Balance365 Episode 106 Transcript

ANNIE BREES
Welcome to Balance365 Life Radio, a podcast that delivers honest conversations about food, fitness, weight and wellness. I'm your host Annie Brees along with co founder Jennifer Campbell. Together we have a team of personal trainers and nutritionists who coach thousands of women daily and are on a mission to help women feel happy, healthy, and confident in their bodies on their own terms. Join us here every week as we discuss hot topics pertaining to our physical, mental and emotional well being with amazing guests. Enjoy.

ANNIE
Jen, we are doing a special podcast series, aren't we, and this is part one. I am not excited about the reason we're doing this but I'm excited to share this content with our community. How are you feeling about it?

JEN CAMPBELL
Good. I don't think you and I have all the answers for everybody. But I think we can help people get through this.

ANNIE
Yeah, we're certainly not experts. This is our first pandemic.

ANNIE
Like everyone else. So but we do think that we can share some of our own experiences and the strategies and the tools that we've used, and are using currently using and that we're sharing with our community to help navigate this time, so you feel hopefully a little bit better, a little bit more calm, that you're able to manage your thoughts, your emotions, your behaviors a little bit better as a result of the information that we share. And you know, I said this in an email that went out a few days ago, but when you and I started this company, it was really based off of the intent to provide a compassionate community and service to women that we didn't get when we entered into the fitness industry 10 years ago, and we really wanted. And so we felt like this was our opportunity to be of utmost service to our community. Right?

BOTH
[Laugh]

JEN
Right.

ANNIE

Yeah. So, we are gonna dive into part one of our three part series you can expect. If you're catching it the day of release, the next two episodes are going to come in the days following, but we're going to jump right into your thoughts, your feelings and your mindset. Right? You want to expand on ,what is your mindset? Why is that important?

JEN
So in simple terms, your mindset is the things you believe to be true. The attitude you have and your mindset becomes the foundation that your feelings and actions sit on top of. So, when we look at people's feelings and behaviors, we can usually trace the source of those back to the person's mindset. And that's why everything we do in Balance365 comes back to mindset. And we all have different mindsets. And your mindset is not fixed. You can change your mindset. And there's a little...there's two terms. A lot of people probably heard of, there's fixed mindset and growth mindset. With fixed I'm saying your mindset isn't fixed unless you think it's fixed.

ANNIE
[Laughs]

JEN
Then you probably have a fixed mindset, right?

ANNIE
But keep listening to this episode at least. [Laughs]

JEN
So when you have a fixed mindset, you think "This is the way things are and the way they will always be." And with a growth mindset, you believe things can change. So, this episode is focused around mindset. But it's not just saying "Hey, think positive, think positive thoughts and we will all feel better." That's not where we're going here. But what I will say for an example of how a different mindset can lead to different feelings and different results, is while I can throw myself under the bus here, and the reason I know mindset is so important is because I have struggled with my mindset and it is constantly a work in progress. I want to feel better, I want to have different behaviors and actions in my life than I you know, sometimes have and I know that comes back to my mindset, so I'm always tracing that backwards. And it always leads back to my mindset, the thoughts that I'm having about the situation I'm in, etc. And an example to throw myself under the bus is last Friday, it was 11 o'clock at night, I was scrolling Facebook, and I was compulsively consuming pandemic information. I was very anxious. My anxiety was leading me back to consuming information but consuming information was leading me back to more anxiety. 11 o'clock is way past my bedtime. And I look over at the bed beside me and my husband is sleeping soundly while I'm up anxious not able to sleep. And that's when I had the realization that, well you've got a mindset issue here. You and your husband are in this same circumstance. But your feelings are different and your behaviors are different. And the difference comes back to he's managing his thoughts better than I had been able to up until that point. So, I did some mindset work that it, you know, it was triggered by that epiphany. It doesn't mean everything changed for me overnight. But I did the mindset work I needed to do. And I felt

relatively calm this week, even though things have continued to progress with this pandemic, we've had more restrictions put on our lives, we've had school canceled, but I'm calmer than I was prior. And so that's the power of working on your mindset.

ANNIE
And, I mean, the first thing I hear in that example, Jen, is that you acknowledged that your behaviors weren't supporting how you want it to feel. Right? You're like "This isn't actually leading me to feel better." So it was just awareness, simple awareness.

JEN
It was awareness and then taking responsibility for it.

