

-- Speaker 1 00:00:28 Welcome. I'm Theresa Melito-Conners, PhD or Dr. MC your host of the Dr. MC self-care cabaret podcast. I'm in the greater Boston area of Massachusetts. And I am so excited to be hosting my first live podcast episode. All about self care folks submitted some fabulous questions that we're hopefully gonna get through tonight. If you have other questions, throw them in chat. If we don't get to them tonight, we will get to them. At some point. Then in the future, we hope to do more of these type of live events. But for now I think we're gonna get started and it looks like my producer is in his seat and ready to go. Jeff will be moderating the conversation. He's my comptroller tonight. My husband wears many hats all the time. And so he is gonna start pitching some questions as soon as he's

Speaker 2 00:01:18 Ready. All right. Can you hear me? Okay? Did I do this right? Are we back and running? Yeah. Wow. Good's a miracle.

Speaker 1 00:01:23 Okay. And you got some steps in movement is important. Whew.

Speaker 2 00:01:26 All right. Well again, thank you all for joining. So like she mentioned, we have questions for you. You all were kind enough to feed us some questions in advance. So we have those, we have some common questions that people ask over time. And then I went through Reddit and found some really fun questions that Dr. MC is gonna roll her eyes at, and we are gonna force her to answer, but let's start off just the way she likes to ask her podcast. Yes. So, Dr. MC, I ask you, what did you do today to practice self care?

Speaker 1 00:01:52 Oh, man, given me a dose of my own medicine, if you have listened to my podcast episodes, I do generally ask my guests right away, how they like to practice self care, but let's see today has been a little different than a normal day. I actually had a dentist appointment, which if you've been following along, you may know that falls into the physical medical domain of self care, making sure that we're keeping up with our physical body and our appointments and whatnot. So I went to the dentist, but this morning, I also, before the dentist took some time to sit outside, enjoy my cup of coffee and a little sunlight. I like to have a quiet start to the day. It doesn't always happen, but it's definitely preferred when I can. And just the excitement doing this tonight, this helps fill up my spiritual domain of self care because I love this. I love to help people figure out how better to care for themselves and how like, just best to do that and get to the real meaning of self care. So preparing for this was part of my self care.

Speaker 2 00:02:51 Nice. All right. Another question that somebody asked us, how could you make a schedule stick when you're sleep deprived? I'm having a hard time setting an exercise and self care schedule as I build my business.

Speaker 1 00:03:04 Mm okay. So feeling, sleep deprived. Well, first I think that needs to be addressed because if you are feeling like you're, you're not getting enough sleep and you're waking up in the morning, like you have to chug a gallon and a half of coffee. That's probably like, that probably has to be dealt with first. I would think. And then, you know, I'm super busy and I, I know who asked this question as a fellow entrepreneur of mine here, who's with us tonight, which is awesome. And I, so I know how busy it is, right? Because we're running around, there's all these crazy things to be done. You're responding to emails, you're doing this. You're just, you know, doing all kinds of things. So I think what would be helpful is really scheduling it as much as possible. So what I like to do is like lay out my week.

Speaker 1 00:03:54 So I actually call it my doctor MC self care success board, and I lay it out kind of for the week. And I know like, okay, I have my, you know, my nine to five, my real job <laugh>. And, but where, and then maybe I have some appointments in there or whatnot, like the thing kind of my non-negotiables. And then I can see where I have pockets to kind of fill in the other stuff. So, and I try to think as small because there's a misconception around self care that it has to be long and it has to be, you know, crazy and, you know, whatever for it to be effective. And that's actually not true. If you can just find five minutes to do a meditation or even a little dance party or something along those lines, or even just take a w --

-- alk outside, just do some mindful breathing, all of that.

Speaker 1 00:04:44 Even if they're just little short bursts will be really, really helpful in the long run. So I think for those who tend to be super busy and schedule it, not so it's like a chore though. We don't wanna treat it like a chore, but just so you're setting yourself up for success and try to remind yourself from a place of self-compassion that not every day will be perfect. And that's okay. And you know, if you think of it over the course of a week, it's easier than to think of every single day. I have to do all the things because you won't, you won't every single day, you're not gonna be able to eat properly. Hydrate, get 10,000 steps, find time to self soothe, get a perfect night's sleep, do this, do that just, but over the course of a week, if you think of it that way and broaden your scope, you can find those pockets where you can slot in some quick and easy and efficient self care practices. I hope that helped <laugh> oh, again, the chat's going. This is awesome.

Speaker 2 00:05:43 Yeah. So what Andrew is saying about how she feels like she can't get a good night's sleep. If she doesn't get everything done, that's hard. Yeah. And I'll even throw you on the spot. You have that same problem. Did I do this? Did I do this? So I'll throw it to you for truth. Some self truth

Speaker 1 00:05:57 Bombs. <laugh> yes, definitely. And one of the things I like to do when someone else asked a question that was similar about like their mind just racing at the end of the night, sometimes I will kind of spiral and I'll say to my husband, oh my God, we gotta do this. Or did I do that? And like, he usually is very com he's actually often like very even and calm and which is great, cuz it isn't always how I am. So we tend to balance each other really well. And when one's up, other is down and whatnot. But anyway, um, I like to update my to-do list at the end of the night. Cause then I know if I'm worried about what it is, I'm not gonna get X, Y, and Z done. Even if I'm putting it on my to-do list, I keep a running like note in my phone for my to-do list. I just open that up and I just write it down, whatever it is I gotta do add it to the list. And then that lets me know it's there. It will get done. And that does help me fall asleep. Sorry. I was just laughing at the love to see the success board. <laugh> I'll show you pictures of it

Speaker 2 00:06:58 And let's throw it to Julius's question while we're still on the topics. What if some of us wake up in the middle of the night and sometimes think of to-do list items?

