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Betsy Kindall:

I'm Betsy Kindall.

Nicole Fairchild:

I'm Nicole Fairchild.

Stacy Moore:

And I'm Stacy Moore.

Betsy Kindall:

And this is Arkansas AWARE, a project to advance wellness and resiliency in education.

Betsy Kindall:

Welcome back everybody. So this is what, season three?

Nicole Fairchild:

Three!

Betsy Kindall:

Season three of Arkansas AWARE. We are so happy you are back with us and we're back in a brand new studio and I'm...

Nicole Fairchild:

It's so fun.

Betsy Kindall:

I know! I'm here with Nicole and Stacy and it's really fun, and Donnie, Donnie's here and it's just so fun because we're in a brand new studio. You can check out our Facebook page, we'll post a selfie, but we're back to work and it's been a pretty exciting... I don't know if exciting is the right word.

Nicole Fairchild:

It's been busy.

Betsy Kindall:

It's been a busy summer. It's been a busy, what have you guys been up to this summer?

Nicole Fairchild:

I kept my people booked all summer long. We went from state to state and place to place and I felt like summer 2021 was the opposite of summer 2020. Just the exact opposite. That's how it felt. What about you?

Stacy Moore:

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I think everybody else felt that way too. We went to Pigeon Forge, Gatlinberg. We had gone 20 years ago on our anniversary and it was not even recognizable. I think everybody was out. Everybody! Like, let's all go to Tennessee.

Betsy Kindall:

Exactly.

Stacy Moore:

So that's what we did, we did that. We did softball, we did basketball. I did do reading, we talked about that, and tried to enjoy some time at home. How about you Bets?

Betsy Kindall:

We did some traveling, my husband and I went to this really cool place in the middle of the Gila national forest, 40 miles into the wilderness, which was a really fun and honestly, a really great mental health experience. No internet, no phone service, nothing. And at only solar electricity. And so it was a really nice way to reconnect. It was kind of a last minute trip with some friends from another state that we know, and it was just really, really fun and it was one of those trips that was really good for the soul and to kind of reboot and it wasn't planned.

Betsy Kindall:

So, and then every year we go to our place at the beach, which is also very relaxing, kind of off the grid type place. So we love it and it was good. It was a busy summer and it went by really, really fast. And I did some reading too, not the reading I really needed to do.

Nicole Fairchild:

But it was good for you. I'm sure.

Betsy Kindall:

Yeah! I don't know if you guys do this, but I kind of go through stages where there's times I want to read or times I want to listen, maybe, to Audible, or a podcast, or even watch TV, but this summer was a real reading summer for me. And I read a lot of books this summer.

Nicole Fairchild:

Like physical books? Like you were...

Betsy Kindall:

Although I did... I know I'm kind of behind, but my sister told me that on Amazon, the Kindle Paperwhites were on sale. And so I got a Kindle Paperwhite! And so I've been doing that, but I do like physical books because I'm just nostalgic. There's nothing cozy about cozying up to a screen, but I'm trying to adjust.

Betsy Kindall:

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And there is something rewarding about like wanting to read a book and you can get it and have it immediately versus, you know have it shipped or pick it up at a bookstore or whatever. But I read a lot of books this summer. I think it was a summer that was, I did a lot of self work this summer, so...

Nicole Fairchild:

That's good!

Betsy Kindall:

I know! That's good. And not even meaning to, it was kind of surprising.

Stacy Moore:

So was there a theme to the books that you read?

Betsy Kindall:

Well y'all should know, and I may have said this last time, but so when I go to the beach, I always read beach books because you want to, but Dot really, and my oldest daughter, she was reading and she's kind of in that place where when we travel, we read,, so not really... I've been really into this book club that their theme is really about powerful female role models and I've really enjoyed those. And so most of mine have been like that. I don't know why that has been appealing, but they're just really good reads lately, but that's about it.

Stacy Moore:

That's good.

Nicole Fairchild:

I will say, even if you don't read the technical stuff, you still apply all these stories that you have in your mind to the work we do, which is always funny to me.

Betsy Kindall:

It really is. You're absolutely right. The last book I read, it was called the Midnight Library. And it's not about our work in any way form or fashion, but the entire time I'm reading it, I'm thinking, oh my Lord, because it's really just about choices that you make and how they impact your life. And the Midnight Library is about how every choice you make, if you make a different choice, everything from that point forward really can change. It was just really fascinating to read that. But you're right. All those stories and our life experiences, it does make me think a lot about the work that we do with students and educators and with ourselves.

Nicole Fairchild:

I read nerdy stuff. I finished Thinking Fast and Slow, and that was...

Stacy Moore:

Sounds interesting.

