



Steph: Hello Kale and welcome back to the show.

Kale: Stephie, thanks for having me back.

Steph: It's been ages mate.

Kale: I know. I know, what's been happening in your life, COVID-

Steph: Managing a few things. No, I'm well. My life's adjusted quite nicely to what is our new normal, but myself and my family are all well and business is going good. Yeah, it's not too different for me. What about yourself?

Kale: I'm sure we've chatted since then, but obviously making the slow transition into more surfing stuff and more fictional stuff has been probably aptly timed at this point because we'd finished all the film screening. Mostly, it's just been doing a lot of surfing and a lot of YouTube stuff instead of flowing down that river. So, it's been pretty easy. Life hasn't really changed that much up here on the Northern Beaches, except my favourite cafes have been closed, which is pretty disappointing but you can get over that.

Steph: Yeah, first world problem, but it will be nice to go back and eat the favourites. I feel for you. I literally have cooked every single meal for the last few months.

Kale: Isn't it intense? Your dishwasher just goes like four times a day.

Steph: I know. And I've only got one small child. I can imagine those that have four children.

Kale: I know.

Steph: You've got some exciting news to share with us about the longevity project?

Kale: Yeah. The Longevity Film is-

Steph: The Longevity Film, pardon me.

Kale: Yeah. Longevity project, same thing really. It's just a big longevity project. We got the book as well. So, I guess it is one big project.

Steph: Of course. The Longevity Film is just one part.

Kale: Yes. Exactly. That's now as of releasing this and sharing it with the world. That should be out on all the major platforms for people to actually go and check out, iTunes and all the rest of it. So, they can watch it from the comfort of home, which is pretty exciting. It feels like we've just put a little bow on it and finished up that package as we transition on. It's nice.

Steph: I agree, because screenings are great. But I personally find them a little bit challenging to get to mid week, and I'm not alone there. So, it's so great to do them because you get the community together and there's so much to be said for that. But now, we can get it in the comfort of our own home, we can watch it again if we've already seen it. It's just, I love it. It is a bow. It's a beautiful way to deliver such an important message globally.

Kale: Yeah. I still feel... A lot of people have been asking me, like, "Oh, how was that trip? And is it still sort of influencing your life today?" And I reflect back on some major decisions that happened throughout the film and later on after the film, and all that sort of stuff. And it's definitely had a big impact on the direction that I've chosen to go, and where we'll be in the next couple of years. Yeah, it was quite significant.

And I'm glad that I was able to capture all that on film.

Steph: Yeah. I have been really inspired by it myself, and certainly our conversations since then. Probably a little bit too soon to say too much, but just that acknowledgement of the blue zones and beyond has really inspired me to further design my life. I've always been about life by design, but I've kind of fallen into some traps with where I live and how much I work, and what my life looks like. And it was a really great opportunity for me to shine the mirror or look in the mirror and basically say to myself, "Hang on a minute. This is all your choice." And starting to think about what little changes I want to make to have that beautiful life by design.

Kale: What a huge step for... You've taken on a huge responsibility there that not a lot of people want to take on.

Steph: It's easier to stay with the status quo, that's for sure. But it almost wasn't. I briefly shared my sort of post natal anxiety story online, but I was just feeling so stretched in every direction being a new mum, and going back to work when Grace was eight weeks old, which I'll never do again. And it just wasn't a life that I wanted to live, certainly moving into having a young family.

So, I'm excited. I'm excited that your film and the book and the entire project can inspire the world because we've seen the change with COVID-19. Not to make it about COVID, but so many people I've been speaking to have resolved their anxiety because they're not driving four children to nine different sports, to getting themselves to work, to juggling their training, to feeling so stretched in all different directions that their health was suffering.

And so, where the world has gone has created this beautiful opportunity for people to see how it could be different. So many silver linings, don't you think?

Kale: Yeah. For sure. And just like we were saying before we started recording, that there are conversations that are happening now that weren't, I guess, as easily instigated before. There are situations that are sort of coming out of this that are definitely going to be positive. And there are definitely a lot of negatives when we sort of tear apart the social fabric, as we have done. But I think, as always, there are some good things to take away as well.