Speaker 1 00:07:06 Yeah, I think it's okay to write it down, even if it's in the middle of the night. I mean, if it woke you up and it's that important to you in your cuz what what's the benefit of just sitting there and kind of stressing about it and staying awake. So keep a little, if you don't wanna do it on your phone or maybe you don't sleep with your phone near you, which you really shouldn't ideally, but um, just keep a little notepad or a little journal right there in a pen and then remind, you know, just write it down. I don't think there's any harm in that.

Speaker 2 00:07:33 So let's go back up to the chat a little bit, cuz our friend, Amber also threw one out there, which I think is gonna be a great question. It could be loaded, but bear with us. Dr. MC what is your favorite self care activity?

Speaker 1 00:07:44 Ooh, good one. And that would come from Amber too. Um, for me, my go-to is always dance always. That's like my number one, like if I just need to feel like grounded and back in my body dancing is the quickest way for me to do that. I throw on like whatever Lizzo song I'm like vibing on <laugh> or whatever it is, whatever, whatever music is like. It's either that it's a Broadway show tune. It's some Madonna, it's some throwback, nineties music, like whatever it is that always just kind of helps me just release anxiety and kind of reground myself. So that's definitely one of my go-tos. Um, I I'm gonna say for, I'm gonna give you two my second and this is, this can be done anywhere anytime for free is just some breathing, just some basic deep breathing in through the nose and a long exhale. And you make that exhale longer than the inhale because it helps activate your rest and digest response, which is the opposite of your fight or flight. So those are my, those are my --

-- top two.

Speaker 2 00:08:52 Nice. And that kind of leads us into the next question. Cuz people also ask specifically how can I improve my sleep? Sometimes my ranges races.

Speaker 1 00:09:01 Mm. Okay. So we talked about the racing a little bit and that happens to me too. I think that maybe happens to most people anyway. All right. So here's some other ways to promote, sleep things to just think about. So you need to feel rested and restored when you wake up in the morning. So as adults, we need seven to nine hours a night per night, not accumulative total over a few nights. And if you wake up in the morning and you're like, I can't function until like I chug a gallon of coffee, like something's amiss. Not saying there's anything wrong with coffee, but see if you can tune into your body though. And actually instead of just, you know, medicating with the gallon of coffee, see if you can really get in touch with how you're feeling and maybe why, like how much sleep did you get?

Speaker 1 00:09:49 What kind of quality sleep, how did it feel? Did you go to bed late? So you can just get a gauge for you personally within that seven to nine hours, are you closer to the nine hour range? Or can you function on seven? Like I know for me, if I get less than like seven hours of sleep, I'm a nightmare. Like I can't function <laugh> it is not pretty. Uh, but here's some other ways and things to think about when we think about sleep, your bedroom, temperature plays a factor. So ideally you want 68 degrees. So you may need to manipulate that a bit with, you know, fans or cooling sheets or mattress toppers, that sort of thing. Additionally, the bedroom should only be for sleep. So if that's your like work from home space is the same space where you sleep. That's not good because it's confusing to your brain.

Speaker 1 00:10:37 If you do work in the space where you're trying to relax your brain, can't always tell the difference. And so that can be, make it harder for you to fall asleep. Additionally, you do wanna sleep in as close to darkness as possible. And my husband, um, loves when I say that one, because I need a nightlight. Like I'll admit it. I'm scared of the dark. So I have to have a nightlight on, but we've managed to find a common ground where there I get these like really it's, it's a really warm tone of a nightlight and it's a very, very low light. So it's really not disruptive, but as much as possible sleep and darkness journaling before bed can be really great. So the idea here is to end your day on a positive note. So maybe this is where you do your gratitude list or one of my favorite mindfulness practices, which is ask yourself what went well.

Speaker 1 00:11:27 We tend to focus on the opposite of that. We focus on the negative, what didn't go well, what we didn't get enough done what we wish we did well, all these crazy things. So see if you can end your day on a positive note and maybe write out what went well or even just think about it. You can also listen to white noise or guided meditation or visualization. Nature sounds, all those things can be great. Sometimes. Um, you may find gentle stretching just or gentle yoga poses, nothing too crazy like a Zumba class right before bed is likely going to be energizing. So that might not be ideal. Even the basic deep breathing come back to the basic breathing to help promote better sleep. And also think about your diet and or supplements, especially that afternoon cup of coffee could be playing a factor in your ability to sleep in the quality of sleep that you get.

Speaker 1 00:12:20 And if you take any supplements, some of those actually have energizing qualities. So if you forget to take 'em in the morning and you're like, ah, no big deal. I'll just take it in the afternoon. There's a reason that that may need to be taken in the morning because it may have an energizing quality. Additionally, the smell of lavender can be really powerful. A lot of folks find that to be very relaxing. So you could do like a SCED eye pillow or room diffuser, or even just a pillow spray weighted blankets are also known to be pretty cool for sleep. I really like my weighted blanket. The idea is you wanna aim for eight to 10% of your body weight. And there isn't a lot of like hardcore research about weighted blankets. So if you're looking for like peer reviewed studies, you're not gonna find them, but there is a lot of anecdotal research a --

-- bout weighted blankets.

Speaker 1 00:13:09 And the idea is that you're almost wrapped in a hug and that gentle pressure, that light therapeutic touch actually lowers your cortisol levels, which was one of the main stress hormones in the body. So a lot of people do find relief from weighted blankets. And then lastly, as much as possible, you wanna set yourself up for success. So you want to set consistent going to bed and waking up times. So your body gets into a rhythm and gets into a pattern. So those are some sleep tips. I hope that's helpful to the person who asks the question and or folks listening.

Speaker 2 00:13:41 Yeah. We expect everyone to get a good night's sleep tonight. Um, yeah. And we've got some good things on the chat, talking about meditation, which I know can sometimes lead into sleep if you do it.

