

# Balance365 Episode 88 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 Jennifer Campbell and Lauren Koski. We are personal trainers, nutritionist, and founders of Balance365. Together we coach thousands of women each day and are on a mission to help them feel healthy, happy 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.

Welcome back to another episode of Balance 365 life radio. This is your host Annie Brees. And before I tell you about today's topic, I want to invite you to join if you haven't already, our free Facebook group called Weight Loss Without Restriction for Women Only. If you love the content that we are sharing on the podcast, you're going to love even more what we're sharing inside the group. Jen, Lauren and I are in there daily sharing mindset support, tips and truth bombs. I hope to see you in there. It's a great place to have great discussion.

Let me tell you about today's topic because if you're like the three of us, your alarm clock is probably a kid. Your days are jam packed. And the first time you have to think about self care, whatever that is, is when your head hits the pillow and by then you're just exhausted. Does that sound familiar? If that's you, you're in luck.

Today's entertaining guests is going to challenge you to find time for yourself and that busy schedule. CC Sutton is a 13 year professional speaker, certified John C. Maxwell Speaker Coach and Trainer and certified life and relationship coach. And she knows what it feels like to be overworked and overtired. And she also has a lot of great suggestions on how to make that time for self care when you're feeling like you don't have an extra minute in the day to spare. What's even better is she's really funny. I could listen to CC speak all day and I can't wait for you to listen to. I think you're going to love it. Enjoy. Jen and Lauren, welcome back to the show. How are you two?

## **Jennifer Campbell**

Good.

**Lauren Koski**

So great.

**Jennifer Campbell**

How are you, Annie?

**Annie Brees**

I am great. It's funny whenever I ask this question, because I think we've shared it before but we record multiple episodes in one day. So I've already asked Jen and Lauren how they are two times. It turns out they're still great.

**Lauren Koski**

Yes.

**Annie Brees**

we have a special guest today. Her name is CC and I we were talking about this before we started the show. We have been pitched for our podcast and people want to be a guest on our podcast because our podcast is great and we have a fantastic audience. But we don't let just anyone on our show because it's very important to us that their message and their values align with ours. And so when I opened CC's email just on a whim, she was sharing some expertise on how to make time for self care for women when you're busy. And I'm like, Oh, well. Sounds like something our audience could benefit. So CC, welcome to Balance 365 Life Radio. How are you?

**CC Sutton**

I'm doing fantastic. I really appreciate you ladies. This is excellent. When I saw you guys on Instagram I was like, "Yes. All day. That's a tribe I'm trying to be a part of right here. So I thank you all so much for having me. I really do.

**Annie Brees**

I am so happy to have you. I did some pre screening, I asked to call you and then I did some slight stalking on social media. And I was like, "Oh, her energy is high.

And she's funny. And she's like, you're friendly, like, I love it." So tell me a little bit about yourself, because you're a big speaker, a productivity coach and you're trying to help people balance our priorities, get stuff done, and save some time for themselves. Right?

### **CC Sutton**

Yes, yes, I love to start it off by just saying, just like a lot of your listeners probably, I was overworked, overwhelmed, overweight and just over it all. I really, really was. I spent the last several years of my career just trying to make it all happen. And then one day, I just had this great epiphany, like, "You don't have to make it all happen, just make what needs to happen count." And it was like, "Okay, I can do that." It's almost like I gave myself permission. And so that's what I'm doing. I'm on a quest to give people, really, women in particular permission, because sometimes we just don't give ourselves the permission to just be and really make things work the way we need to make it work. So I'm very passionate about setting women free. Is that fair?

### **Jennifer Campbell**

Yeah, we are too. So we hear that.

### **CC Sutton**

And so what I do is I specialize in work life integration, I took the balance out of that piece, simply because let's just be honest, the balance thing, it goes up and down. There's no such thing as balance, I say throw the whole scale away is what I say. Forget it all, just like with the diets, forget the balance aspects and really focus on the integration. So I have the privilege of talking to women who are in different spectrums of that, some of them are way far left off the scale, they're doing everything for everybody else, no self care. And then I talked to some women who kind of get the concept of self care. But really, they want to become more intentional about it. And so that's my message. That's my message around the world.

### **Annie Brees**

I love it. And I think that's, as I shared with you on our phone call that we hear from so many women and the three of us, I'm sure, could be lumped into this demographic that their feet hit the ground running the moment they wake up, and

usually someone's waking them up, you know, like, I've got a little three year old that she's like, "Mom, let's go, let's get up." And you don't feel like you have a minute to yourself until your head hits the pillow. And by then you're just exhausted. So to think about this fitting in self care whether that's time for reading, meditation, exercise, cooking, a bath, it just seems like you're adding one more thing on the to do list. And when you're already feeling short on time and resources, energy, it can feel really daunting.

### **CC Sutton**

Absolutely.

### **Annie Brees**

But I think women know that they need it. But it can also feel really daunting.

### **CC Sutton**

Absolutely, absolutely. And that's a big, that's a big focus of it. The other aspect is that a lot of women just honestly feel guilty about even taking it. It's like, "You mean to tell me out of all the stuff I have going on, you want me to try to put in a little time for me? Like no, I don't have it, I sincerely don't have it." But when we look at the very definition of self care, there's some important components in it.