One of them being, like you just said, perhaps a highlight on how creative we can be with how we spend our time and how we make work and make our jobs, and make the things we think we have to do, fit into our schedule, as opposed to us trying to fit into this crazy sort of obligatory time codes that we place on ourselves.

I remember when... I'm in shock. I've been probably one of the worst employees in the world, hence why I've only worked for people for two years of my life. But I remember working at Channel 10 back in the day. And I used to just be really upset that I couldn't arrive 15 minutes late and leave 15 minutes early. And really tweak the working hours to suit my own needs. So, I think now, perhaps, those sort of conversations and situations are happening as well. But some people are thriving under it and some people, I guess, not so much.

Steph: Well, there's a few things, like I'm with you, right? So, I had this one corporate role in my entire life, right? And I remember getting called into my boss's office and getting reprimanded for eating my breakfast at my desk after 8:30. And I just, I couldn't. And then, it was a company that had this cyclical event where for part of the year we were really busy because it was moving into this launch phase.

And an email went around saying that we could not make personal commitments before 7:00pm on weeknights for three months of this launch. And honestly, I loved the company and the concept, but the principle of getting paid peanuts with all these expectations and lack of focus on health and wellbeing really was the straw that broke the camel's back for me. And I resigned. And started my own company. Because I was like a square peg in a round hole. I was really unhappy rushing and having to work from 8:30am on the dot until late at night. And this was decades ago now that I realised early on it really wasn't for me.

And my hope is that other people will make a lot of changes off the back of this pandemic because initially everyone was like, "Oh, I can't wait for it to go back to normal." And most people are like, "Oh hang on a minute, my normal wasn't that great. I was tired. I was stressed. I was anxious. I was stretched." And we're realising that we don't want normal. We want a new normal. And I think that's really exciting for the choices that we can make as we return out of our social restrictions.

Kale: Mm-hmm (affirmative). That re-evaluation process is so valuable. Sometimes it takes an illness or-

Steph: A pandemic.

Kale: ... a death in the family to get there but this time, it's been a pandemic, which it turns out, and if there's a little bit of an echo in the room, it turns out wasn't a huge deal health wise here in Australia for a lot of people.

Steph: What? What do you mean?

Kale: So, yeah. I would guess we've come across this whole thing relatively unscathed. And pretty lucky to be in the position that we're in to, like you said, move forward with a bit of a blank slate.

Steph: Yeah. I love it. I love it. And looking forward to sort of seeing how we do adjust. But of course, there hasn't been just positives. I think what we do have to acknowledge is, yeah, like you said earlier, some people have found this period of time really challenging. I've been really respectful of the fact that, one, I'm an introvert. So, I don't need a lot of social interaction. Two, I have a 14 month old, so I'm never lonely. And three, I live with my beautiful daughter and my incredible husband. So, I've got my people. I also have my nanny coming in and I go to my yoga studio once a week to meet just one person to Zoom. So, I've got enough. I FaceTime my family, I call my friends. So, it really, I have not felt isolated or lonely.

But then, of course, it has brought this conversation to the forefront how social distancing has created loneliness. But not just COVID, I think the conversation of loneliness is a really important one to have because like the blue zones, it's not just about a nutrient, or it's not just about turmeric, or it's not just about oily fish. It's about our overall health and our lifestyle. And having or avoiding loneliness is a huge part of health and longevity.

Kale: It's massive. And as people who listen to our discussions when I came back from the blue zones, it was one of the most tangible things that I noticed when I went there was this strong sense of connection, this integrative social fabric. This open door policy in these blue zones, where connection was right at the forefront of people's priorities. And then, coming back and seeing quite, I don't want to say the opposite, but something not so prime in that sense.

So, yeah, I think it's very relevant for us to talk about. And I'm actually quite upset that it wasn't a conversation that was being had on a more broader scale when all these decisions were made pre, what? Maybe three or four months ago, to sort of shift what everyone was doing. Because I think when you take away... And this is supported by statistics. When you take away people's job, for instance, you take away their sense of identity. But you also take away, often, their anchor for their community. That's their vehicle, their gateway to actually talk with people and be with people.

So, I think it's been probably shunned a little bit because there has been so much fear around the word Coronavirus and COVID-19, and all that sort of stuff. And obviously, there was a huge amount of pressure internationally and from various... Well, I'm not going to say independent health bodies, but health bodies out there who have an influence on what sort of decisions we make. But that's one thing that I was quite disappointed at. We have the research that shows that loneliness is at epidemic proportions.