Speaker 1 00:13:51 Yeah, absolutely. Meditation is awesome. And there's a lot of myths around meditation. I see Tammy in the chat, Jason Stevenson on YouTube does guided sleep meditations. Oh really nice. I'm not familiar with him, but that sounds awesome. Here's the thing to remember about meditation. Doesn't have to be long. You will actually find benefits even if you only do like one minute. And I know you you're probably like yeah. Okay. Doctor M C you Craig. Great girl. No, I'm serious. One minute meditations. I mean, if you can do more, if you can do three minutes, cool. Five minutes. Great. If you can do longer, obviously better, but even if you can only do like one minute, it's just that intentional pause. That's slowing the traffic in your mind, taking a breath before proceeding. I had a podcast guest on a previous episode, talk about how she does one minute meditations in the morning. She wakes up. It's how before she does, before she gets out of bed. And she was astounded at the benefits that she felt even with just that one minute and also in the chat. I just wanna point out. Yes. A lot of workplaces do offer free subscriptions to different apps like com and Headspace. If you were an educator, com was definitely doing, um, free subscriptions for a while. I'm not sure if they still are, but that is an awesome resource.

Speaker 2 00:15:09 All right. So next up we have another question from the audience. How does one let go of the guilt associated with self-care? It's hard to focus on myself after spending most of my life caring for others.

Speaker 1 00:15:21 Ooh, yes. Coming from one of my favorite helping professionals. <laugh> who's joining us here tonight. And that question is fabulous and I am also helping professional. Many of the folks here on the call are as well. It's hard. It really is a mindset shift. And it feels really rebellious because like, listen, society's not gonna give you a gold star for like taking a sick day. They're not gonna give you like a pat on the back. Like, oh, you took a break. Good for you. Like, no, we get the opposite of that. Right? So you have to take that ownership and you have to take that power back and really understand. And hear me when I say this self care is other care. If you are depleted, you are no good to anybody else. None whatsoever. I don't care what you do. I don't care if you're a nurse, you're a teacher, whatever it is you do, you have to your needs first, your oxygen mask on first, and then you can help other people.

Speaker 1 00:16:24 It reminds me of actually my favorite quote about self-care, which I think now is a good time to say it. I actually fund fact in the doctor MC world, I opened my dissertation with this quote because I just, when I found it, it just spoke to me. It was said in 1988 by Audra Lord, who is a African American lesbian author and activist. And the quote is caring for myself is not self-indulgence. It is an act of self preservation. And that is an act of political warfare. Whoa <laugh> and it actually in preparing for tonight. And I'm gonna just go there right now, cuz it feels natural. Seeing the news stories that we're breaking just before, um, getting on here tonight, like this is it friends, like we have to take this power back.

Speaker 2 00:17:16 Thank you. We're gonna switch gears just a little bit. Um, and let's start with this one. Dr. MC what books are you reading right now?

Speaker 1 00:17:24 <laugh> yeah, let's go. Let's get a lighter question. <laugh> yeah. Again, a little emotionally here on the cabaret podcast tonight. What books am --

-- I reading right now? Is that what you asked me

Speaker 2 00:17:35 Please? And thank you.

Speaker 1 00:17:36 Yeah. Okay. I'm actually, well, this is kind of funny. I'm actually reading a book called the period repair manual, which may not be appealing to my male listeners or my male identifying listeners. However, my female friends <laugh> and women identifying listeners will probably love this because I decided a couple years ago to take myself off of hormonal birth control because, um, I started doing some research as to really what that is and that it really bothers me that synthetic hormone is classified as a carcinogen. And so I was like, I don't want that in my body anymore. So we won't go too far down that rabbit hole tonight. So I've been doing some research and the healing actually, when you take yourself off of synthetic hormone is actually, um, presents some challenges. So I've been working with my doctor, but I've also been doing acupuncture and my own study because I just can't help it. And I need to do my own research and see what I can find. So this book is actually really cool, the period repair manual, and that's what I've been working my way through. And I'm learning so many things that astound me that at nearly 40 years old, I never knew about my cycle and that as women we're not really taught, which is kind of wild, but anyway, we won't go down that rabbit hole anymore, but that's what I'm reading currently.

Speaker 2 00:19:00 Any other books,

Speaker 1 00:19:02 Any other books currently? You know what? I always got a couple things going in my audible, although I'll be honest. I haven't checked in with it recently, but um, yeah, I don't think I have anything else really going on at the moment.

Speaker 2 00:19:18 I'm gonna give you a book title just because it's gonna put you one step closer to meeting an, an eternal, um, one of the books that you're reading is called super you by Emily Gordon. <laugh> Emily Gordon is a comedy writer, um, who she helped write the movie, the big sick with KEMEL non Gianni. So who knows she's six degrees separation from king if she plays her cards. Right. And from there, that is true. She's gonna

Speaker 1 00:19:39 Meet. That is very true. <laugh> I'm working my way towards Thor. That's all. <laugh> that's the objective, but yeah, I am. I did start reading. It's super you. That is correct, but I didn't. Um, yeah, we need to get back to that. It was fun,

Speaker 2 00:19:53 Right, doctor

Speaker 1 00:19:54 And I see some other comments in the chat too about books, ruthless elimination of hurry. Ooh, that sounds kind of fun.

Speaker 2 00:20:02 All right. So next up, if you were a pizza topping, what would you be and why

Speaker 1 00:20:07 <laugh> um, I'm extra cheese. I don't know why, why? Because who doesn't love extra cheese, like for real. And I do, I tend to be a little extra, so I think we're gonna go in that

Speaker 2 00:20:21 Skosh. <laugh> just a scooch. All right. But back to business. So one of our, one of our loyal fans asked DRMC do you do corporate events?

Speaker 1 00:20:30 Ooh, I do corporate events. And what great timing, because I actually wrote my first commercial break and you're gonna get to hear it tonight live for the first time <laugh> so most of my work has been for schools and I know a lot of my friends here tonight and a lot of my listeners have connected with me because they've seen my workshops that I've done for some organizations here in Massachusetts, or, you know, with zoom, we can be all over the world doing workshops, which is really, really exciting and cool, but I'm gonna give you, you're gonna get a preview of my first commercial break. Are you looking for exciting, engaging, and useful professional development and workshops for your school business or organization? Well, look, no further. Dr. MC offers a variety of options and topics related to self-care and renewal trauma, recovery, building resilience, developing a growth mindset, stress management, and more completely customizable to fit every need. And coming soon is a new program to help high school students manage the challenges they are facing today and the increasing concerns around mental health visit Dr. MC self care.com to learn more and request a session.

