me a second. And then and then and then the two people at the table next to me will look at me like, What are you doing? And I'll be like, Oh, my God.

M Michelle Glogovac 33:58

I haven't been caught, but I will be. I'll be there'll be like a conversation going on. I'm like, I'm sorry. I'm sorry. I was listening. Did you hear what happened over here? He did this. And she did that. And

J Jessica Weiss 34:10

these two are on a first date. Like, yeah, listen, yeah.

M Michelle Glogovac 34:13

My son does it too. He's eight and he'll be like, Mommy, I just heard them say, like, you can listen, but you can't repeat it that loud. We'll leave that until you leave. tell mommy later. I love it. Jessica. Where can everyone find you? And also listen to your TED Talk. We didn't even talk about that. Yes, yes.

J Jessica Weiss 34:34

So my TEDx talk is called happiness. It's an inside job. And you can just Google that and it's on YouTube or you can find it through the TED site, but it's Jessica Weis happiness. It's an inside job. You can find me on social media. I am a newbie on social media so I would appreciate any and all follows so on Instagram, I am Lea Jessica Weiss on Tik Tok. I am the Jessica Weiss. And please if you're on LinkedIn, come find me There, I accept any and all connections, and all

M Michelle Glogovac 35:03

except all connections.

J

Jessica Weiss 35:07

And all of my everything lives on Jessica weiss.com. So if you're in doubt, go to Jessica weiss.com.

M

Michelle Glogovac 35:14

Thank you so much. And thank you for putting an even bigger smile on my face making me so

J

Jessica Weiss 35:19

this was so much fun. Thank you so much, Michelle.

M

Michelle Glogovac 35:21

Thank you. Okay, everybody. So what are you going to do today? Are you going to go on that walk with your dog? Are you going to go to the coffee shop and work and make these new routines? Are you going to give it a compliment to somebody that you see? Who has great hair? Who's wearing the outfit that you think looks just perfectly on point? Start doing it, put yourself out there and make those new friends? Because these friendships are going to bring more happiness into your life? And who doesn't want to be happy? I know I certainly do. I know that it's a balance. We're gonna have bad days, we're gonna have good days. But if we have the tools to know how to get into that happy place on those bad days, then there are no more bad days. They're just okay days, which is way better than having a really crappy, bad day. So go listen to Jessica's TEDx talk. It's like 15 minutes so you can totally get it in, you know, during your morning walk or meditation or whatever it is because she offers some great tips and tools in that too. And I just think that we all owe it to ourselves to do whatever we can to be happy. We only have so much time on this earth. So why waste it in any other emotion other than happiness? Go be happy, my friends. Until next week, I'll talk to you soon