We had this pandemic of loneliness happening at the same time, already before this virus. And the statistics tend to suggest that it is as bad, if not worse, than smoking, obesity and substance abuse. The three huge major risk factors for our health and wellbeing and our mortality. Loneliness is right up there, probably even worse. So, I

mean, this is a very relevant topic to discuss. And I think when we force people to stay indoors and we prohibit family dinners and all these different things.

And we have the Prime Minister saying, "Yeah, go and see your mum on Mother's Day, but don't give her a hug." All these tiny little things, which in one sense you understand it from a micro biology perspective. They're thinking of virus transmission, that's it. What they're not acknowledging and thinking about is that intangible, right now, intangible nutrient that we get from interacting with people and being with people, and hugging people, and touch and all these different things that were prohibited for so long.

So, I think we're going to have to do some work on that. And I think the excuse that this was for the benefit of our elderly populations is absolute garbage because if we actually cared about our elderly populations, we'd be totally rehashing and reformulating nutritional policies in age care facilities and a whole bunch of other stuff. We would ease off people into retirement, as opposed to encouraging them to get there and living off a piddly little pension. There are so many other ways that we could have cared for our old people.

But anyway, I think to disregard this loneliness factor was a great disservice to everybody. And I mean, there have been studies. I'm looking at one right now from 2002 from Yale that showed that as unemployment rises so does death rates, so do death rates. So, mortality rates go up. In America, for instance, I don't know the analogous numbers here in Australia, but in America, for instance, for every 1% that the unemployment rate goes up they can expect an extra 44,000 people to die. We're talking about suicide. We're talking about people getting depressed. We're talking about them becoming a lot more susceptible to cardio vascular disease and other illnesses that increase mortality.

This is a huge thing. And this is very well established, like I said, all the way back in 2002. But it wasn't part of the conversation, which I find a bit strange because there was a lot of panic going on. So, in that, I think it means that if we are going to continue in this sense, I mean, by the time this goes out, perhaps things will have eased a little bit, certainly in Australia, yes? We're going to have to find ways where we can connect with people and substitute that feeling of a great relationship. Perhaps virtually for a while, but also really soaking up and engaging more fully with those perhaps fewer experiences that we get access to.

Steph: Yeah. I think one silver lining will be that people will go and visit their mothers more or their fathers more. And that can only be incredible, like you said. I mean, there's a lot of different stats being thrown around. But I was mind blown to read that a lack of social connection could heighten health risks, as much as smoking 15 cigarettes a day. Like whether that's true or not, it still starts to... It still starts to help us understand the scope of this. Excuse me as I have a glass of water.

Kale: Yeah. That's fine. Have your water. I mean, how can you put a number on it? It's pretty difficult to put an exact number on, hey, if you're lonely, you might as well have 15 cigarettes a day. But if we look at it more broadly, I think it is something that's very relevant for everybody's situation. This is, even going back six months, a year, before this whole COVID thing was happening. People were still lonely back then.

It went up to 25%. In some studies, it could be more. And these are from government funded studies, ABS sort of reports. So, there's already a significant issue in an age where we are incredibly connected virtually. We are feeling the pressure of loneliness a lot more. And like you sort of alluded to at the start, this is not about having a huge friends list on Facebook. This is about having really high quality, really supportive and strong social connections with your tribe. And it may only be four or five people. That's totally okay.

We've got to remember that we established this biology in a time where we were living in groups of 75 to 135 people who were co-dependent, who were interrelated a lot of the time, whose survivability relied on everybody else. And people were co-parenting, people were having sex with everybody else. This was a very tight relationships. And over time, that's sort of gradually been broken down. We were in tribal units and then, we eventually became the family units. Now, we're starting to become the I units, right? Because everything that we own and use has the word I in front of it.

As Daniel Vitelas said in The Longevity Film, it's not the we fight. And everything that we see in the news and when it comes to new movements and all this sort of stuff, it's never about bringing people together, is it? It's always about division. It's always about separating, well if you're a woman you have to be and act like a woman. You can't be pro-man. You have to be all for women's rights and all this sort of stuff. And that might not be black and white for a lot of people. But that's generally how it's portrayed, isn't it?

