

1-5-23 Lessons from the NFL, Damar Hamlin

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All right, hello. Hello, welcome back. Thanks so much for joining us. Hopefully, we'll get this right the very first time, here we go. Today, I have waited several days for this very recording. I waited, because I have this mindset. In certain circumstances, maybe it's the therapist in me, maybe it's it just something that that that life has taught me. But I think there are times where the right approach is to just just pray and wait. And the other night, I was hurt a little bit about something that went on in football. So I flipped on the game. And I took a look. And I got to see the reruns of Damar Hamelin collapsing on the field. I am not the first and I will not be the last who talks about this, my hope is that today, I'll tell you some things that I was that I have learned or was reminded of. And hopefully we can use this as an opportunity to grow and get better, and decide where maybe we should go as a culture in these more difficult and challenging situations. Because I've gotten to see some, some very ugly, ugly things that have come from, you know, some some people that that are addressing this. And it just honestly, it makes me sad about our culture, about the kind of people that we we want to be. And so I'm gonna get after it, we're going to, we're going to take a look, there were several things that I'm going to point out, some of them pretty simple, some of them pretty complex. I'm not going to spend a ton of time doing this today. I'm just going to put it out there. And then let you think about it, and hopefully encourage you to process this in a good, healthy, productive way. So one of the things that came to my mind that I observed. I'm going to start with the players on the field, the players on the field. They're ordinary men, you know, we got to see that, you know, for people who idolize the players. My My hope is that you saw that they had really motion, there were tears. There were prayers that were gatherings they were holding each other. It was, in some ways, a beautiful thing to see. I I don't like that it came at you in the way that it did. I wish people had the opportunity to see that kind of unity and camaraderie and love and care in our culture without somebody having to collapse. But, you know, that's a good takeaway, right? Ordinary men doing ordinary things. And it was there was some beauty in the chaos and the challenge. I also saw that the our media folks were unprepared. And I don't blame them. I mean, how often does this stuff happen? Not super often. And let's be real most of the time when this kind of thing occurs, because this is not the first player who has ever collapsed on a field. We used to see heat exhaustion, heat stroke. I mean, there were there was a lot of things that we've seen over the years, at least in my lifetime. And you know, the these media folks, they normally have time to come up with what their one liner is going to be. And they

didn't have time. I'm saying that not because I'm disappointed that they were unprepared. I'm saying that because they're professionals. What they do is speak for a living. But there are also people and there are things we cannot prepare for we, you know, it's so common to see people want to have answers to everything. But there are some things in this world we don't have answers for. And when we encounter those, we get to find out a little bit more about true character, like what you really are on the inside. And we got to see that, as fumbly. And strange as it was, there was some comfort in knowing that even the people who professionally speak, we're wrestling with, with their feelings with their thoughts and with their words. And I think we need to do a better job, just in general. And this was something I was reminded of a better job in general, of having the patience to let people fumble through stuff. I think that's okay. And if they make mistakes, because they are people, and they will make mistakes, having a little bit more grace and forgiveness for those those mistakes now, I mean, there's there's a difference between mistakes, and then planned and coordinated mistakes. You know, I'm talking about impromptu if you're given a speech, you know, you've some of you have been with me for a while. And you've heard me talk about the teleprompters and how annoying that is. And in particular, with the January 6 stuff, it was tele prompting, and that just drove me nuts. Because I am one of those people who understands people will make mistakes, and those mistakes are okay. And that they can be forgiven. But there's an authenticity to being real and having, you know, a communication that's not, you know, all planned out and dramatized. And so, that was honestly for me is fumbling, as it was it was kind of refreshing. We're gonna get on to a couple of of tougher things. Some people are hyper focused on confirming their own bias. And it's unhealthy. It's just not healthy. In this particular case, for people to come out and blame the vaccine. It may be down the road, we'll find out it was or maybe it wasn't. But to come out and blame the vaccine, one it was premature. It's may or may not be real. I understand why there's the skepticism. I get it. I get that there's been lies, and there's been deceptions. And there's been things forced into your life that you know, you don't believe belong there. I totally get that. But to try to make this a vaccine issue at the very, very onset. I mean, now that's just you confirming your bias. And unfortunately, there were plenty of people getting on the bandwagon, it caught a lot of momentum. I think that that is not okay. I think it's appropriate, healthy skepticism. Sure. Can you ask the questions, of course, of like, did he have the vaccine? And is it possible that this was vaccine related? Of course, we can ask those questions. But to jump all the way to the assumption, that's not healthy. That's a distortion. That is your bias getting in the way. Let's wait till the facts come out. And let's find out what really happened. Okay. The next one is the counterpart to that. Some people are hyper focused on controlling others. Look, some people went to it's the vaccine, it's the vaccine, it's the vaccine, I get it. And other people got really irritated with that started calling them names attacking them. Because of their skepticism. Well, in part because they made that ridiculous leap. But that whole attack, attack attack. That's not healthy either. And y'all know that it's going on. So we got to stop both of those things. name calling and attacking people for being skeptical. Let's not let's not it's a healthy skepticism keeps us in the middle of the road, making healthier decisions keeps us on the river of life instead of on the bank of chaos. Were the Bank of rigidity. We want to be in that water flowing through the river of life. We don't want to be on the bank. If we're overly chaotic or overly rigid Dude, it's a problem. So let's stop forcing people to try to see it our way. Let's let's stop doing that. That would be a smart wise decision. I don't know if people out there even capable of it as I'm watching. I mean, I'm, I'm honestly a little bit, if I'm a lot bit disappointed with the way in which people are handling those things, we don't need to attack when people are hurting, don't attack. Okay, I got two more for you. And then I'm gonna, I'm gonna let you go for the day. So, again, thank you for for joining us, we always appreciate your time we try not to waste your time.