And I'm going to tell you this from the healthcare aspect, self care is any necessary, remember that word, any necessary human regulatory function, which is under individual control, deliberate and self initiated. And I love to start off with that, because that necessary aspect means it's a non negotiable.

So we really have to have a paradigm shift, like, this is no longer about, you know, "Oh, maybe I can do it." This is like, "Breathing is necessary and self care is necessary." And then the other aspect of that is, is that I have control over it, you know, sometimes we leave the control to other elements or you know, when little Johnny's gone to sleep then I can get that self care.

But we really, once we recognize that it's necessary, then we start being intentional about putting that time aside. And I call it being more proactive than reactive. And I think that's the space where a lot of us are in, we're just like, "Oh, if I can just find it." No, let's step back for a minute and let's plan it.

And not only will we plan it, but we're going to communicate to those who are important, hubby, kiddos, "Hey, on Saturdays at 10am, 10 to 11, you're your dad child. Don't look for me, I have to have this time" and you will be amazed with just 30 minutes to an hour, even 15 minutes sometimes, can do for you, in being able to pour back into your family.

### **Jennifer Campbell**

I feel like women are so deprived of self care, time to themselves that it becomes this, well, first of all, they get resentful. Yeah. And second of all, it's like they're bingeing and restricting self care, because they get none. And when they get a little, they just like flatline. So an example of that would be my kids went away to their grandparents this summer. And I turned into a sloth, like, I just shut down. And it's actually not how I wanted to spend my time. It's just, like, I was so depleted by the time they had it off that I just was like, done.

### **CC Sutton**

Absolutely. And I think that's another that a lot of women experience, like "I'm so glad to be done with those rascals, I just want to hibernate, just write me some rest." Now, here's what I'll say about it. Initially, when you start this self care thing, and it can look like so many different things. There's a lot of free self care out there. There's a lot of paid self care, of course, but you know, whether it's dancing, whether it's just taking the time to read, y'all take a deep breath, like right now just... what did that feel like? Like sincerely.

### **Jennifer Campbell**

I sincerely felt the tension in my forehead start to go away.

### **CC Sutton**

That's self care right there. Just in the morning, before you even reach over to get your cell phone or answer a question from anybody. If you just take that one big. You've already kicked off your self care right there. It doesn't require a lot. And I think that's the other thing. We think that we have to be doing something and spending money somewhere and you really don't. You really don't. It's mindfulness, it's meditation. It's journaling. It's, shoot, breaking out into a dance in the middle of the hallway. I mean, it's simple things that eventually as you graduate, and you start to appreciate your self care time, then you start to

graduate and say, you know, "Every other week, I'm getting my massage at 10." You know what I'm saying? It's baby steps. But once you start to form a habit, for example, I used to get massages periodically, just to say, you know, I got one. But because my body started responding so well to that, I started to be more intentional, and I started getting them now bi weekly, and I'm about to up them the weekly because I'm about to tell you, I could go up.

### **Jennifer Campbell**

Leveling up.

### **CC Sutton**

What I'm saying is that your body and your mindset eventually starts to adjust to it. And then you start to look forward to it.

### **Annie Brees**

And CC that was one of the things that came up on our when we were talking is that you and I both agree that a lot of women need to redefine what self care looks like. And I think it does get often lumped into, "Oh, it's a spa day, it's a manicure pedicure. It's something that costs money, you know, I've got to go buy this, I've got to go make an appointment."

But as you noted, it could be something as simple as taking a breath, or meditating, taking a nap, you know, and I think part of self care that we talked about, a lot of Balancer365 is what do you need in that moment? You know, and what the answer to what kind of care you need in the moment could vary from day to day, you know, maybe when Jen's kids left, maybe she did need to sleep for a week and instead of you know, pushing yourself to get a bunch of work done, you know, and honoring that and then not feeling guilty about taking that.

### **CC Sutton**

Absolutely, there are four things that we have to change when we think about the self care thing. Okay, first thing that we have to do is we have to change our thoughts about it. Self Care is not selfish. Okay? Self care is not being selfish. The second thing that we have to do is we have to change our feelings about it, take out the guilt, take out the feeling unworthy of the time, "Well, I haven't done enough, I haven't accomplished enough. If I can just finish this, then I'll take that

out of the equation." So change your thoughts, change your feelings, change your approach, okay?

Here's what's happening too, for those of us who are married. Women, we have a tendency to ask for permission, when we really need to be asking for support. "I don't need your permission to go and take this nap or to do what I need to do to rejuvenate. I need your support honey, and here's how your support looks. I need you to make sure the kids get in the bath, get in the bed." Asking for support doesn't restrict you. Asking for permission restricts you.

But we have to change our thoughts. We have to change our feelings. We have to change our approach. And lastly, we have to change our language. Okay. And what I mean by that is, instead of always saying "I just don't have time" to start telling yourself "I do have time. I do have time, I have plenty of time for me." Now, if you're really that woman who says "You know what? I sincerely don't have time." I challenge you to do one thing that I did. And it was so eye opening.