ANNIE
And this is something that's a skill that we are trying to teach our Balance365 members. Like, across the board and we call it observe, and in our three step process, just to simply observe your thoughts, your feelings, your emotions, you don't have to do anything with them if you don't feel compelled to just yet, right but just take note. What are what are my thoughts? What are my feelings? And just have some mindfulness and awareness about it.

JEN
And it's okay to feel any way you're feeling right now. I want to make sure we preface everything we say here with that, right like, this isn't all or nothing. And we'll see a lot of that because we live in a very all or nothing society. So I'm sure everybody listening right now, can think of examples of somebody who is all in on this pandemic and is completely spiraling. Maybe it's someone in their life, maybe it's themselves. And then there's the other end of the spectrum where there are people not taking it seriously. And they're just kind of ignoring it or numbing from it and they're working really hard to not feel anything. And so those are two different ends of the spectrum.

ANNIE
You might even find yourself doing both in one day. [Laughs]

JEN
Right, exactly.

ANNIE
Or one hour. I had a moment out of my garage this morning where my head was at work, I physically was with my kids, and I just couldn't, I just barked at my kids and then I was just all of a sudden just overcome with stress and anxiety and nervousness and my patience was just shot in a matter of moments. And then I don't know, I just like had a moment and I like got it out of my system. And I was like, "You know what, just be with your kids now, you can work when you work at 11 o'clock today." That's, you know, when my day started, and it was fine. But I went from one extreme to the other within, you know, a matter of a couple hours.

JEN
Yeah, definitely, and I would, my tendency is to gravitate between, like sloth, do nothing, the world is stopping. I stop, we stop.

ANNIE
[Laughs]

JEN
We, you know, I control everything. We need a schedule. Get your rooms cleaned, when I'm in control of everything. What are we having for supper tonight? What are the ingredients in there? And so that's my tendency to go between. I have no control, everything must stop, I'm a victim, what's going to happen? I must control everything. So in recognizing that is so important, that you're doing that thing again. That really isn't healthy. That does not serve you. Deep breath.

ANNIE
Yeah. I've also felt really conflicting emotions at times, or what seems to me to be really conflicting emotions, you know, laughing at a funny meme about what my hair is gonna look like when I come out of this quarantine to feeling heartbreak and such deep sadness for some of the businesses in my town that are struggling, some of the families that are struggling, and I think that's, a lot of people are dealing with that, like then feeling guilty about maybe enjoying some some slower days and more free time and then switching back, vacillating back to feeling bad and guilty and or, you know, empathy towards other people that are struggling and just like Jen said, like, it's all okay. It's all welcome. There's no right or wrong way. This is all uncharted territory for everyone. So just welcome it all.

JEN
Just don't judge yourself for any of the feelings you're feeling. So that will lead us to step one for cultivating a healthier mindset is to stop and feel, and feel whatever you're feeling.

ANNIE
Which I don't like to do. [Laughs]

JEN
I know you don't. And you know, it's so funny because you and I were talking yesterday, just how you and I are on different ends of a spectrum. And the self work you and I have been trying to do is to inch ourselves closer to the middle. So you're on the kind of robotic, stoic side of life and I'm on the more dramatic side of life when it comes to our feelings. And you and I are both, you know, have done some work in the last few years to try to inch ourselves to the middle where I'm trying to get. I'm trying to get a handle on my feelings and learning that I do have more control that I've let myself believe in, you're trying to feel things a bit more, instead of shutting down.

ANNIE
I'm just trying to acknowledge that I actually have feelings. [Laughs]

JEN
Right!

ANNIE
I like to say, I am a robot. I do not compute.

BOTH
[Laugh]

JEN
So we are both nudging closer to the middle which feels like a healthier space for us. So that would be step one, to stop and feel but for the sake of balance, stop and feel as much as you need to. Don't drown in your feelings. Don't try to ignore or numb those feelings. We all have tendencies to do both, to be dramatic, to seek out, you know, so I mean my tendency last week, which feeds back into my anxiety was I was seeking out more information to feed my drama. And on the flip side, people have different behaviors to not feel their feelings, right. They eat they drink, they watch Netflix. So I'm saying stop both of those ends, you know, whatever you're doing those things because they do fill a need for you. But we're asking you to pause and stop and feel the feelings you're feeling right now, and know that those feelings are okay. Whether it's fear, anxiety, we're hearing a lot of this from our community members. And just feel them and sit with them. And that is something a lot of people just don't know how to do. They don't know how to exist alongside their feelings. And I would say what is a healthy release for you? Right? If you're not, you know, my release was unhealthy. You know, and I'm not going to say it's unhealthy for everybody but my urge and release of, you know, finding more information, raging with people in social media comments, you know, that was not healthy for me and by the time I was spending on social media, I'm not, you know, we're checking news reports, that was not healthy. So what is healthy, and everyone has to decide what that is for themselves. But for me it is to just cry, to take some time to be super graceful, self compassionate, and let myself feel it and just cry. And crying is a beautiful release for me.