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Nicole Fairchild:

It is interesting. It's interesting because they talk about your sort of intuitive thinking and how a lot of the thinking we need to do is the slower kind of thinking. But we don't like to do it. We like to make quick assumptions and move on. And it made me think a lot about even how we educate kids, because they need to be able to do the slow thinking. I don't know... It's been far enough back that I can't remember any examples, but...

Stacy Moore:

That's interesting because in education you talk a lot about automaticity. So being able to think quickly to be think quickly, to recall information quickly.

Nicole Fairchild:

Well, I think that's why memorizing your multiplication table helps.

Stacy Moore:

Yes.

Nicole Fairchild:

If you've got to slowly think through how to multiply every time you're slowing yourself down. I mean, there was a lot of interesting stuff there. And then I read *Widen the Window*, which was a really interesting read. And what happened to you? I listened to it a second time, on Audible.

Stacy Moore:

I listened to it twice, actually this summer.

Nicole Fairchild:

Yeah. And Stacy, I'd like to congratulate you on your Audible subscription.

Stacy Moore:

Yes! I finally took the dive.

Betsy Kindall:

Welcome to the club. Actually, I enjoyed that book with Dr. Perry and Oprah, *What Happened to You?* I actually enjoyed it on Audible because it was actually them.

Stacy Moore:

And I loved reading it because I highlighted it and I marked it and I could go back and read it. And so what I found is I've just started listening to one on Audible and it's because my pile of books is growing and I'm like, there is no...

Betsy Kindall:

It's because I keep ordering new books.

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Stacy Moore:

There's no way I can read all this and sit down with three kids at home and jobs and sports and whatever. And so I'm like, okay, I can listen to it while I do the dishes, or I can listen to it while I walk. And so that was why... But I found myself, my mind really needs the visual in front of me. Evidently because my mind just wonders and I have to rewind at 30 seconds. Oh wait, rewind at 30 seconds.

Betsy Kindall:

I do that a lot.

Stacy Moore:

Oh wait, rewind a minute and a half, or I won't catch it. And so I'm super excited because I do think I will be able to get information faster that way. That sounds bad.

Betsy Kindall:

No!

Nicole Fairchild:

No, it's not bad. I have to.

Stacy Moore:

I don't want to have information coming all the time, but sometimes it's nice to go for a walk and, and read.

Betsy Kindall:

I do it when I fold laundry. What else are you going to do when you fold laundry?

Nicole Fairchild:

Watch TV.

Betsy Kindall:

So I do listen to it a lot. I listen to Audible a lot when I fold laundry. And I find that on Audible too, I find narrators that I like and some of the same narrators... Sometimes I will stop listening if it's a narrator that I don't enjoy listening to. Sometimes the voice just doesn't connect, you know?

Nicole Fairchild:

Yeah, for sure. So I can't even remember what other books I read. What did you read?

Stacy Moore:

I'm trying to remember. I got on a kick for a while, where I was just knocking them down, but I'll tell you why I think that stopped here in a minute, but I read Essentialism. I read Get Your Life Back.

Betsy Kindall:

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Oh, you gave both of those to me and I haven't cracked them yet.

Stacy Moore:

I did!

Betsy Kindall:

So bad.

Stacy Moore:

And then I read a lot of Amish fiction. And so I think my theme is simplicity... Like I'm asking Betsy, like, do you think there's a theme? I think the theme to mind is how do we get back to basics? How do we simplify? I just want things off my plate. I want it streamlined. I want it simple. I want to go back to priorities and basics.

Betsy Kindall:

And I think that for all of you guys listening out there after the 2020 summer, and then coming off of summer 2021 going into school, I think this pandemic has taught us the importance of a simple life and what priorities really really matter, and how to kind of reorganize our priorities. But I also think, and I really can't speak for everyone, but I just know I have been also coming back into school thinking I was prepared. I'm not sure I was quite prepared. And I feel like some of our educators are really shell-shocked and some of them are, we're just in beginning of school, and I feel like that they need some support, because I feel like that coming back to school, I think a lot of folks out there are just carrying on like things are normal and things are not normal. They're just not.

Stacy Moore:

And we had hoped that they would be, right? Our hope was that we'll get through this year, we'll trudge through and it'll be better, it'll be different.

Betsy Kindall:

So I think this season, for those of you that are listening, I think we are going to offer you a ton of resources on how to help yourself and help your students, but also some really interesting topics that are unique to what we've talked about before, some topics on anxiety and topics on really, if you do need assistance, how do you step by step, go about doing that? And there's some amazing resources out there. And so stick with us through this season and we're going to touch on some of those things and a lot of different topics that we think you're going to enjoy as we kick off our season three.

Nicole Fairchild:

Yeah, Welcome back everybody.

Betsy Kindall:

Yeah.