For seven days, I printed out a calendar that was from 8am to like 12am the next day, and I literally tracked what I'm doing every hour. Okay. I have so much time open to me. I mean, we have 168 hours in a week as it is. Tell me you are not going crazy 168 hours, you know.

### **Jennifer Campbell**

I saw a stat once that said the average woman spends five hours a day on social media. Yeah. And so like that may not be true for everyone listening. But I think to what we know how I talked about sort of bingeing and restricting self care, and productivity. I think sometimes we have things available to us that are quick, and help us sort of numb and just check out.

And there's sort of a law of diminishing returns there. Right? Like, you know, 15 minutes of scrolling social media doesn't hurt anybody, and might even be helpful to you to check out of what's going on. But two hours of scrolling social media is, like, at some point that becomes harmful to you. And neglectful, really.

### **CC Sutton**

Absolutely. I'm so glad you brought up social media. Because Jen, it's something that everybody struggles with not just women, there are men who will tell you they've been scrolling for hours as well. Here's something to add to that. It's not

so much that we don't have time, it's that we don't utilize the time that we do have, if that makes sense. And you just mentioned if I spend two hours on social media, imagine what I could be doing with that time that would pour into me more so than take out of me. We think that our mind is relaxing.

But let's be honest, some of our minds are not relaxing, some of us are sitting there comparing and contrast. And oh my gosh, we add more to our plate because we're looking at what everybody else is doing. I mean, that's just the opposite of what we were trying to do in the first place. And so you're absolutely right, Jen, instead of that time that we're spending on social media be intentional about, for example, I usually break up my days into 90 minute increments. So meaning if I'm working, I set my timer for 90 minutes. And during that 90 minutes, I can't touch my phone, I can't accept any interruptions, I have to be productive in that 90 minutes. After that 90 minutes is up, I set my timer for 30 minutes. And guess what I do?

### **Annie Brees**

Check your phone.

### **CC Sutton**

I check my phone, I go and take a bio break. I may sit there maybe read a little book, a little chapter or something. But it's really taking control of your time. And you deciding what you need during that time.

### **Jennifer Campbell**

What would you say? So let's talk about like fictional woman who is up at the crack of dawn getting herself ready for work, getting her kids up, getting them ready for school, driving them to school, driving them to daycare, stuck in traffic, commuting to work, working for eight hours, like, you know, you must know where I'm going with this. Like, it's just, I mean, actually, the majority of our audience are working mothers. And it truly is exhausting. We have a philosophy in our company called "all or something".

So it doesn't have to be all or nothing. So what are what would you suggest as some examples for self care for somebody who is just, and is that sustainable? Or what is the mindset around, if that's what your life is like, how can you change

your mindset to or how could you reframe things in order to be able to self preserve during that season of your life?

### **CC Sutton**

Self preserve? I like that word, Jen. So first, before we even go into this, I challenge every mommy right now to be really honest about the season that she's in. We're all in different seasons of our life right now. And so it's really important for you to accept where you are right now and understand it's gonna be a little chaotic. It's okay. It's okay. It doesn't mean that something's wrong with your life if you're running every which way, that's just the season that you're in, there will be a season where you become an empty nester. And you'll have a whole lot of time for self care, you know. So let's not make this a situation where we feel like we have to carve out a whole day for self care, because that's not gonna happen, it's just not. If I'm a busy mom, and I'm just waking up, I have to get up at let's say, I normally have to get up at 6am. I might decide to get up now at 5am. That's to take some extra time for myself. And heck, Jen, that might be only 10-15 minutes.

### **Jennifer Campbell**

Yeah, it could be 5:50. It could be you make your coffee-

### **Annie Brees**

By yourself.

### **CC Sutton**

By yourself. But the whole thing that we want to do here is before our feet even hit the floor, what can we be doing right there in that space? And sometimes, you know, even with my schedule, I'll hit that snooze. That's my initial wake up to start meditating on my day. What I want to get accomplished, my mindfulness, my thankfulness, my devotionals, whatever, that that self care right there, boom, right?

So first of all, take away the guilt of the fact that you feel like you can't get in an hour of self care. It's not going to always happen depending on what season you're in.

So mom has had her time for meditation, mindfulness, she's taken in her deep breath. Great. She's ready to hit the ground running. Okay. Now, on her way into it, dropping off the kids, all this stuff, of course, you're spending time talking to the kiddos, but on your way to work, you may plug in a podcast like Balance365. Okay. Start getting in your, you know, your daily motivation. Taking the time there, you're in traffic all day, you might as well, you know.

### **Jennifer Campbell**

Right.

### **CC Sutton**

So you're plugging in, you're downloading, you're allowing all that positive energy to come into you. Now you're at work. And what I do is I have a daily reminder on my phone, and I call it, it's at 3pm. Every day at 3pm. Every day, I have something called prayer time. And y'all I'm praying right now, while I'm typing. It doesn't stop, I don't have time to get on my knees and do all that other stuff I would love to. But I don't have time for that.

But it's reminding me to take time to be thankful. It's a mindset thing, too, ladies, if you haven't noticed by now, it really is a mindset. Also, take your lunch break. So many of us have stopped taking our lunch break because work is a demand and I got a lot to do.