ANNIE
That's funny that you mentioned that because in today's podcast Q&A live, Michelle and I were inside our group, our Facebook group, and she brought up crying in the shower and I thought how many other women are having breakdowns in the shower? And for me, that's like, I cry in the shower a lot. And I'm like, that sounds dramatic. I think crying, like you said, it can be a really great thing. It can be a really great release outlet. A way to feel my feelings, but the shower is one of the few places that I am unplugged. And I'm just by myself, hopefully just by myself not being interrupted. And I have a few moments in that shower to really like, listen to my thoughts, feel my feelings, there's really no other option in the shower, you know, but to do that and so I often find myself if I've had a day, like just breaking down.

JEN

Right. And if you find yourself more on this spectrum of Annie of feeling a little more numbing...In our house we have a feelings wheel and the feelings wheel can be found on Pinterest or wherever that I got for my kids to start, when they're upset and trying to process that they can start identifying their feelings. So maybe you need a feelings wheel or you don't, but just start identifying those feelings and be with them. And you know, process them and say it's okay. I feel...So another thing we talked about in Balance365 is adding "and that's okay," to whatever we've done when we're starting to even judge ourselves for it. So "I'm feeling very anxious right now and that's okay. I'm going to sit and sit with that. I'm feeling very upset and angry right now. And that's okay." And just let all those feelings be okay.

ANNIE
Yeah, something I wanted to share is I read this really great book a couple years ago. It's "Living Beautifully with Uncertainty and Change" by Pema Chödrön. And we can link that in the in the show notes if you're interested. But she really is talking, she talks in this book, essentially what we're talking about here is feeling your feelings. And she says in here to acknowledge the feeling, give it your full, compassionate, even welcoming attention. Even if it's only for a few seconds, drop the storyline about that feeling. This allows you to have a direct response of it free from interpretation. Don't feel it with concepts or opinions about whether it's good or bad, just be present with the sensation. And to me this was pivotal because this sounds, this is going to sound dramatic, but if you're like me and you're not used to feeling your feelings, I've gone to therapy for this for a couple years now, to feel emotions even for a minute felt like an eternity. So she really is just like, start with five seconds. Start with 10 seconds. Pause that mindfulness, pause that "maybe it's too uncomfortable to dive headfirst into it and feel it completely" but can you just dip your toe in the water. To me that's progress, right? It's a step in the direction you want to go.

JEN
And on my side, the progress for me is to not drown in my feelings, and not let myself get to a disempowered space where I feel powerless. And like a victim to the circumstances around me. So that's progress for me and whether you're on either side of the spectrum, Annie's side or my side, progress looks different. So for Annie, she's going to feel them and give them more attention than she's been able to. And for me, I'm gonna I'm giving my feelings attention, but I'm not letting myself drown in an ocean of emotion to the point where it becomes debilitating for me and disempowering.

ANNIE
An ocean of emotion. [Laughs]

JEN
Ocean of emotion. [Laughs]

ANNIE
That's quite the visual as well.

JEN
Right? And so instead of drowning in them, I'm going to surf them.

ANNIE
Ooh. There we go.

JEN
I'm gonna ride them, but I'm gonna end up back in shore. I'm not falling in and drowning.

ANNIE
Right and they're not dictating your every -

JEN
They're not controlling my life.

ANNIE
That's beautiful. Actually, I really like that. I know then another element you wanted to talk about Jen was self care. Right? So that can play a role here.