Speaker 1 00:21:48 So thank you for that question, because that made me force me to write my first comm --

-- ercial break, which we will start using during, uh, future podcast episodes. Oh, I think we got, we got some praise for the, for the commercial break, so thank you. Excellent. So

Speaker 2 00:22:03 The short answer is yes. Yes she

Speaker 1 00:22:05 Does. <laugh> yes, I do. Corporate events.

Speaker 2 00:22:07 All right. So back to self care tips, I try to hydrate as much as possible, but sometimes I can't manage to get in enough water. Any tips for increasing hydration?

Speaker 1 00:22:17 Yes. So we have to drink water, right? I know. Six to eight cups of water, plain boring water. <laugh> okay. It doesn't have to be plain and boring though. That's the thing. Oh, I see somebody chugging some water on the, uh, <laugh> on the, on the zoom. Excellent. Yes. Okay. Six to eight cups of water, but you can augment with polar seltzer, Pellegrino, decaffeinated, herbal tea, that kind of stuff. But it's still hard to get that much water. So if you can, I always think about setting myself up for success. So walking around, they make those water bottles now that are like motivating. They're like you go girl, as you're working your way, like down through the water bottle, there's like little motivational tips. So like, whatever works, if that's gonna work for you, go for it. And I do carry a water bottle around with me a lot, but I will say despite my best efforts recently, my acupuncturist, who I mentioned, I've been working with noted that I was kind of dehydrated.

Speaker 1 00:23:19 And I was really bummed about that because I'm the doc and I'm always telling people to drink water and I shouldn't be dehydrated. I need to listen to my own advice. So she suggested coconut water, but because I'm a little extra, I took it a little further <laugh> than that. So I personally don't like the texture of coconut water. It has a little bit of like, I don't even know. I just don't like it plain, but you want to make sure if you do purchase coconut water, it's an unsweetened, like not from concentrate. My favorite brand so far is the Wegmans pure. But anyway, so instead of just taking and like having boring coconut water, I decided to put a little bit of pineapple juice in it and then a splash of cranberry juice. And I buy the brand is Likein I think you say it, or I might be butchering that name, but whatever.

Speaker 1 00:24:12 And it's like straight up cranberry juice. And then the pineapple juice is also like dull, like a hundred percent pineapple juice. So it's about, I do about 16 ounces of coconut water, about four ounces of pineapple juice. And I shake those two together and then pour it over ice and then put the splash of cranberry on it. And so what happens is then the cranberry kind of drips down. It makes this beautiful, like tequila, sunrise looking mocktail, and it's just gorgeous. And it's so good. And since I've been doing that though, I've actually, you know, as I'm, I also try to tune into my body more and make sure I'm practicing what I preach and all those good things. So making sure, like, I feel so much better, especially like this past weekend, I was making sure because it was gonna be super sunny. I knew I would be outside a lot that I needed to make sure I was extra hydrated. So I drank one of those like half on, um, Saturday and again on sun, like felt great. Like really, really you feel grounded, you feel more in your body and you just feel better when you're properly hydrated. And typically people are chronically dehydrated. So go drink some water. If you're listening to this, go drink some water. If you're watching me live, go drink some water. <laugh>

Speaker 2 00:25:29 Absolutely.

Speaker 1 00:25:30 Oh, I was gonna just comment that some other suggestions. Yeah. Augment fruits and veggies that are high in water content. Absolutely. Celery, cucumber, bell peppers, watermelon pineapple, honey do grapes. Awesome. Thank you, Tammy. Those are great suggestions for additional foods that are high in, uh, water content. Awesome.

Speaker 2 00:25:49 We're gonna stay in a snack theme. So I hope everyone is well fed or has snacks in front of them. So, uh, what is your favorite smell? Dr. MC <laugh>,

Speaker 1 00:25:59 Um, citrus. I love like lemon SCED things. Um, orange that's generally my go-to

Speaker 2 00:26:09 The rack of candles in the house can attest to that fact and our friend Andrew and the chat asks, what is your --

-- favorite lunch to enjoy when you only have 25 minutes to eat?

Speaker 1 00:26:17 Oh man, they do not set us up for success in schools when it comes to lunchtime. That's for sure. It may be other folks can, uh, commiserate with this as well. So for lunches, I really try and it's hard and it's not perfect. And especially when it comes to food, like this is an area I've struggled with a lot. And folks have heard me talk about, um, you know, being in recovery for disordered eating and exercise bulimia and anorexia. And so this, like I struggle in this area even, still, even in recovery, however, um, salads, like small salads. I also, you know, I try to think about like, I'll give you an example. I know that later this week I'm in like back to back to back to back to back meetings. So there is no way I'm going to be able to like eat lunch.

Speaker 1 00:27:06 So I need to make sure that I have probably like an extra granola bar, maybe some grapes or something else that I can eat a little faster that I won't, or that I can eat kind of in between zoom meetings that I won't really, you know, so I'm trying to think about setting. It's always about setting myself up for success and I do try so like salads sandwiches. Like if I, if I maybe like make up a couple of cans of tuna on like a Sunday and like kind of prep it out, portion it out kind of for the week and I'll wrap everything like individuals. So it's like grab and go in the morning and keep like lettuce and tomato kind of separate. I'm a little nuts when it comes to like laying out my lunches, my food and like meal prepping. But, um, try to think about stuff like that.