Same on the other front. If you're right wing politically, there's no way you can talk with or engage with people on the left side. And God forbid you're in the middle and can acknowledge both. There's not a lot of that going on. So, I think already we were divided and being subtly guided in that direction to be sort of... That division was all encompassing. So, I think now, more than ever, if we're going to take anything away from this whole situation, we need to foster, develop and then maintain strong social ties with the people around us.

And it doesn't have to be like you go into Woolworths and you've got a little checkbox. I need to find five friends today. It could be as simple... That would be a little bit weird. It could be as simple as calling up someone who you're friends with and just saying, "Hey, let's catch up for a coffee." That may be as important as the green smoothie you have in the morning. I would dare say that it's even more important, because as we've seen in the blue zones, in these longevity cultures, that is their priority. That is their main reason for getting up in the morning. That they don't... Their focus is not on self.

They're not going, "Ugh, I can't see everyone today. I've got to meditate. I can't see everyone today. I've got to go to Crossfit." They're actually living for everybody else, and as a result they have some incredibly positive health and wellbeing statistics.

Steph: It's quite incredible because I never really thought of it through the lens of that, how different we are in the west. We've sort of got these to-do lists, and it might include green smoothies and meditation, and it might be some positive things. But we've almost got so much to do that we don't allocate time for connection. It's not like a

goal of ours. My goal is to meditate, my goal is to surf. But our goal is never connection, when it's appearing, like you said, it should be. It should be at the top, if not number one.

Kale: In a perfect world... Sorry for interrupting you. In a perfect world, that social connection is just inherent in those choices. So, when we say, "Hey, I'm going to meditate this morning. Hey, I'm going to have a green smoothie this morning." All great choices, right? We're not discrediting them. But the key element there, the glue... Let's call those elements of our lives the framework. The glue that holds everything together, the nails, the plates that hold everything together should be the connection.

So, when I do go surfing, I'm going to go surfing with a friend. I'm going to call a friend and say, "Hey, let's go for a surf together." All of a sudden, that experience becomes even more helpful. Hey, even if you're going to do a meditation, why not call someone, "Hey, let's do a little..." We always call it, I don't know why, but it's become the vernacular up here. Why don't we go and have a medi and then, we'll go and grab a coffee.

Steph: Together? Oh, I like that idea.

Kale: Yeah. A lot of people do it up here, especially within my community here after going through the blue zone stuff and all that. So, community should be the glue that holds everything together. If you're going to go and do yoga, or if you're going to follow Steph's class on Zoom, why not get your sister or your partner or your mum to come in the room as well and do it at the same time? And have a little laugh and enjoy those moments a lot more through sharing them with other people.

Because imagine, if we stripped... If we took everyone out of the earth and just, there was only Steph left, what would be the purpose? What would be the point? This is such a fundamental underpinning of the human experience that I think we often take for granted. And we really need to put it back on the plate and make it a priority, and by making it a priority, we're not necessarily doing it so consciously and actively. We just need to make it an easy decision. Make socialising with your tribe, with the people you feel supported by and loved by, make that easy.

So, how do you do that in a post COVID world? In a pre COVID world? Let's have those conversations and make it work for you.

Steph: Yeah. So, before you travelled and studied, obviously, the longevity culture, would you have just gone for a surf by yourself or a medi by yourself? Were those the basic changes that you made on the other side? Because that sounds quite simple but-

Kale: Yeah, totally simple. Totally simple. And that's why it's been a big wake up call for me, and that's probably why I've started to shift away from health and wellbeing quite literally, away from health and wellbeing in the industry is because it's not sexy to sell the idea of, hey, go for a walk, yeah. And do your exercise, yeah. But just do it with a friend and make it better. You know?

It's not like you're selling... It's a not program. It's not a trick. It's really basic stuff and I think all the health and wellbeing work that I've been involved with, and the

people I've been involved with are doing valuable stuff. As much as I'm really proud of it and fascinated by it, I think that we've almost done a little disservice to everybody by making it a little bit too complex to achieve health and wellbeing. And if we can pull things back a little bit, yeah, have a massive, beautiful salad or roast vegetables and follow some LCHF principles and all that sort of stuff. But make it even better by doing it with your family or doing it with some friends.