### **Jennifer Campbell**

We're all like, awkward.

### **Annie Brees**

I scheduled four podcasts on one day with no time for lunch. I have no clue what you're talking about.

### **Jennifer Campbell**

When I was still in the corporate world, I used to not take a lunch break so that I could get off earlier so that I could pick up my son earlier from daycare because I felt so guilty that he was in daycare. And I think, that's why this stuff is can get really uncomfortable for women when they start removing those layers of, like, why they can't just take some time. And then another thing, I think, in our

community that the feedback we keep getting, and we hear over and over is there are some real issues for women who are in partnerships in. And I don't know if this is just like programming that we have of, like, what taking care of our partner is supposed to look like but the amount of times that I have heard, "How do you get over the guilt of going to the gym and leaving your husband to care for the kids?" We've been, we've had our community for over four years now. And the amount of times that I've heard that. And look, I get it. I will be totally honest here that I get it. I've just recognized at this point that it just sort of a programming I have that I am responsible for the kids.

**CC Sutton**

So you're hitting on something that like you said, so many women are dealing with, Jen. So here's what I'm going to do. I'm going to use this on you. Let's see how this goes, okay, ready?

**Annie Brees**

Shocker! Jen uses our podcast as a coaching session. It tends to happen over and over again.

**CC Sutton**

Okay.

**Jennifer Campbell**

I'm excited.

**CC Sutton**

Jen, who told you that you have to do all these things that you're saying you have to do?

**Jennifer Campbell**

I don't think anyone told me. I was raised by a single mom. And I don't think anyone told me. There was no man in our house.

**CC Sutton**

Okay, so let's sit right there. No one told you that you have to do all these things?

**Jennifer Campbell**

Right.

**CC Sutton**

What's your husband's name?

**Jennifer Campbell**

John.

**CC Sutton**

John, did John say, "Jen, you better be here for my every beckoning call."

**Jennifer Campbell**

No, he never did.

**CC Sutton**

Alrighty, every day, the kitchen better be clean before we go to bed. The kids better be fully clothed, they look happy and smell good.

**Jennifer Campbell**

No, he has never communicated that to me.

**CC Sutton**

So why do you feel like you have to do all that?

**Jennifer Campbell**

I'm not sure. And it's a real block, I would say that I don't do it anymore. And he's, over the years, he's become an incredibly supportive partner, contributing partner. It was just a block I had that really had to be just gone.

**CC Sutton**

It's changing your thoughts. One of the things that I said that you have to change. And in doing that, first of all, Lauren, and all of us, it's probably a lot of women out

here, with really supportive husbands, I'm one of them. And I'm gonna tell you something, I drove myself through the wringer the first couple of years of our marriage, been like, "You better cook, if you don't, somebody's gonna take your man"-

**Jennifer Campbell**

Take your man.

**CC Sutton**

But honestly, for me, on my side, I can tell you, it's cultural, you know, you're taught, "You better make sure that man is fed and happy and all this stuff." And then finally, one day, I said, "You know what? What about me being fed and happy?"

**Jennifer Campbell**

Mm hmm.

**CC Sutton**

If this is supposed to be a partnership, and this is supposed to be about reciprocity, why am I putting these unnecessary expectations on myself? I really feel like it's the silent killer of marriages, expectations that just don't need to be there.

**Jennifer Campbell**

Totally.

**Annie Brees**

Hey friends, Annie here real quick, I wanted to sneak into this episode to tell you why it's important for you to love your body right now, even if you want to change it. And more importantly, how you can do that. You can learn the exact process we use with our clients in our free workshop, the five step process to overcome overeating, getting off the diet roller coaster and restoring a healthy relationship with food that you can pass on to your kids. And you can get all of that for free. It is super simple. Just pause the show, open up your browser and type in

balance365workshop.com, or you can click the link in your show notes. All right, let's get back to this episode.

### **Jennifer Campbell**

I also think too what, often what a woman is asking for in regards to self care is if you think of Maslow's hierarchy of needs. It's not like we're asking, you know, often it's not like, "I need my Vegas trip" or whatever. It's not actually that luxurious, it's usually your basic self care, "I need to sleep. I need to go to bed earlier, I need to go move my body because I've been sedentary all day."

And that stuff's just basic oiling the machine, right? It's not even that. But I think that is part of our culture of women of, serves us programming around "Don't be selfish, take care of your man, blah, blah." You're literally trying to help your partner and your children achieve their dreams that are all up here. Do you know what I mean it's like, and you're still not fulfilling your base level?

### **Annie Brees**

Lauren, is that you?

### **Lauren Koski**

Hi, one of the things that CC mentioned that I really love is because I have a similar thing to what Jen was saying where I, you said something about changing it from asking for permission to asking for support. And I think that's where I struggle, because I am. I mean, I work from home, and I pick up the kids and I drop the kids off, right, my husband's gone for 11 hours of the day.

So I am the primary caretaker. And so for me, it's like, I struggle with asking for the support. It's not that my husband is unwilling to lend support or give me support. It's just that I kind of just forget to ask. Like, I forget to bring it up. I'm just like, this is what I do. And I have to constantly remind myself, like, I need to plan it. Like, it's just how it is, like, it's just if I don't plan it for myself, it's not going to happen.