Speaker 1 00:27:53 I actually just made and I don't know, um, you know, folks don't have access to a toaster oven or a microwave. This may not be an option, but I was trying to think of like some, I was getting kind of bored with the usual things for lunch. Um, so I made some taco cups. And what you do is it's like a mix, uh, like a taco mixture. So like hamburger, I put peppers and onions, I put beans through it. So I mix that up and then you take the tortilla wraps and you kind of, you cut them and you put them in a, um, a muffin tin, and then you put the mix in it, you cover it with cheese. I did put a little olives through it. Also cover it with cheese and then you bake them in the oven. And then when it came, so that made up like a dozen and then I portioned them out like two at a time.

Speaker 1 00:28:38 And then I should be able to hopefully like pop those in my toaster oven real quick. And then that should be kind of try to like mix it up. But, um, yeah, it's definitely hard. And I know, um, you know, my mom just retired after, uh, 20 years in the classroom, 32 years in education. Um, she used to do a lot of soups for lunch. Um, but now it's like maybe a little too hot for soups. She would do. She would do sandwiches also like Turkey cheese, maybe in a, um, PETA, stuff like that. Like you gotta, I gonna sometimes get creative, but don't be afraid to mix it up. And there's nothing wrong with if you're lunch for the next day is like the leftover pizza from the night before. Like no shame, no bad foods. <laugh>

Speaker 2 00:29:17 Setting yourself up for success, such a, a great comment and something where it really, it really gravitates to what you can do to be your best self. But the next question is kind of more about what happens when things are out of your control. Um, what can all of us do to make administration or bosses better understand that self-care, isn't a manicure or moment, but an essential life skill.

Speaker 1 00:29:41 Oh man, if I could fix this problem, <laugh> I think the world would be a better place. So let's see. So first and foremost, it's important to remember that not all bosses and not all jobs are created equal. So there are some bosses in the world that like you could hammer this home to them all day long. They're just not gonna get it. That this is not important. They don't understand it. They don't respect it. They don't promote it. They don't practice it. But what we have to do, I think is take that power back. And this is actually what I studied for my dissertation. My topic was self-care new self care and renewal for leaders and teachers and what leaders, what role they play in not only practicing it, but promoting it for others. And it was astounding during the interview and data collection process.

Spe --

-- aker 1 00:30:33 Some of the answers that I would get where people would be like, well, what am I supposed to ask my teachers? If they got good sleep? <laugh> I was like, ah, well, you could start there I guess, but maybe not be so awkward about it. Um, but people, they don't necessarily understand their role in it. They don't necessarily understand that as leaders, you have to model this behavior and practice it yourself so you can promote it for others. It almost feels like, like an us and them situation. So I invite you as the, as maybe the employee or the teacher or whatever your role is to take some of that power back to set those boundaries for yourself, to not check your email after work, to not check your email when you have a sick day or a personal day or it's vacation, or you're on a break, there's nothing that can't wait like.

Speaker 1 00:31:35 So, but we are set up to feel like everything's an emergency and you have to respond like immediately, or you're gonna get in trouble because that's just how society is. So I'm gonna go back to my ARA Lord quote, a little bit. This is self preservation. This isn't, this is not Manny Petty's and an occasional bubble bath. We're talking about you getting to the root of what makes you function at your best self in really in depth ways so that you can be the best version of yourself. That's much more powerful than an occasional bubble bath. We really wanna get into how you move your body, how you feed your body, how you sleep, what are your relationships like? What inspires you? How do you self soothe? And the things that I tell you might work for me might not work for you. And that's totally cool. You get to decide what is gonna be best for you. And that's where it's really powerful. Yes, we do move too fast. Anna Abella in the chat. That comment. Yes, we live in a hurry. Hurry. Hurry. <laugh>

Speaker 2 00:32:51 All right. We'll jump back to the lighter side for a second. If you were kidnapped and the cast of the last TV show that you watched was coming to save you, would you make it home in one piece?

Speaker 1 00:33:02 <laugh> um, let's see. So the last TV show, we just, we just did a rewatch or breaking bad. So I think if you had asked me that question a week ago, the answer was likely no, given the way that show ends up, but now we're rewatching community, which if anybody hasn't seen it, a cute little comedy, I feel like I would probably do. Okay. With the cast of community.

Speaker 2 00:33:27 I don't know if they would get you out in at all. I think you'd still be trapped, but if it's a painful episode, you're, you're, you're likely safer.

Speaker 1 00:33:34 Okay. Fair enough.

Speaker 2 00:33:36 All right. So next up, um, Dr. MC what is the best part of your day?

Speaker 1 00:33:41 Oh, what is the best part of my day? I think, you know, in the summer, for sure. Anytime I get to be outside in the sun is the best part of my day, whether I'm sneaking outside for a couple of minutes during the work day, or if I'm able to take a minute and enjoy coffee with my husband on my back porch while, you know, looking at all my plants and my flowers and all the birds and nature that is around us, which is pretty cool. But yeah, you know what else? I really like, I have to say this surprised me too. My morning. Check-ins on Instagram. I actually, well, I look forward to jumping on Instagram every morning actually like gets me out of the house and I'm like, what am I gonna mention today? What do I wanna tell folks today? And those have been really well received.

Speaker 1 00:34:34 So thank you so much. If you've been following along and commenting, I love it. Invite your friends. We want everybody here at the cabaret and um, yeah, that's, that's a really highlight of my day. I love it. And yes, I do wanna answer the question about my dissertation, someone in the chat asks, thank you for asking that. I mean, if you did wanna read it, it is public. It is a public document. It does exist. Um, it is online. All PhD. Dissertations are part of actually the library of Congress. So it's copy written and like published. And you can, I think if you Google my name, you'd find it. Or I can always post. I can certainly post a link to it. If anybody wants to read it, like it's long, but <laugh> you might wanna read it. I mean, I thought it was a good time. <laugh>

Speaker 2 00:35:23 Well making it yes. Rela --

-- tively, um, easily accessible. It's it's in the public, but copy rated is always helpful, but let's jump gears to a more accessible gift. Like how about the giveaway that you're doing today for people who are here? Let's that?