JEN
Yeah. So we're gonna circle back to that at the end. I want to go right into our coaching process. And this is how we would coach anyone in a coaching call. And this is how I want to talk everybody through this and hopefully they can coach themselves. So as Annie mentioned earlier, we have a coaching process, it's called OEA, and that stands for, observe, evaluate, and adjust or accept. So, step one, stop and feel. And then step two here. We're going to, we're going to start the process with observe. So some questions to ask yourself is, What's your current reality? What are your thoughts and feelings about this reality? How are you reacting to it? And is there a problem? And what is that problem? So we're just going to observe ourselves without judgment. And one way you can do that is to step outside your bubble of your existence. And look at yourself like you're watching a movie, and you are the star of the movie. And that because we can all get a bit triggered and lost in our own stuff, or you can be drowning in the ocean like I often do. But it can be easier to watch somebody else, it's easier to be in the audience than it is to be the star. So get yourself in the audience and watch yourself. And when I did that, on Friday, I saw a woman who was spiralling. And I saw a woman who was in pain, understandably, but was then causing herself to suffer unnecessary suffering. Because she was not in control of her thoughts or her feelings anymore. She was spiraling. I had lost control. And one of the biggest mistakes people make is not understanding that they do have some control over their emotional wellness, right. And I'm not talking about, you know, mental illness again, like Annie and I don't talk, we're not addressing the extremes here. This is just a very balanced perspective. But we don't have total control. But we don't have zero percent control. We have some control. And if you are spiraling, then you're losing control and that will lead to losing control of your thoughts. Will lead to feelings of powerlessness and panic, which are leading to these behaviors in our society right now that are horrific, like hoarding, and just the pure selfishness that we've all kind of read about now going on. And, you know, again, trace that all

back again, what we talked about at the start of this podcast to mindset, what is the mindset of somebody who goes out and buys a flat, a pallet of toilet paper? You know, like, that is somebody who is really in a state of panic. They believe the end of the world is coming. They believe we're going to run out of things. And that's a very extreme for where we're at right now. That is a very extreme thing to be believing and buying into.

ANNIE
You know, I think the very first question you asked was, What is my reality?

JEN
Yeah.

ANNIE
And I know you and I had talked about this off the podcast just in conversation based off of what I see on social media, and I don't doubt that this isn't happening, I'm certain this is happening in other communities. But it looks very, just a very negative picture of people being rude and inconsiderate. You know, rampaging through grocery stores and just not having very good compassion for one another. My experience when I went to the grocery store, my actual experience when I went to the grocery store, you know, a few days ago was, they had everything I needed. I didn't maybe have quite the selection, but I was able to get the items that I needed. People were very kind and considerate and still very friendly. We joked about a few items on our carts and with the neighbors and I had actually a really nice experience going to the grocery store. Now had I believed what I saw online to be the same as my reality, it would be easy to see why people are feeling some type of way, but really questioning like getting in touch with what is actually my reality that might be some people's reality, absolutely. I don't doubt that that's happening. But my reality is that people are still very kind and I have the things that I need. And I'm like, I'm doing oka right now.

JEN
Yeah, and I don't know where we'll be when this podcast goes live. But what I will say is my when I pause and look at my reality right now, and I compare my reality to the thoughts I've been having, they don't match up. So on Friday night when I talked about at the start of this podcast where I had to do my own mindset work to get this to this place of where I am right now, which is calm. It doesn't mean I'm not feeling things, but I am calm. I'm not doing drowning in that ocean. The thoughts I was thinking, and all of the fears I was thinking, I was behaving as if that was the reality that I was, you know, Worst Case Wanda was, you know, it was like, what's gonna happen to us financially? But I was behaving in a way as if that was going down. But it is not, right? So really sitting down and thinking, "What is my reality and not the reality on social media?" Because that's something else we can talk about. Where's the chaos right now? There is no chaos in my community. The chaos is on social media. And so I also had a trip to Costco on Sunday. Yeah, they were out of some things. But there was still plenty there that we could like, my family's not going to starve. We might not be able to eat some of the things that we are used to eating. There was no bread in Costco. We like our bread. But there were spinach wraps. [Laughs] And so look, there's no need to panic over that, I still am able to get the things, we're

still able to eat and I was still able to find plenty at Costco for our family. And so that is my reality. And so let's observe our own realities and let's observe if our thoughts are matching up with the reality. And again, without going into the territory that we talked about earlier that Annie goes to, where she suppresses her, you know, we don't want to suppress, we just want to see if they're matching up, right? And again, as far as the hoarding stories go, a lot of the stories are in the news. And so when I hear there's somebody hoarding hand sanitizer in Vancouver, okay, that's three and a half hours away from me. That's not happening in my community. And that is one person in my whole province that I've read about hoarding at a grand scale. So though that's not the norm. That's not the norm. I also see, let's get some attention to some of the positive things we're seeing. I'm seeing people post on my local Facebook group sites. "Hi, who's out there? Who needs help? I can go grocery shopping for people. I'm going to do this for free. You can reimburse me for the groceries. I want to help people get what they need right now." And like that's beautiful. There are so many beautiful examples of humanity happening right now too.