### **CC Sutton**

That's exactly it, Lauren. And I think the other reason why a lot of ladies struggle with it is because it's like, we're told that we should be able to handle it all. You

know, I mean, if you don't, it's some kind of sign of weakness. If you need somebody to step in or step up or you don't want to, like if you're like me, sometimes I look at him, and I'm like, "Oh, I don't want to infringe upon his time. I know, he's so busy, he has so much going on."

But heck, Lauren, you're busy too. You know, you're busy too. And he doesn't know it's a problem if the house is still standing, but let that bad boy burn down. Before it burns down, let's sit down. And let me tell you how I'm really feeling. And if you all will allow me to kind of segue into this part of it.

There's a three step phase that I go through when I started doing this whole self care thing. The first one was clarifying. The second one was recalibrating. And the third one was correcting. And during that clarifying stage, I got really clear about what was bothering me. What is really going on, you know, what am I not really happy about? What do I hate doing that I wish somebody else would do? Okay, so I got really clear about during that stage. What is it that I'm not happy about? Because I'm getting ready to bring husband into the equation and I'm going to sit down and I'm going to talk to him.

And I'm just going to let him know, "I love being your wife. I love being the mother of the children. But here's some things that I really wish that maybe you can help me with." Okay. And you will be surprised how he will be like, "Okay, that's all you needed?" For the last 15 years of our marriage, I've been struggling with this and you mean to tell me it's all good. I'll give you an example. I get, I start to hyperventilate, when I think about what to cook for dinner, it just, I could eat the same thing every day. But the man can't.

Okay, so I finally told him one day, "It would take so much pressure off of me if you would just kind of take over the cooking thing?" You know, he's like, "Alright, cool. I like, you know, seasoning up the food and all that other stuff." I'm like, "Really? That's so liberating." Men don't notice anything because we're not saying anything.

## **Jennifer Campbell**

My husband often says to me, you know, when we're having these conversations, he says, "I didn't know." Yeah. And then I feel like I hear that a lot from him. "I didn't know."

**Lauren Koski**

Yeah, it was a couple of months ago, I just like, it was like a Sunday. And I just, like, went off the rails. And I just was, like, hysterical. And he was like, "You know, you can just ask me, like, for a break sometimes." Like, I was like, "Sometimes I just need 15 minutes." He was like, "Okay."

**Jennifer Campbell**

Just communicate.

**CC Sutton**

Lauren, see, that's where the house burned down. That's what I'm talking about, yeah, before the house burns down.

**Lauren Koski**

Yeah.

**CC Sutton**

So you get really clear during that clarify stage, and then on the recalibration part of it, you start delegating some things, you know, you sit down and say, "Hey, baby can you start doing this? I appreciate it." You get really clear about your expectations. because let me tell you the other thing that happens. When we're not clear about our expectations and then when he does it wrong, guess what we do?

**Annie Brees**

Get mad.

**CC Sutton**

Take it back. "I'll do it myself," right? That's what we do. We're not being clear, we're not communicating, we're not just coming out and asking for the support that we need. I think we even just tried that much, we might see a really, really big difference.

**Annie Brees**

I see that in myself. I ask for, I begrudgingly asked for help. And then I get the help. And I'm like, "No, not like that. Nevermind, I'll just do it. Just stop. Stop it. Just stop it."

### **CC Sutton**

Is it fair to say, Annie, that the big piece that you've missed in there is that you really didn't explain or really give the expectations of what you need in there?

### **Annie Brees**

Yeah, or just letting go of the control that, like, maybe it's not going to be done the exact way I want it and I can live, like, I'll survive. If my whites aren't washed separately in hot water and line dried the way I want, like, you know, sometimes he doesn't, does the laundry and then doesn't fix my bra pads in my sports bras and then they get all lumpy and and I'm like, "I'll just do the laundry."

But it's like, okay, I can live like, you know, like letting go of that control and knowing that like he's gonna do it different, right? You know, I feel this way a lot of times with babysitters, and nannies. When I when I hire out childcare, you know, the house isn't picked up, the house isn't, you know, meals weren't cooked the way I wanted it, the kids didn't have the activities that I wanted them to do.

And it's like, it's a little bit of give and take, you know, and or communicating expectations. If those are really like non negotiable for me, then yes, I need to communicate them. But if they're like kind of like "Ugh, I can let this slide," then just let it slide.

### **CC Sutton**

So let me ask you this, how would you respond to self care if you thought about it as a reward to you to yourself?

### **Jennifer Campbell**

Hmm.

### **Lauren Koski**

We're all thinking.

## **CC Sutton**

And not the necessary, not that Maslow's Hierarchy, like, I gotta breathe, I gotta meditate. But you know, maybe the spa day occasionally? How would you look at it that way?

## **Jennifer Campbell**

I think that, yeah, I think there's times that I totally deserve it. And don't take it. I think I often, you know, we talked about this earlier, I'm often thinking about the next season is just around the corner. And I'll do it then. But then it's all, then it's like, it's always around the corner.