On Saturday night I had a bunch of friends over here and it was just, it was gorgeous. It was one of those perfect nights. They slept over and we went surfing the next day, and went for a walk on the beach. It's those things that, I think now, that I give a lot more weight to since coming back from the trip. Whereas previously I might have gone, "Yeah, good to see you guys. I'm going to go surfing now on my own." Or, "Yeah, I've got to go and meditate on my own." I don't really meditate that much any more. Because I feel like my life has become a lot more meditative in general, and a lot of my decisions and actions are a lot more considered these days, which I think is the goal of meditation.

So, yeah, previously I would have been a much more lonesome approach. Whereas now, it's very much a community driven approach. It was quite funny because... Well, it was actually quite annoying. I had my mum staying up here in Sydney with us just when it was all sort of happening. I managed to get in from the US and then, came back and then mum was coming out to visit. And then, we had planned this beautiful week and then, it was kind of ripped away from us because they said that if mum went back to South Australia as she intended five days later or whatever, she was going to have to be locked inside in house for 14 days. So, she had to go home early.

So, it's just those little things, which have sort of been disrupted, I think, pretty majorly. And again, perhaps in the past I wouldn't have cared that much, but because I had planned that week and made it something quite significant in my mind, it was quite frustrating to have it ripped away. But again, to counteract that, it's my decision to live in Sydney rather than calling my mum and my brother and his kids, and my nephews. It's FaceTime now. It's getting involved in that way because the conversation is so much more engaged and exciting. And you feel better after it.

Who are the people you feel better after having a phone call with? Those are the people you should be calling more and engaging with more. And making part of your routine.

Steph: Yeah, I love it. I love that you don't meditate much anymore. It's a concept, like I now have a 20 minutes, two times a day practice, which has really worked well for me. But you live very differently to what I do, and I respect that. I'm getting there, but I... I am. I definitely think that, yeah, you've worked on that for many years now.

I remember when I first met you and you told me how much you worked. I was like, "Awe. Okay." There is another way. Whereas, I, before I became a mum, I literally just worked. Truthfully, I would have done some yoga and just worked. I don't know what else I did looking back. I just got into a habit of having all of my spare time, really, wrapped up in my business. I don't work like that these days. I can't. I've kind of... My hand is being forced. But it's been so great for me.

And I guess, similar to what other people are starting to see now with the working from home, and the changing of the landscape, yeah. We still need to meditate but we're obviously going to be so less in need of solving our suffering and solving our anxiety if we make broader long term changes to how we're living. That's exciting.

Kale: Yeah. I mean, I'm glad you've got something out of knowing me.

Steph: Absolutely.

Kale: Funny. It's always been... I mean, I'm probably in a similar boat these days because I love my work. I love story telling. And I love film making and I love movies and I love TV. And I'm very much, and obviously I'm obsessed with surfing. And I'm totally immersed in those fields. So, for me, the lines are very blurred between work and play, which was always my goal. There's a beautiful quote, something along the lines of the master in the art of living always blurs the lines between work and play. And I've truly always... That's always been my ambition and that's something I've always pursued.

So, I feel like I do work a lot, but I don't work too hard. And making The Longevity Film was a huge commitment. And that made me reevaluate how I wanted to make movies and tell stories. And sort of came to the conclusion that it wasn't something that I was willing to die for. It wasn't something I was willing to give up all my money for. It was something I want to do with people. I actually want to collaborate with people who I considered to be extremely creative and the best in the business.

So, even just those little small changes for me have really liberated things. And then, obviously moving into surfing, it just naturally blurs the lines between work and play. But I think for everybody else, how do you do that? What are the things that excite you? What are the things that leave you feeling fantastic? For a lot of people it's community and it's being something, some sort of activity that is-

Steph: Contribution.

Kale: ... with people.

Steph: Yeah.

Kale: Yeah, or contribution. And Tony Robbins has this wonderful saying that suffering is an excessive focus on self.

Steph: Self.

Kale: I'm very much... Yeah. I'm very much in alignment with that because whenever I'm feeling stressed or down or, oh god, impatient with my career trajectory or whatever, that's when I go, "Hey, why are you feeling down? Oh yeah, I've been thinking about myself for the past six hours today. I've been ruminating on how unlucky I am that I haven't done this or that." Just silly stuff that require a little bit of perspective.