ANNIE
Yeah. I agree completely. And we've said this before, I cannot stress this enough that Jen and I do not discount that there are women listening to this podcast that are in some dire situations, right. And our hearts go out to those where we've heard the stories in our community already. But again, this is keeping our focus on what we can control, the actions that we can take the behaviors that we can take, and being really in touch with our feelings and in our mindsets and how that controls.

JEN
The other thing is for the people that are in dire situations, it is not helpful for those people, for everybody else to be panicking and behaving as if they are also in a dire situation. So what did I say to you the other day Annie, I said, "Let's help, not hoard." So I want to be in service to people right now because my family is actually okay. And I can be in service to people when I am not panicked. And I really get into anxiety.

ANNIE
Yeah, if Friday night Jen continued, you wouldn't be in a position to offer this service. I wouldn't be on this podcast right now. Right? And so that's why it's absolutely crucial that we get in touch with the reality of our own situations and pull ourselves out if and when possible, so we can look out for each other.

JEN
So we've gone through the observe stage. So observe if your reality is matching up to your thoughts. Decide if there's actually a problem here or if you're just treating it like there is already you know, there is a problem, which means you're probably creating a lot of your own suffering. And then identify, observe what are your actual problems, right? So we're not dealing with future problems. Come back to today. What are the actual problems of today? Let's observe that. And that will take us to the next step of our process, which is evaluate. We want to evaluate, evaluate what your options are here and that includes, do you have an opportunity to think

differently right now? And if you have that opportunity to think differently, that will affect your feelings, which will affect your behaviors, and the results that you're ultimately getting. So Friday night Jen realized I have an opportunity to think differently, my husband's certainly thinking differently and we're in the same situation. I have an opportunity to feel and behave as he is right now. And be sleeping instead of sleep deprived, which ultimately, is another thing that jumps on sleep deprivation will help me, aid me in my downward spiral here.

ANNIE
Right. It'll exacerbate things real fast.

JEN
Right. And that's often what's happening. I mean, human beings are, you know, they're usually, you know, we can be on an upward spiral or we can be on a downward spiral, right? Like that's kind of when we start, when we're speaking of spirals, it's like, well, which direction do you want to be going here? And, again, not talking about people in dire circumstances because the downward spiral, you know, if you are in an emergency situation, right now, we're not speaking about that. But if you have an opportunity to not be treating this like an emergency, because you've realized that actually isn't for you. We can focus on what we can control. So that is when we can evaluate our options. So what do you want to be thinking, feeling and doing? And do those options work for the reality you live in? Right? So we know, we actually know what you want to be doing. You want to be back to your old life, you don't want this to be happening, but based on the reality you're living in, for you, what do you want to be thinking, feeling and doing in this reality? Do those options work for you? Do they lead you to your desired outcome? And, you know, understand you are in control of your brain. You don't need to be helpless. You don't, you know, most people, they think, they feel and they act, they think they feel and they act, and they never really pause to go, "Hey, wait a sec, I'm in control of this brain. I am not powerless to these thoughts and feelings." And so we can start to get a hold of it. And one exercise you could go through is to fast forward to, you know, six months from now, two years from now, 10 years from now, and you're telling your children or you're telling your grandchildren about this time in history, what story do you want to tell? What story would you like to tell about how you handle this circumstance? Do you want to be telling the story of how you ate and drank your way through the pandemic? Because you were so stressed out and couldn't handle it? Or do you want to tell a different story. And no judgment. I'm not judging anybody. I just want them to understand in this process that there are options.

JEN
Yeah. And that you have more control than you might think.

JEN
And I was thinking about my in laws this morning and how they, at one time were very poor. They had three little kids and they had no money for anything. And my father in law speaks about that time fondly and says it's some of the best of his life. They lived in a two bedroom trailer with three little kids, all three boys, my husband, his brothers, they shared a bedroom. And Friday night, they would put on a record and they would dance. And he said, it was so fun.