## **CC Sutton**

Right, right. So, you know, even in the corporate environment, you know, they notice that environments that take the time to celebrate the successes, that people are happier, you know, not just one milestone after the next and we never really celebrate, it's always something to do. Taking the time to reward yourself, because for example, say you're a single mom, and you really don't have anyone else to delegate things to. It's got to get done by you.

So you now have to start thinking yourself, "Okay, well, how can I modify this to make this a little bit easier to do, and maybe I need to reward myself. And once I do it, that'll keep me in the game, and interested in doing this a lot more." So if I've just completed something big, and I really hated doing it, I'm going to schedule that pedicure at the end of the week, because that's going to be my reward to myself, you see what I'm saying?

Really taking time to celebrate these milestones through life, because here's the truth, these little ones aren't going to be little forever. You know, and the last thing that you don't want to happen, which we haven't talked about is, we see so many 20-25 year marriages come to a demise after the kids leave the home.

## **Jennifer Campbell**

Right.

## **CC Sutton**

The women are usually resentful. They're bitter. They feel like I've taken all this time to pour into Hubby, and kiddos. And I don't have anything for me. And now it's all about me. And I'm going to take time for myself. But before we even get to that place, why not just start pouring into ourselves along the way?

### **Jennifer Campbell**

Yeah, I've seen that happen a few times, actually, where, yeah, women are just done. They're done. And I mean, there's obviously many different layers that go into the end of a marriage. But I think, yeah, just a lot of women are just after 18 to, you know, 25 years, however long they have kids at home, they are just done.

### **CC Sutton**

Depleted.

### **Annie Brees**

Yeah, CC, something I want to kind of circle back to is one thing that we hear from our community is like, yeah, women want more time for self care, but it's just not realistic. In the moment when they're feeling kind of at the end of the rope. And they're like, you know, like, the moment before Lauren went off the rails, so to speak, last weekend. You know, like, in that moment, it's not uncommon for women to find themselves like, "Okay, I'm going to lose it, I'm done. But I'm home alone. I can't leave my kids to go take a shower, or go take a walk or go take a nap."

One of the things that I've been practicing is meditating. And I think I shared this with you on the phone is that, in my head meditation looks like this beautiful, like, I'm in my room, the lights are off. I've got some like spa music in the background, I've got my Oracle like affirmation deck out, like, I am, like, ready to and the house is quiet.

And I shared that with my friend who also happens to be a meditation teacher. And she's like, "You know you can meditate anywhere. Like, you can meditate with people next to you, you can meditate in traffic, you can meditate in your car, you can meditate while you're cooking." And do you have any thoughts or suggestions on that? Like, how can you be mindful of caring for yourself while you still have to be around other people?

## **CC Sutton**

Absolutely. So what you're just touching on now, Annie, is that self care requires some some discipline as well. Okay. It requires discipline in emotion and thoughts and really, really getting to a place where you can almost compartmentalize what's going on externally, while you keep the peace going on internally. That takes practice. Yeah, that takes being intentional. And that takes discipline and it takes time to get to that place.

But your friend is absolutely right. In the middle of chaos, you can still be rooted. But that means that you've taken a lot of time in the morning by yourself, and leveled yourself out. It's an every day, every moment thing, self care is not an occasion. It is a lifestyle. It really, really is. And there are many, there's actually eight different forms of self care. There's many different levels to it. And one of them is your mental aspect of it.

And so what I say to that woman who feels like she's about to checkout every time something goes awry, she really might want to sit down and speak to someone professionally, just to get it off our heart. A lot of things that are happening with us right now, ladies, it's because we're not getting it out. We're just not getting it out. We're just you know, burying it further and further and further in and then after that 18-25 years, we ready to get it out but by then, we're a whole 'nother woman. We're a woman on a rampage.

## **Jennifer Campbell**

And it comes out sideways, right? Like my, when I am depleted or neglectful to myself it comes out as rage, if I'm being totally honest. And if it's rage towards my partner, it's like if you can't, it's exhausting to learn how to communicate. Like, I mean, he's a whole different person with a whole different upbringing and our communication styles were never well matched. But anyways, we go to marriage counseling.

My, when I'm not communicating my needs on an ongoing basis, I get rage that comes up sideways. Like you put the spoons in the wrong drawer, do you know what I mean, like it's not about the spoons ever? Do you know what I mean? It's that I'm having, my needs are not being tended to. And it's coming out in the spoons, right? Which are totally unrelated. Where on a good day, do I care? Do

you know what I mean? And so yeah, so yeah, it comes out sideways when you're not on top of it.

**CC Sutton**

Let me ask you this. For those of y'all, do all of you have kiddos? Everybody has kiddos? Okay. When is the last time, Okay, I want you to go back to the last time when it was just you by yourself. No hubbies, no kiddos. Okay, you got that in your mind, the last time it was. Just plug it real quick.

**Annie Brees**

Wait, you mean like just like me in the house alone right now?

**CC Sutton**

Or away?

**Jennifer Campbell**

Not working.

**CC Sutton**

Away from the house, away from the kiddos, away from Hubby, you remember that last time? You got it? Okay. Remember that place you were in, hopefully it was a good place. Now, when you got back home, what did it feel like as soon as you got back home?

