

BUTTERY BRANIGAN BOOKS

QUARTERLY NEWSLETTER

APRIL 10, 2021



Image by rawpixel.com

Welcome Spring! We have been waiting for you!

[Click here for a Plant Something Positive printable](#)

WAIT - Why Am I Talking

For my job, in the field of addiction, I am required to attend yearly de-escalation training. During the past four years, I have attended a lot of training. I learned how to restrain someone and several ninja moves that will help me escape from someone trying to do harm. Most importantly I learned how to talk someone down from a crisis. During my latest training as I sat waiting for these five hours of my life to be over, the trainer covered the concept of WAIT (Why Am I Talking). My ears perked up. This was something new. Finally, something I could use in my life. The art of learning to shut the hell up.

As the trainer droned on (she seemed almost as bored as everyone else) about getting away from hair pulls, I pondered all the times in my life when I should have been silent and listened. When my children were having trouble with relationships, or when a friend lost an important person in their life. The times when one of my clients was battling their addiction. Were these opportunities for me to talk about how I would handle a situation or would my time and theirs be better spent if I just listen? Do they want to hear what I have to say or do they want to know I care enough to shut up and listen?

Listening can be difficult. I have been lucky to tour this planet for fifty years, and in that time I have experienced many things. Everything from amazing joy to deep sorrow and in the middle of it all is living a life where mistakes are made. Wanting to share the wisdom I obtained over the years is ingrained in me. However, others may not be as eager to receive my wisdom. The best gift you can give someone is to listen. The kind of listening when you are not in your head trying to think about what you will say next. The kind of listening when you are fully present. Another gift you can give is to wait for the person to ask for your advice instead of giving it freely.

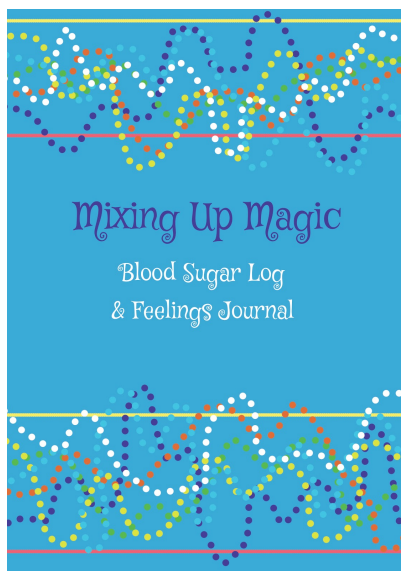
I think back to when I was in crisis. My dad passed suddenly while I was pregnant with my third child. The days spent dealing with the details of his death were miserable. Each night when I would fall into bed physically and mentally exhausted, my husband would wrap his arms around me while I wept. He never said a word. Later I told him that was the moment I fell in love with him. We had been together for over eight years and had created two and a half children, but at that moment he was truly there for me. He showed up by shutting up. Not offering advice or saying it would get easier. He held me and remained silent, which allowed me to feel my feelings but not feel alone.

I challenge you to practice WAIT with the people in your life. To be fully present when they are talking. To WAIT until someone asks for your advice. I challenge you to sit in unforgettable silence and to be there for others. I can't WAIT to hear how this concept works for you. Send us an email, I am ready to hear what you have to say.

[Click here for a WAIT printable](#)

Patricia Branigan Walker





When Lainey was first diagnosed with type 1 diabetes I felt like I had to take a test without learning any of the material needed to pass. There is a lot of information that goes along with type 1. Since her diagnosis in 2018 many things have changed. She now has a CGM (continuous glucose monitor) and a pump that gives her insulin throughout the day and at mealtimes. This technology has improved her life and mine beyond measure!

I remember when we had to record every carb she ate and figure out the carb dose and correction dose if she was going into a meal with high blood sugar (it was a great refresher in basic math). Recording the foods Lainey ate was important because it gave us an idea of how her body reacted to the sugars in different foods. I also liked to look for patterns at the end of the week to see if adjustments needed to be made. After trying the log sheets the hospital gave us and several logbooks I ordered online, I found that none of them worked quite right. So, I decided to make one of my own with plenty of room for notes!

Patricia and I decided to create a blood glucose log with the daily insulin sheets I created (three months worth in each journal), a weekly feelings check-in at the end of each week, and other mental health pages to help with the big feelings that come with a type 1 diagnosis. We are planning to create several editions of the logbook with different mental health pages in each.

The first edition is now available on Amazon!

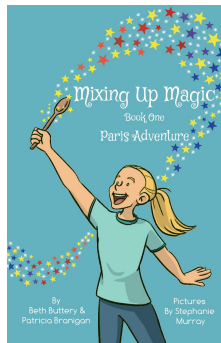
Please follow the link to check out the logbook on Amazon.

[Mixing Up Magic Blood Sugar Log and Feelings Journal](#)

~Beth

Good News!

We are busy working on the second book in the
Mixing Up Magic series!
Mixing Up Magic: Italy Adventure



[Find Mixing Up Magic: Paris Adventure here on Amazon](#)
[Find Mixing Up Magic: Paris Adventure here at Barnes & Noble](#)

If you enjoyed the book please leave a review on Amazon
and/or Goodreads or at Barnes and Noble.

Leaving a review is one of the best ways to
help others find the book.

Thank you for your support!

"A book is a gift you can open again and again."

- Garrison Keillor



Please visit www.mixingupmagic.com for blogs, printables,
and more Mixing Up Magic information