So, this trip, The Longevity Film has really opened up my eyes to that and that broader sort of perspective in those moments where you realise, oh hey, I'm not my

thoughts. And those with the same realisations, the same conclusions, the same goalposts that I was shooting for when I started meditating. It was all about perspective and taking a pause and taking a moment and taking a breath. And there are so many opportunities to do that, every day, even... Here we go, every morning, like I've changed this over the past few months. I used to... Well, I'd go and do a poo, right? As most people do.

So, now, instead of going and doing a poo and maybe watching some surfing videos or doing whatever, I'm now doing Lingo. So, I'm learning French. I've been learning French for quite a while now. But now, every single morning when I go and do a poo I go and learn some French. And that's quite, for me, it's quite a nice productive, and somewhat, cathartic way to start the morning. And drive me in a more creative sense, in a creative direction, than something or than a reactive direction as to watching surfing videos or scrolling through Instagram.

So, it's tiny tweaks that I've come back with that have just made such a big impact on my life. And I don't feel like I'm finished. I don't feel like this is perfect and I've solved everything and I'm living a perfect life. But that's the whole point is there is no end point at which I go, oh yep, I'm done. Okay, see you later. I've still got to work at it and putting in the work, whether it's putting out another surfing edit and taking my time and cutting it together. I do all my own editing because it's a good gateway to flow state. Or whether it's being in the garden like Ilias in Korea for 12 hours throughout the day.

The process is the point.

Steph: Yeah.

Kale: Not to go through the process to achieve or be somewhere after it. The process is the point. So, learning little flips like that have just made such a big impact on me. And I hope that people can take that away from watching the film or just even listening to this conversation.

Steph: Me too, because that's something I still have to work on. I've got this saying that I repeat to myself, "You have nowhere else to be right now." Because I got into a really bad habit of multitasking and certainly when Grace was very young and needed me a lot more. I only had these really small windows by myself to do things, and I definitely got into a habit of sort of rushing through. So, definitely not being in the moment, trying to get to the end, to the end, to the end.

And I think that contributed to the anxiety that I was experiencing. Whereas now, I try and really be at what I'm doing. And even if it's with her when she's screaming at me and upset, I'm like, "It's all right. You've got nowhere else to be right now. And this moment that you have is a choice and how you react and how you respond and things like that."

Kale: Right.

Steph: So, it makes a huge difference. It has been night and day for my own sort of experience in life, but definitely as a mother. Because it's very, I found it quite challenging to be like, "Oh, I can't wait until they don't need me so much. Or I can't

wait until they don't scream in my face." And I'm like, "Hang on a minute. They're only going to be this young for this really short period of time." So, really trying to be in that present moment is so, so challenging for me. It's not my default. My default is to go, to go and move forward. But pausing, I think pausing is so important.

Kale: Yeah. And it's great that having Grace has been that-

Steph: The lesson.

Kale: ... anchor. Yeah, yeah, that's fantastic. I mean, I watched my brother... It's so funny. Calling my brother is just hilarious these days.

Steph: The conversation.

Kale: Because... Oh well, not the conversation, the lack of conversation.

Steph: That's what I'm saying.

Kale: And the abundance of screaming because there's obviously two little boys there now, and it's just hilarious. These quintessential, almost stereotypical moments that occur between the children at that age, it's just absolutely hilarious. And to watch how he's changed. He was very much... His nickname, not his nickname, but he was the bull in the China shop, right? Growing up. Didn't even have the patience to finish school. Went into a trade very quickly, very successful. That was his whole sort of thing.

But watching him now, it's just amazing. He'll have two infants climbing on him and stepping on his testicles and a bum falling in his face. And he'll just be calm as a... I don't know. Calm as a, whatever. Is there a saying-

Steph: The ocean.

Kale: Anyway, calm as the ocean. But he'll just be as calm as whatever, just sitting there dealing with it. So, I guess we find these anchors and these opportunities and these examples in different ways. And hopefully we can start to carry them into the rest of our lives as well. I mean, I'm probably, much to your surprise, I'm a little bit the same as you in that I do like to feel as if I'm moving forward all the time.