**Annie Brees**

I was excited to see them.

**CC Sutton**

That speaks to my next point, time apart is just as important as time together. Time apart is just as important as time together. Now I am talking right now to those who can get that time apart. And I think even if you're a single mom, hopefully there's a friend or someone who needs a play date with the little one. Maybe they can take it just for a little while. But time apart is just as important as time together, you fill up, I don't care if even if it's for 30 minutes. It's amazing

what just getting away, what that can do for you. And I think some of us, not only are we not communicating, but we just need to get away for a minute.

And getting away is not a bad thing. It's not a bad thing. I think that's the other part of our mind. It's like "Well, you know, we should stick through it and you know, push through." And there's a time and a season for that. But there's also a time and season for, "Hey, I need some alone time." And it is completely okay, we're talking about giving ourselves permission to break some of these thoughts that we've had about things. It may not vibe with your friends, I wouldn't go telling all your friends, you know that you're trying some of these new techniques, because it might not work for them. But hey, if it's working for you and your marriage, so be it.

### **Jennifer Campbell**

Yeah.

### **Annie Brees**

I am definitely one of those people that time apart makes me, it's almost like I'm able to be more present. Because when I'm away I can focus on whatever I'm focusing on, whether that's myself or my work or whatever. And then when I'm with my kids, I can just be with my kids instead of like, trying to manage work while with my kids. And then also think about, like ,what I'm doing in my personal life and you know, all that stuff, I can be present,

### **CC Sutton**

Being present. And that is essentially what we're trying to get to. Companies are saying that their employees are not engaged, they're not productive, they're not engaged, what is it that we need to do to make them more productive, more engaged? Honestly, you can't start addressing some of these things in the companies until you let them address some of these things at home. It's hard to be engaged and present when you have all these things on your mind that you're dealing with. At work and at home. So yes, time apart. Okay.

The other thing I challenge you all to do. Remember earlier, I said that, identify those things that you really don't like doing. Ask yourself, "Why am I doing this? What is the motivation? What is the purpose in little Kelly being in 12 different

sports, if it's driving me and my life upside down, you know, does little Kelly need to be in all 12 sports?"

Maybe she can pick two and be really good at it. And I get some time back to myself, you know, really understanding the motivation behind why we do things because I'm going to be honest, Annie, Jen and Lauren, a lot of times we are doing all these things, because we see girlfriend over here doing all these things.

### **Jennifer Campbell**

Totally. Even just a small one for me is when my son has soccer, going for a walk instead of sitting my butt on that bench watching him on the field like I do every single week do the same things over and over, actually leave and go for a walk.

### **CC Sutton**

It's okay.

### **Jennifer Campbell**

And it's fine.

### **CC Sutton**

Yeah.

### **Annie Brees**

Yeah, there's a there's a whole fitness center here in town, that they specialize in team sports and practices, workshops, skills, leads, whatever. And they started with just a big gym. And they added on a fitness center, because they had so many parents come in to watch practice. And they're like, "We want to do something for ourselves during this time."

So now they can get into some physical activity, instead of just planting their seed on the bench, as Jen said, and watching their kids shoot hoops for the millionth time. Like they'll live if you miss a few practices while you get in some movement. And I think that, I just think that's really great.

### **Jennifer Campbell**

There really is not enough time in the day for everybody to attend to their basic needs. If your kids are, you know, doing all these things, like, you know, there's, you can't just as a parent, I've realized I can't just follow my kids around through their childhood watching, do you know what I mean? And so sitting on a bench here, you know, sitting on a bench there, sitting at an assembly at school, like I just, I have to figure out a way to get up and participate in my own self care. And some of that has been scaling back on my kids activities. I have three boys and I have over scheduled us in the past and we are all unhappy.

### **CC Sutton**

I'm so glad you just said that. You just said, "Heck, we're all unhappy, the kids are trying to please mom and dad, mom's trying to please the kids and nobody's happy.

### **Jennifer Campbell**

Nobody's happy. And so, but also, yeah, just letting go of doing drop offs. Or honestly, if we know other parents going to the same practice. We take their kid one week, they take our kid the next week, like it's really just, we're just getting creative with it. But I see that other parents are as well. And they're grateful and thankful for that kind of thing. Because everybody's burnt out, like, everybody is burnt out.

### **CC Sutton**

Yes, yes, yes. Oh, this is true confession sessions. Everybody is tired. Yes. And that's something that we don't usually talk about. Because again, you know, of course, the social media, I gotta go back to it. But everybody makes it look easy. Everybody makes it look easy. And that all is well. Meanwhile, marriage is falling apart, communities are falling apart. It's just too much.

### **Jennifer Campbell**

It is.

### **Annie Brees**

CC, something I want to circle back to and I think it would be it we're approaching the hour. And I want to be mindful of your time and our listeners' time. But you

said earlier in the show about being proactive. And I think that that's so important, it's that sometimes the need for self care doesn't become apparent or doesn't seem as urgent when, like, things are going fine. And we're in a good mood. And then all of a sudden, you know, you're Lauren, again, on the weekend and you're like, "Okay, now I need self care. Like, now I'm like pressing the panic button, because now I need it right now."