Speaker 1 00:35:37 Yes. Let's. Oh, and my husband's so good. We had this all like staged. So people that registered, I get your name and a little cup and this, this is great podcasting for the folks that are just listening to us. They're gonna have to, they're missing out. They're getting some FOMO and that's just gonna be too bad for them. All right. So we're gonna give away some Dr. MC swag, were you working on a book as well? So I do have two published handbook chapters that are out there in educational texts. And I do hope this is my actually published author friend, Kevin asking me this question. Um, I do hope to write a solo book. That's more like accessible, like something that would be like on Amazon or in a local bookstore. At some point I haven't yet. <laugh> stay tuned for that. All right. Who's our winner. Oh, Kim, Kim's our winner. Kim. I'm gonna get you some Dr. MC swag and you know what I'm feeling in the giving mood. I'm gonna pull a second one. See, what do we got? Catrina, Catrina and Kim woo. Rocking the Ks today, Catrina and Kim. You are our winners. I will touch. I have both of your email addresses or know how to get ahold of both of you. I will message you for you to send me your addresses. And I will put together some special Dr. MC swag for you both.

Speaker 2 00:37:05 And not that you're planning to, but just for safety sake, do not put your address in the chat for everyone to see. We'll find you. Don't worry. So <laugh> all right back to Dr. EMC's questions for the day. How do you prevent insecurities from getting the best of you during a new relationship? How do you stay and work through them instead of self sabotaging and running away?

Speaker 1 00:37:28 Yeah, we can be our own worst enemies sometimes my goodness. Um, such a good question. So I will say all relationships require work. All relationships require maintenance and almost a recalibration. But if you are in the early stages of a relationship and you're feeling like you are, Hmm, not you're feeling not worthy or that you're not enough. I invite you to do one of two things. First of all, you are worthy and you are enough. So I need you to repeat that to yourself all the time, adopt that mantra and just keep saying it to yourself. I am enough. I am worthy. And when it comes to relationships, communication is so key, open communication. It isn't always pretty, but it is so, so necessary. And I think my husband would agree with that. You know, in those early days, sometimes those early dating days, maybe when you're getting to know each other and figure out everything like that, communication is so key, but I'm gonna give you one other exercise to do.

Speaker 1 00:38:40 So if you are feeling like, again, you're not enough, you're not worthy your effort's on valuable, whatever it is. And this is not even just for relationships. This is across the board. But the person who asked was specifically asking about relationships, I invite you to do some mirror work. And this actually comes from Louise hay show Richardson talks about this and her work as well. Those are two, um, women that I admire and look up to very much in their work they're pioneers for in this industry, in the work that I do certainly, um, is influenced by them. Mirror work is maybe just how it sounds. Look at yourself in the mirror. And I know sometimes we don't and when we do, what do we see? We only see flaws, right? So for mirror work, you actually look at yourself in the mirror every day in the morning, whenever it's comfortable.

Speaker 1 00:39:34 And you're actually gonna say to yourself, I love you and then say your name. So I love you there. I mean, don't say I love you Theresa. I don't think that'll have, I mean, you can, but I don't think that'll have the same impact. So you're gonna say you, so insert your name there. So I love you insert your name every single day. I want you to do that in the morning. Whenever it's convenient for you at first, you're gonna be like, Ew, awkward. This is not for me. And you're gonna all, you're gonna feel like, I don't know. I don't know exactly how you're gonna feel. I don't wanna tell you how you're gonna feel, but you're gonna, it's gonna feel awkward. See h --

-- ow it feels after a period of time, maybe after a week after, if you can stick with it, stick with it for a month and every day. I love you. I love you and see how, if you can start to cultivate that self-love practice and self-care is self-love. I mean, we need to show up as the best version of ourselves and you cannot do that. If you are not attending to your needs.

Speaker 1 00:40:42 Oh, I usually say I don't like me. No, no, no, no. Someone in the chat can't have that. You're gonna flip that. You're gonna flip that narrative and you're gonna start saying, I love you and you're not gonna believe it at first, but you're gonna keep doing it. All right. I'm gonna go to the, to the comments in the chat. Um, someone's recommending the book. Men are from Mars. Women are from Venus. Yes. That is a really good book. Also. I'm gonna add one more to that list in the relationship domain Cinderella was a liar. Ha I love that book. Um, another good one in the relationship domain and the title's great. I know. Right? Well, it's all based on the Cinderella complex, right? Folks know what that is. That's like, um, that we are thought to, you know, the Disney princess, the Cinderella that we need prince charming to come rescue us, huh? Cuz with these damsels in distress, Cinderella was a liar. <laugh>

Speaker 2 00:41:39 What are some strategies you suggest for continuing your self care routine once you get started, but find yourself in a rut. I used to have an amazing routine of getting up at 5:00 AM to work out. But lately, no matter how much self talking I do, it's just a struggle.

Speaker 1 00:41:55 Yeah. I know. Sometimes we can really get going and we're like, woo, crushing it. And then we hit a wall. That's that's data for you. That's information that you need to figure out why that's happening. And I would say proceed with self-compassion because if you are hitting that block and you are all of a sudden, like not feeling motivated, that's a recalibration you need to now maybe figure out what's what's driving that. Why, what changed is it? The weather did something change in your life, in your body and try to take it back to basics. So maybe the 5:00 AM, wake ups and exercise routines just isn't accessible to you right now. Totally fine. So what is accessible to you now? So flip it. So what can you do? So maybe this person, I don't know who asked this question, but maybe they were getting up at 5:00 AM and exercising for like an hour. Okay. Maybe they can get up at 5 45 and only exercise for 15 minutes and see how that feels. Try to break it down and take it down to the smaller intervals and then build back up to success. But if you're hitting those blocks and you're hitting whatever resistance, there's no need to just keep plowing through that is that's not self-care self-care is honoring whatever it is going on and knowing that not every day will be perfect and that's okay.

Speaker 2 00:43:28 Would it be a fair use of the word, mindfulness to be aware of your routine and where you're hitting roadblocks?