We, as a culture, lack patience, either side of this whole vaccine garbage, either side of this argument, those who brought on the conversation itself saying it must have been the vaccine and those who attacked people for saying it must have been the vaccine, either side could have exhibited

some patience. And at the end of the day, I'm gonna be honest, those that did have some restraint, I respect a whole heck of a lot more. Because from a therapeutic lens, having the patience to know when not to attack, even though the attack is simple. Having the patients to know when not to spout off at the mouth. Even when an opportunity presents itself. That's really important in terms of relational development, we need to know when to bite our tongue, when to be patient. We also need to have good judgment and knowing when to go after a topic. So I told you at the beginning, my mindset was pray and wait. Pray for him pray for his family, pray for the players on the field, who some of them are going to be dealing with some post trauma, right? Like that's they just experienced real life trauma. And I'm not talking about they got a big hit. And that is real life trauma, not football, trauma, there is a big difference. We need to have patience culturally, we need to know when to slow down. Take a breath, and just support and love and, and respect one another. We don't have to like each other. We don't even have to agree with each other. Just love support and respect one another. And the last one. Unfortunately, in our culture, we have decided that somebody has to be to blame for everything, or something does. We look for the thing we look for the person, we look for the thing we look for the person blame, blame, blame. And I just gotta say, and I don't mean this to be too harsh, but I'm just sick of it. Grow up. Life is really stinking hard. Sometimes. We make mistakes, I make mistakes, and 100% guaranteed, so do you. We do not need to blame somebody. Holding somebody accountable is not the same thing as blaming. And you know the difference. And if you don't know the difference, you need to come back to my podcasts and listen to the last the 130 of them or whatever it is. Because there is a big difference between blaming people and helping people be accountable for their own behaviors and actions. And honestly, there's too many people that are interested in just blaming, and they need to grow up, he grow up, they need to move on, and they need to make themselves better. So it's my hope that if you fell into one of those camps, that you look at yourself a little bit more closely. Understand why you have the bias. Okay, so people lied to you before I get it. But that doesn't mean you're right this time. Just because they lie to you in the past doesn't make you right now. You still have to handle your business. We've got to stop the blaming. We've got to find a way to come together more, to support one another, to help each other be accountable. But doing it from a place of care. If it's not from a place of care, just stop. It's not worth it. You're gonna make things worse. 100% You're going to make it worse, even if you're right. And with that, I'm going to go ahead and I'm going to sign off for today I hope I gave you some things to think about please subscribe to my podcast join us on YouTube or rumble you know, join the conversation come to my website [www dot healthy dash perspectives.com](http://www.dashperspectives.com) And you know join in the conversation you'll you'll find me there but you you'll also find access to my Facebook page and all the other stuff like we we've got to find a way to come together. Let's use this opportunity, this tragic opportunity to come together a little bit. Thanks for joining us, and have a great day. We really hope you enjoyed this episode. Please take a look at our website at [WWW dot healthy perspectives](http://WWW.dashperspectives.com). With a dash in between the healthy and the perspectives make sure there's an s at the end.com So again, [www dot healthy dash perspectives with an s.com](http://www.dashperspectives.com)