And it was the best time of their life. And when he tells these stories, it brings tears to my eyes to think of how resilient him and my mother in law were, and still are, and how often some of our greatest teaching moments and when we become stronger people happen during very difficult times. And that's when we're building our resiliency. And that's when we're building these stories that we end up telling our grandchildren that teach them and so, for me, Friday night Jen was not handling the situation in a way that I would want to tell my children about in five years, 10 years, grandchildren about 20 years. And I have more, I have other options, I can do this differently. And I can do that differently alongside my feelings, right? I still don't feel great about the situation. And that's the whole, that's kind of this whole lesson of learning to act and live and go on alongside those hard feelings.

ANNIE
I was just gonna say that, because I don't want anyone, and this was me for years, to get confused with this is about feeling good all the time. That's actually not gonna happen.

JEN
Spoiler alert, and that it's not possible. It's one of our lessons of life, right is that life is not supposed to be easy all the time.

ANNIE
Or pain free or comfortable.

JEN
And so that can't always be the goal. And again, because that causes so much of our suffering of just not accepting these feelings or not accepting these parts of life. And like they're happening, and there's a lot about this circumstance that we can't control. And we can accept the feelings that come alongside of them. And actually, what I would argue is ultimately you do feel better once you accept. Right, you actually do feel better. What feels worse is when you're rejecting these feelings, when you're rejecting this circumstance, when you're, you know, we can live alongside these feelings of anxiety and ultimately you will feel better because of it.

ANNIE
Yeah. I've talked about this a lot. Just one of the most life changing books I've ever read was Glennon Doyle's "Love Warrior," you know, "Untamed," I'm working through "Untamed." If anyone needs reading suggestions, "Untamed" might take the cake but in "Love Warrior," she talks about how she went to this yoga class. It was a hot yoga class and she was mad because she didn't want to go to hot yoga, but that was all that was available. And she said her goal for the class was to just stay on her mat, to not leave, she just didn't want to be there. She just was like salty and mad. And so she told herself just like stay on your mat. That's my goal. She told that to the teacher actually at the beginning of the class. And she shared after the class, that in that class she felt all of her emotions, the ghosts of relationships, past, the future, her fears, her worries, her joys, her sorrows, all of it and she just stayed on her mat, and she came out of class and she was like, I survived it. All the stuff that I had been avoiding. I felt it in that 60 minutes. And I survived it. And it was in that moment that she was like, "Okay, I don't have to

fear this. All these feelings, I can feel them. And then it's uncomfortable and I don't like it, but I can survive." Right? I will survive all that. So anytime I'm feeling this like itchy like, I don't want to feel this sort of stuff. I'm like to stay on my mat. Stay, just sit with it.

JEN
Right.

ANNIE
Even the yucky stuff.

JEN
Even the yucky stuff. Yeah. So when Friday night Jen was evaluating her options and deciding how I wanted this to go and what I want to be telling my children about in 5, 10, 15 years. I want my children to know that we took this seriously, but we stayed grounded and present, I want them to know that we felt our feelings around this and we had compassion for the people around us and all of the suffering. But we were also strong. And I want them to know that we did lose some things in this situation. But we also gained some things. And we focused on the opportunities that became available to us which one of them is that we are going to be spending a lot more time with them. And I want to be able to tell them stories about that, the same way my father in law tells stories, you know, to his kids today about dancing with them in their diapers in the kitchen on Friday nights because they had no money to do anything else.

ANNIE
That's beautiful. Okay, so where are we at? We've observed our feelings.

JEN
Yes, we have evaluated our options. Is there something different I would like to be doing here and here's the thing. For me, the answer was yes. And yours does not have to be the same answer. So there's just no judgment here from me and Annie.

ANNIE
Yeah, none, I like to assume that we're all doing our best. And that looks different. Right?

JEN
Right. So the last step of the OEA process is A, for adjust or accept. And sometimes that's adjust and accept. And for this, I am going to be adjusting some or I have started adjusting already. And I'm going to be accepting some things. So here is what many people may just need to accept. And that is that we are processing some huge changes right now. We need to accept that some of the emotions that come with that are normal, and we can feel them and live alongside them. We also can accept that we don't need to deny those feelings but we also don't need to drown in them. I'm accepting that this is different and that our routines are about to change. But this has happened for me before, right? My husband and I have moved many times, even since I've known you Annie, we've done some big, you know, halfway across the country moves. So I can do this, I accept that this is different. I accept that our routines are

going to change and accept that I can do this. I accept that there are going to be more difficult aspects of this situation. But I also accept that there are going to be some less difficult aspects of this situation. Yes, it's going to be more difficult that school is canceled, but on the end that I have to work right. I'm a full time working woman. My husband works, this is going to be difficult. On the flip side, there are less difficult aspects. You and I were talking yesterday about how nice it is to not be hustling out at the door in the morning with our kids.