Speaker 1 00:43:34 Oh, check you out. Hubbies getting versed in all the terminology. Yes. Um, being mindful like that act of tuning into your body and seeing what's going on and, and sitting with it and being okay with it is definitely a mindfulness practice.

Speaker 2 00:43:54 See, I've listen sometimes. Right? Um, our friend Julia, put it in the chat. Our self-care recommendations different for introverts versus extroverts.

Speaker 1 00:44:05 Sure. Um, this might come as a surprise. I'm a bit of an extrovert. Um, so yeah, no, I think for you, Julia, you need to figure out like what it and for anybody, what do you like to do? Because at the end of the day, that's really what matters. Like you may hear me say five minute dance parties and you're like, Ugh, Wolf. Like, I am not doing that. That's not for you. That's okay. So what is gonna work for you? How do you like to soothe? How do you like to move your body? So I don't know if it's necessarily, I think it's even one step further than introvert versus extrovert. And it's really individualized to whatever it is that you want. But I think there's no harm in exploring. So if like group classes, aren't your jam or going out and like being in like public classes for whatever reason, maybe it's just like, not your thing.

Speaker 1 00:45:06 What can you find online? There's so, especially right now, like so --

-- many options for virtual classes and free stuff on YouTube. So if we think about, I'm just thinking about the exercise domain for a second, maybe you can find some other options, but if you try something and you don't like it, like that's okay, just move on. If you don't, you don't have to force yourself to do really anything. You have to like it and you have to buy into it or it's not going to be successful. And I would just re another plug for starting small because we tend to think, oh my God, we have to do all the things right now. It's gotta be epic. It's gotta be like all this stuff. And it doesn't, it can be really small and maybe you start really small and you build over time or maybe you stay really small and that's okay. I think that answered the question.  
<laugh>

Speaker 2 00:46:01 We've got some people in the chat talking about doing yoga online. We've got some links that you can look up and check out. Um, and meanwhile, Catrina's iPhone asks, how do you unwind after a stressful day?

Speaker 1 00:46:14 Ooh. Yeah. So I find these days because there's just so much going on and the world is heavy and getting through things just feels heavy these days that I'm just really practicing giving myself grace and space and allowing myself, reminding myself that it's okay. If I don't get, you know, 10 things done off my to-do list, like the to-do list will still be there tomorrow. <laugh> and it's okay to take a break. So I think it really comes down to listening and tuning back into my body and deciding what it needs and then giving it what it needs. So some days look different. Some days I come home with enough energy that I want to do a yoga class with my mom. We'll jump on zoom and I'll lead her through some yoga activities or some days I wanna go out with my husband and maybe we go hit up, um, somewhere that we want and a local brewery or wherever we wanna go, we go get dinner. And other times it's just like, you know what? This is a takeout. And I wanna be in bed by six 30, like laying down reading, like, and that's okay. Like being okay, allowing yourself to have what it needs, I think is really powerful. And I never sacrificed sleep ever. <laugh>

Speaker 2 00:47:43 Nope. You might be in the middle of a question, but you do not fat out

Speaker 1 00:47:48 <laugh> oh, and there's so many good ideas in the chat. We'll make sure this chat gets saved and we'll put, maybe see if we can pop it in some of these suggestions into the episode notes about people talking about yoga with Adrian, I've heard so many good things about that. Um, do yoga with me.com another good one. Um, those of us who live near the ocean. Yes. A lot of listeners here. I know I got listeners in, uh, you know, Massachusetts. I know I got some out in Cali. Um, I don't know, Anna, Abel, you have to tell me if you're near any ocean water where you are, if you, um, get to see that, but definitely like take advantage of your surroundings for sure. That can be so healing. My husband and I recently, um, we're near Revere, Massachusetts in the Revere beach, which is, um, you know, whatever beach nearby and we've start like couple times recently, we've just gone down there and just like sat. We did get breakfast sandwiches at a restaurant, but that was secondary. Like the best part was just like sitting there and just enjoying, just hearing the waves. I think I did some lives from the beach.  
<laugh>

Speaker 2 00:48:49 Not just any restaurant. That's a local, that's a new England institution. We need

Speaker 1 00:48:53 It is a new England institution. All right. It was Kelly's roast beef has breakfast sandwiches. So if you're near Kelly's <laugh>, you're near Kelly's roast beef. Um, oh, and Jackie that's so sweet. Ocean is my hug from mother earth. It isn't that sweet. Yeah, definitely do not power. Do not underestimate the power of nature and like getting outside. Absolutely remember to give myself as much forgiveness as I, yeah. Sometimes this is a great comment in the chat for our folks, listening, forgive yourself, the forgiveness that you would give to your friends. And when we think about self-compassion and when we think about self-care and we think about taking care of ourselves and how we talk to ourselves and how we feel in our bodies. Like you wouldn't say some of the things you say internally to a friend, you wouldn't say that to someone you love, you wouldn't tell someone you love, you do --

-- n't like them very much. So why would you say that to yourself when we have, you gotta shift that shift, that narrative and that mindset and that internal monologue, remember you're your own best friend? <laugh> this is great. I think, did we get all the questions in the chat? Did I miss

Speaker 2 00:50:11 Any, um, the, the only question so far that we've so far, Kevin, um, just through one, I enjoy listening to music, any meditation music recommendations.

Speaker 1 00:50:20 Ooh. Yeah. If, um, so I usually do the calm app or insight timer, but okay. Another thing that I do is I'll just go on YouTube or Pandora or whatever, like Amazon music where you listen to music and I'll just search like high vibration music and just like, let play, like in the background, whatever is, um, you know, whatever comes up as like a playlist in the background to even when I'm at work. So that I'm just getting like that, raising the vibration and this can get into like the different like sound healings and stuff like that, which can be really, really powerful. Um, so playing that different vibrational music, um, even if it's just in the background, like while you're working free on YouTube or whatever, you're gonna listen to it on, can be really helpful to just making sure that you are not allowing negativity to take over an Annabel and the chat, the plum village app. Oh cool. That's not what I'm familiar with. We'll have to check that out. Thank you so much. You can even Google like sound healing music on YouTube or you'll find tons of stuff. Oh, if you have Google home or Alexa, tell it to play. Ocean rain sounds works wonders at night when trying to sleep. Awesome. Look at that technology helping us out. Really great. You guys were so good. So many great questions. I love this. Thank you so much.

