

Episode 22 - It's Okay to Have a Bad Day, Today My Eye's Stopped Working Transcript

Welcome to another episode of The Lone Recruit, a podcast.

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I'm your host, Brett Clements. And if you're a recruiter out on your own, or just lacking general support or guidance, then you've come to the right place. Our episodes are designed to give you the motivation and the support you need to become the very best lone recruiter. So join us, grab a cup of coffee and let's take your test to another level now.

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Today's episode is probably as real as it's going to get for you guys, and I'll go into something that happened to me today. But I really want to go into, you know, what I want to get into? I want to go into the whole logic of you can't be perfect all the time. We always strive for it. We live in a world where social media, LinkedIn, Facebook, we, we we really see the perfection of people.

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We're starting to see the real side of of things. We're starting to see mental health issues come to the surface, which is lovely to see. And, you know, real events and people

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not being perfect, which I think is the natural evolution of it, but, you know, it's very it's very easy to sort of put out content as a podcast is very easy to sort of put out to the world that you're perfect, you've got your shit under control and you know, everything's smooth sailing.

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But I really just want to jump on today and go, It's okay to have a shit day. We all have them, you know, and I'll be the first to admit it. I have them not all the time, but I have them. And what I want to go through with you guys is. Is when they happen, that's fine. But what do we do to pull ourselves out of them?

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So what happened to me this morning was. Was not. It doesn't happen often, but it does happen every now and then. You may or may not know I'm a Type one diabetic, so what that means is my blood sugars go up and down and I have to I have to manage them accordingly. Every now and then they go so low that it's actually quite dangerous and quite an immediate threat.

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So this morning I'm running around doing the kids stuff, dropping. I had to drop one of the kids off for the music class in the morning. We had to come back. The alarm for the excursion, and then I had to open up the office for the cleaners and I had the whole bunch of stuff we had to do this morning.

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I just was in a rhythm and I'm jumping out of the shower and it's like, Something's not right. I think I need to eat my blood sugars looked okay, so the sensor must have been working, but something wasn't right. And so about halfway through, just dry my head and I was like, Oh my God, I can't see. I couldn't see.

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My eyes started to shut down. This has never happened before, you know that. You know that when you look at a light globe where you look at the sun in the air and the white light is it stays on your retina and it kind of slowly felt it was doing that, but it wouldn't fight. It was actually getting bigger and bigger.

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And then I was like, I literally cannot see this is this is not good. So I closed my eyes and I yelled out to my wife, Amanda, I can't see what you mean. You can't see? I can't see. It was it was bad. A guy did a manual blood test, and yet, lo and behold, it was super low.

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Like dangerously low to the point of I left it 5 minutes. I would have been unconscious. I would have had to end up in hospital. Now, what's the point of me saying this to you guys? I feel like shit right now, Right. And I've got a headache. All the glucose rushed out of my brain. I'm not functioning properly.

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I can't think of my fate. And I just want to say it's okay to have those days. They happen. This is a very physical form, but sometimes it's not as obvious. Sometimes you just have a flat day. Sometimes you just don't want to get out of bed sometimes. Yeah. Yeah. You know, every month or so you might have a down day because you're tired or you've had a big run at the gym.

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We've had a, you know, four or five days in a row at work. It's just completely frazzled. It happens. And I'm the first to say to myself, to anyone in our team or to any of you out there, have a day. If you need a day, have it. And no, I think it's really important to know when you need to have that day, put your hand up and go, That's it.

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Do you know what I don't like? I want to really I really want to stress is that it's not okay to have to. And some people are going to crucify me for saying that. But the reality is you don't need long to pick yourself up. If you're good at identifying those days, you need off. You don't need long bouts off.

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Does that make sense? So like if you're going to just trudge through life and suddenly not give yourself the rest of the year and you're not going to acknowledge when you need rest? Well, you

know what? When you finally break down and burn out and melt down, yeah, you're going to be in the bed for like a week.

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It's a long depression, right? But if you're consciously all the time, I'm going, I've had seven, eight days in a row. Absolutely excellent on it. A day off the okay with that, just make it a day. And so I just want to walk you through my thinking for today, because I think it might be useful for some people out there.

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I I'm going to work, but it's going to be at like 40%, okay. And I think the key activities that I'm going to take out of my day to day are phone calls. My head hurts. I can't think right. I've got a bunch of paperwork I can get done, just little bits and bobs. I might cruise around on LinkedIn and do some whatever.

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I am struggling to even look at a screen at the moment. So these lights are killing me, but it's going to be a very low day. But I love a sports analogy, right? When you see a team have a bad day on the pitch, any sport they lose, they get thumped, they get hammered and what do they do?

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They go back to training, they forget about it and they focus on the next game. And more often than not, that next game is an absolute blinder because it all put their heads down, got into training, double down. They're making up for that game that they lost. I don't think work is any different. If I have a down day today, if I have a day where I lose, I know in my heart I come back tomorrow and I win.

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Win hard. So knowing that's really kind of great too, because you know, you can make up for it and sometimes you just need to clear the stuff out of your life, life admin or your desk and it give you that mental space and you feel that load come out and then you can thrive. And sometimes in recruitment you just need time for things to come back to you, to get interviews in or savings, you know, whatever.

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So I can almost guarantee you that by acknowledging that you're having a bad day, it's a good thing. But I also know that the next day needs to be mentally I'm coming to have a double down day. And for me, that's how I handle myself when I have I want to have a down day. I don't know if you got anything out of this.

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I'd love to hear your comments. Drop it. Drop us a message, whatever it might be that you might do in your down days or how you manage this sort of scenario. But I hope this helps someone. I

just want to jump on right now. Go live and just go. This is how I'm feeling. This is what I'm going to do about it.

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Have a lovely day. And as always, your ideas come true.

00:07:16:13 - 00:07:23:03