Steph: No, I can see that.

Kale: Yeah, and being productive and that sort of stuff. So, taking moments that are not surfing, was always a bit of an issue for me. Nowadays it's become a lot easier, particularly since coming back.

Steph: Yeah. And I just wanted to speak to one more point that you mentioned about your language lessons. I don't know how I feel about you learning language while you're doing a poo. But I'll sit with that one. But the point that I try and think of all the time, which is the first ritual that you do every day should be of your highest priority because it has the effect of setting the intention for the rest of your day. So imagine what your day looks like if the first thing you do is dive into your inbox or into your DMs or into the vicious comments on your social media posts.

For me, that is the first thing that could totally drop my energy, my vibration, my day. Can totally... Not ruin, that's an extreme word. But it can really shift how I'm feeling and my energy. So, a long time ago I set myself the goal of making sure that the first thing I did each day was really going to raise my vibration essentially, how I was feeling. So, most of the time now it's yoga or meditation.

And it isn't anything to do with an algorithm. And so, I challenge listeners to think about what they're doing first thing, and let's connect the dots. Maybe that first thing can be about considering how you will create more connection. Who you will call or what you will do this week that will enable you to experience that real human connection and avoid conditions, like health conditions, like loneliness.

Kale: And let's be very frank about it, social media is not a replacement for community and it's never going to be a solution for loneliness. So, yeah. If we do want to work with today's theme, then yeah, cultivating and setting that intention first thing in the morning is going to be a great thing. I mastered... Before I go and do that, the poo, and learn French, I do check the surf. I'm guilty of that. And the first thing I generally do is roll over, take my phone off flight mode and check the surf.

Steph: I have a problem with that. That is 100 times different to scrolling social media.

Kale: Yeah, well I delete Instagram the night before and then, only download it about 10:00 or 11:00.

Steph: I love that. Yeah, it's been a powerful change for me to really set some boundaries around that too. So, like you said, there's lots of little things. And none of them are ground breaking in terms of you don't require a degree or you don't need to be a rocket scientist. But it is the collective impact of these changes that we make. So, my hope is, is that yeah, there's been some silver linings from the pandemic, but from this conversation, more importantly, that we are going to create change because action is what will take you there.

So, Kale-

Kale: Exactly.

Steph: I've loved this chat.

Kale: It's been good, hasn't it? I love it. And I love that you are having some big conversations on your social media as well.

Steph: Oh, I know. I'm a little controversial at times. But I definitely didn't check the comments first thing. I meditated before I did that.

Kale: There's always a few.

Steph: Yeah.

Kale: But if you're pleasing everyone you're never going to instigate change.

Steph: I know. And look, to be honest I bite my tongue a lot. I really do. I keep myself fairly quiet sometimes when the time is right. And it's just been really heated lately with certain conversations, even just around our previous episode. I don't think I told our listeners but we really upset one certain person from our last conversation around Coronavirus, that was an early days conversation where the premise of the episode was supporting your immune system. And that's come out in every study, literature, conversation.

There were people-

Kale: Not the government though.

Steph: Yeah, true. True.

Kale: They haven't mentioned it once.

Steph: Yes. What I mean, is the actual studies and the true conversations, like I remember seeing, I won't mention any names, but someone I really respect online totally criticizing people that were saying you could look after your immune system, like that was going to have any impact. He really got my nose out of joint back then. And I was like, "I'm really surprised to hear this coming out of your mouth." But I just didn't say anything.

And then, what do you know? Everyone's talking about Vitamin C and intravenous Vitamin C. And Vitamin D and not getting insulin resistance and type two diabetes and cardiovascular disease. And nothing we've said is dangerous or irresponsible. We just seemed to ruffle a lot of feathers in this particular domain.

Kale: Well, I mean, this is coming back to outrage culture as well. And realising that there is... Just because you believe it's the truth, it may not be the truth. And there may be several versions of the truth, depending on your perspective. And certainly, if anyone is willing and can be bothered to do the extra research, I'm sure they'll actually come to similar conclusions as to what we actually chatted about in the podcast. Because low and behold, we were actually pretty accurate with some of that stuff.

Steph: The echo. Awesome. Well, you have a beautiful day and we'll talk to you again very soon my friend.

Kale: Thanks for having me.