ANNIE
Or running to Boy Scouts, basketball practice, like 1000 different activities.

JEN
Exactly. We had soccer season was just canceled. Okay, that sucks. On the flip side, we've got our three kids, they're all in soccer. We've got 12 different places we have to be in a week. So we have reclaimed some time, I feel. I also accept that there's aspects that I cannot control in this situation, I cannot control what other people are going to do. I cannot control the restrictions that the government is placing on us. I cannot control that the school has closed or that other businesses are closing. So I just I accept that. There are aspects that I can control and that I'm also accepting and that is part of my struggle as somebody who generally drowns in emotion. And frankly, I'm sometimes more comfortable feeling powerless than I am feeling powerful. And so I'm accepting there are things I can control to make my life better. And I accept that I need to take responsibility for that. So I can control our daily routines inside the circumstance that I'm in. I can control the actions I'm taking in a day. I can control the environment that I am creating for us, for our family, and the things that I allow myself to be exposed to. And lastly, I accept that I am strong enough to get through this. No matter what happens. There is life on the other side of this and this is not permanent. And I accept that this is not permanent. And I fully believe it's not permanent. And there are people that today right now are going to be having to deal with things that are permanent for them. You might, there could be someone out there being diagnosed with something today that is with them forever. And I needed to put that into perspective. Friday night Jen needed to put that into perspective. I accept that this is not permanent. And there's life on the other side of this.

ANNIE
I'm not exactly sure where this falls under under the acceptance piece, but it's not personal. You know, like, we're all in this together. This isn't someone just trying to mess up my daily routine and make life difficult and inconvenient. And obviously, again, again, again, this is not affecting us all equally. But there is this, I feel a lot of comfort in the fact that we are all in this together.

JEN
Yeah. And for what I have decided to adjust, I've decided to adjust my thoughts which we've talked about all through this podcast. I've decided to adjust how I'm processing my feelings, I am not going on social media to process them. That doesn't feel healthy for me to be in that environment and processing feelings with other people who are also on anxiety spirals. And I'm going to, I've adjusted my actions and behaviors. And I can control me, that's what I can control and I can control our routines and our schedule. And I'm going to be, and I've adjusted that and

how I'll just sum this up and if you need to think about a big picture, take you back to the idea is, what is the story you want to tell in five years or 20 years from now? And that is what I'm holding on to and adjusting my behaviors around.

ANNIE
In case this wasn't clear, this is really great information for any time of the year, this is a process and the whole idea that you can you have more control than you think. And like Jen said, the only person you can control is yourself as much as we would like to think we can control others. It really boils down to us, but this is applicable to a variety of situations, not just a pandemic, right?

JEN
Yeah. So why don't we sum it up really quick for those who like lists. Step one, stop and feel. Step two, observe your reality and observe your thoughts and feelings around your reality and observe how you are reacting to this situation and get honest with yourself about what the current problems are. And what are they? And step three is the E in OEA, evaluate your options. Is there anything that you can take responsibility for right now? What do you want to be thinking or feeling or doing? What options are available to you in the reality that you're living in? And what is your desired outcome? So what story do you want to be telling in in 5, 10, 20 years from now? And then step four is to adjust what you can and accept what you can't control.

ANNIE
It's beautiful. Yeah, I hope that's really helpful to a lot of our listeners. This is just the beginning for us though. This is part one of three so we will be back tomorrow discussing and expanding more on this topic of how you can stay healthy and calm among the chaos. And we'd love to hear what you think of this episode. So if you want to share it on social media, tag us, give us some feedback, comment. We'd love to hear what's working for you. And how you're doing out there. So.

JEN
Yeah. How can we help? We are here to serve.

ANNIE
We are. We absolutely are. So stay with us throughout this series. We've got some more great episodes coming down the line this week, and we hope you join us back tomorrow.

JEN
Yeah.

ANNIE
All right. Thank you, Jen.

JEN
Thanks, Annie. Bye.

ANNIE
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