Speaker 2 00:51:51 Oh, it takes a village and we clearly have one tonight. Um, alright. So next question for you, doctor MC sometimes I feel really anxious and I feel like I am not good at meditation. Do you have any ideas of what I could do to help with this?

Speaker 1 00:52:05 <laugh> sure this cracks me up. I don't know who asked this question, but like you can't not be good at meditation. Like that's a myth that you have to be like good at it. Like there's no being good or bad when it comes to meditation. All you're trying to do is slow the traffic in your mind, just sit with yourself, breathe. You don't have to be in any particular pose. It doesn't have to be any particular length of time. Just be so with that being said, I do have a grounding exercise we could do tonight. And that might actually be a nice way for us to wrap up. If folks are interested, oh, someone in the chat start by intentionally breathing. Yeah. Just being in the moment. So how about we do some of that together? It'll be a nice way for us to wrap up tonight.

Speaker 1 00:52:59 So I invite you if it's comfortable, whatever you're doing. If you can to sit up in your chair or if you're lying down, that's fine. No shame just to get comfortable. If you are sitting or whatever you're on, I want you to feel your body just where it is without judgment. If you're on a chair, I want you to feel your body supported by the chair that you're on. If your feet are on the ground, I want you to feel your feet pressing into the ground beneath you and just be here. And I'm gonna lead you through a grounding exercise. This actually was passed down to me by my Reiki master Amber McMann, who you may recall from one of my early podcast episodes, riding the wave of life, Amber was on earlier. I'm not sure if she still is. She may still be on with us.

Speaker 1 00:53:49 Um, but Amber learned this from her Reiki. Master passed it down to me and I love to share this. So hopefully you're nice and comfy in your chair. We're gonna breathe in through our nose and long exhale. Anytime I cue you throughout this, your exhale is longer than your inhale. We're gonna place our hands on different parts of our body. And you're gonna repeat the sentence after me. That starts with just for now I am. And then we're gonna end it with some words like connected, clear, focused. This will all make sense as we go through it. Don't focus too hard. But what I want you to think about while we're doing this is the intention behind these words just for now. I am just for now in this moment, all you got, so let's get started. If you wanna close your eyes or lower y --

-- our gaze, we're gonna begin by putting our hands on our head and you're gonna breathe in through your nose. You're gonna fill that belly all the way in a long exhale and repeat after me just for now. I am connected. You're gonna move your hands to your eyes. We're gonna take another big, deep breath in,

Speaker 1 00:55:26 In a long exhale just for now. I am clear. You're gonna move your hands to the side of your head. You're gonna take a big, deep breath in and a long exhale just for now. I am focused. You're gonna move your hands to your throat. You're gonna take a big, deep breath in and a long exhale just for now. I am wise. Move your hands to your shoulders. Take a big deep breath in and a long exhale just for now. I am relaxed. Move your hands to your heart.

Take a big deep breath in and a long exhale just for now. I am grateful. Move your hands to your solar plexus, which is your upper belly area above your belly button. Take a big deep breath in and a long exhale just for now. I am calm. Move your hands to your abdomen, your lower belly area beneath your belly button. Take a big deep breath in and a long exhale just for now, I am forgiving and we're gonna move our hands to our lap and we're gonna take a big, deep breath in and a long exhale just for now. I am peaceful

Speaker 1 00:58:09 And let's take one last big, deep breath in through the nose. Really fill that belly all the way and a long exhale through your mouth. And if you have your eyes closed, when you're ready, can blink them open.

Speaker 1 00:58:37 Thank you for allowing me to lead you through that. I hope you enjoyed it. I always feel myself come way down after I take a moment or two to do that exercise. And I do ha that is recorded. It lives on my Instagram page. Um, so folks can access that. Should you want to do it again? It's one of my favorites and I thank Amber for sharing that with me and Libby Barnett for sharing it with Amber and for me being able to share it with you today. So thank you so so much. So that concludes our questions. So I want to thank folks so so much. I'd love to get some inspiration though and see how folks are feeling. And if anybody wants to unmute themselves and tell me like their favorite part or maybe think about because I love myself and others, I will practice self care.

Speaker 1 00:59:36 Bye. What's something you can do. You can just put it in the chat. If you wanna just tell me, I don't see anybody on muting themselves. This is a very polite well-behaved zoom group. <laugh> and to help me sleep someone in the chat, I let my puppy out of his crate to run around and tire himself out nearby. Awesome. <laugh> so make sure mom is gonna get some sleep. She wanna make sure the puppy tires himself out first gratitude for having met you and spoke to you that day. Oh, thank you so much Annabel. I can't even tell you. In fact, we have an international listener here tonight is just so cool and so cool to connect with you, um, in Erway. I love that. Yeah, so you don't have to, I don't have put anybody on the spot if you don't want to, but then sit with that.

Speaker 1 01:00:18 And for our listeners that are listening to this, ask yourself because I care about myself and others. I will practice self care by and see if you can set yourself just a, just a small, reasonable goal for my educators in the house. I won't make you make it a smart goal. I promise. Um, it doesn't, we don't have to go there, but yeah. Thank you again. Shout to my production team. My husband is my podcast, producer and helper of all things, Dr. Ramey and my mom for all her fabulous artwork and undying love and support always and to my friends and followers. Thank you so much. Um, I'm just so grateful for all of you. I have new things in the works, so much stuff coming. If you're not following me on social media or on my web, uh, email list, please, please do so. Um, so we'll be sharing more information as things get going, and we hope to do this again soon. I'm Dr. MC thank you. And good night,

Speaker 0 01:01:12 <laugh>.

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