And I read this beautiful, this beautiful quote. And Elizabeth Dyalto on Instagram said it she said "Gather yourself every morning, as soon as you wake up, embrace who you are before the world can get in the way." And she goes on to encourage people just even if it's just taking three or four breaths for you. But I am guilty of this.

And Lauren and I talked about it on the Love Your Mondays podcast about how the first thing I do before I even roll out of bed is I grab my phone and I'm checking my emails, checking my text messages, check my Instagram DM'S. And all of a sudden that puts me instantly in this, like, reactive state. Like all this, all this stuff just became really urgent.

And everyone else is dictating how I'm spending my time or could potentially dictate how I spend my time, my day. Versus like, "Okay, I know what's on my list, I know what I need to do, I'm going to get up, I'm going to make my coffee, I'm going to get ready, I'm going to get dressed, I'm going to eat breakfast, get the kids off school, and then I can check that when I'm ready, and in the mind frame to handle it." And so I think that that's really important. Like you said earlier, how you start your day matters and being proactive and just making this part of your routine, having the discipline to make it part of your routine, because it's necessary, instead of waiting till it's urgent and it's chaotic.

## **CC Sutton**

And also in being, the proactive aspect of it, you know, I encourage you to find that one activity, I say weekly, that one thing weekly, for example, I ballroom dance, my husband already knows on Saturdays, she's out ballroom dancing. That's just what she does. It's on our calendar, it's on our family shared calendar, you understand that this is what I do. Now, if something comes up family wise, whatever, you know, we can adjust some things. But I think the only way to start really practicing self care and taking control of your time is to schedule it.

That's the bottom line, that's the only way that I became more intentional was by scheduling it. And like I said, it can be just one thing. You know, you don't have to schedule your morning meditations all the time. But the more you can schedule things and carve out the time and make it a habit every day during that time, the more likely you're going to start feeling yourself not as stressed out.

Because you're looking forward to that self care break that you know you're going to get, you know, it's like that little dangling carrot, you know, I'm going towards that. That's why I'm working so hard. The other thing that you mentioned with the emails, I talked about the three big task rule where the night before you've planned the three big things that you have to get out of the way, okay. And once you sit down at your desk, you can open your email and skim, okay, everybody say skim.

**Annie Brees**

Skim.

**Lauren Koski**

Skim.

**CC Sutton**

That are addressed directly to you. So in the back of your mind, you know, you're going to need to address those emails. But then I say log out, log out of your computer and take care of that one big task that you need to get done in that 90 minutes, and after that 90 minute time frame is up. Then you can go and start answering some of those emails. But it's really about being intentional about taking care of what you need to take care of. And then taking care of the rest.

**Annie Brees**

I love it. CC, you have such a fun energy.

**Jennifer Campbell**

You do.

**Annie Brees**

And you have a really nice voice too, like I can see why you're a speaker.

**Jennifer Campbell**

Do you do meditation?

**CC Sutton**

Let me tell you something. Let me tell you something. People, when they think about meditation, they think it's all fancy and stuff. My meditation is this. Ha. I'm not a fancy girl, like I like fancy clothes.

**Annie Brees**

I was gonna say I see you and you look amazing.

**CC Sutton**

Please, no, just ask my husband. But once the lights and the camera, the action go off. I just, I like just being able to sit down and just speak to myself, speak life into myself. And that's really what meditation is at the end of the day, it's just pouring life into yourself. And like I said, it takes practice. It's a discipline and it's being intentional. If you can vibe with those things, you're going to be okay.

**Annie Brees**

CC, where can they, where are you hanging out? Are you on social media? Where can they find you?

**CC Sutton**

I am, Instagram and I will tell you, Facebook, that's where my tribe is. But I'm out there on CC Sutton, CC Sutton on every platform so LinkedIn, Instagram, Facebook.

**Annie Brees**

Wonderful. We are going to link all those in our show notes too if people want to find you. I cannot thank you enough for your time and your expertise on this topic. I think it's going to be really, really enjoyable for a lot of, and eye opening for a lot of our listeners and I love the challenges that you presented to all of us. I

think people listening along can think about how that applies to themselves. So thanks. I appreciate it.

**Jennifer Campbell**

Thank you, CC. This was lovely.

**CC Sutton**

I appreciate you ladies and Jen, next time I'm in Canada can I?

**Jennifer Campbell**

Yeah. Totally, come on by.

**Annie Brees**

Or we should go to Houston, really?

**CC Sutton**

Oh, it's lovely.

**Annie Brees**

We haven't been there yet.

**CC Sutton**

Oh no. I would love it. Don't come right now though. It's too hot.

**Jennifer Campbell**

Yeah. Too hot for me.

**Annie Brees**

Maybe we'll come in the winter. That would be ideal for all of us.

**CC Sutton**

Yeah, for the two days of winter we have. Yes. Come on.

**Annie Brees**

All right. Thank you, CC.

**CC Sutton**

Thank you, you ladies take care.

**Lauren Koski**

Bye.

**Jennifer Campbell**

Bye.

**Annie Brees**

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