

-- Speaker 1 00:00:28 Hi everyone. Welcome to Dr. MCs Self Care Cabaret podcast. I'm Theresa Melito-Conners, a doctoral level educational administrator and mental health practitioner focused on helping you, our world helpers. Every day we have a choice to prioritize our well-being, to incorporate reflection, recovery, renewal, and resilience strategies into our lives. However, those of us who step up and serve our communities and healthcare education nonprofit spaces and more can struggle with putting ourselves first. I've seen it firsthand, and it's a challenge. Enter Dr. MC's Self-Care Cabaret podcast. Here we have real intimate conversations with leading experts, passionate about accessible, sustainable self-care in its 10 domains. It's all about the hard work we can take on together to find our spotlight. And with that, today, we are going to talk about things that bring you joy. If you've been listening to me for a while, you likely know that dancing is one of the things that brings me immense joy as it has for decades.

Speaker 1 00:01:37 Maybe you also find joy in movement. If not, that's okay. But I encourage you to get in touch with and engage with things that bring you joy. Think about when it is that you feel joyful. Maybe it's when you're baking or cooking or creating something, walking, drinking tea, spending time with a loved one. Whatever it is, we just need to get back in touch with that. And if you can't think of anything that brings you joy, maybe you need to think back in the way back machine to when you were a lot younger. What did you enjoy when you were a kid? How can you invite more of that into your life and reconnect with that childhood passion? Another thing I always loved growing up was art, and specifically scratch board art. I dunno if anybody remembers that, but it's like the black kind of paper and you use a little tool to kind of scratch away at the design.

Speaker 1 00:02:35 I used to do these really intricate designs and just had a really good time with that. My pieces in high school, we even entered into a Scholastic Globe show here in Boston. Um, I didn't end up winning anything, or it might have been honorable mention actually, but that's not the point. I was able to reconnect with that. When the pandemic hit, I found myself really seeking and feeling an urge to create. So I dug out some old supplies and went at it. It was so relaxing and cathartic to connect with this childhood passion. So many years later, I even ended up loving what I created so much that I framed it and gave it as special gifts to loved ones. And with that, today's guest knows all about connecting with joy and using movement and dance as a path to healing. I'm delighted to welcome Massy Paulino.

Speaker 1 00:03:27 Massy is the director of Ritmo Dance Studio, and she's a licensed social worker. Massy describes herself as a dance teacher turned therapist with a goal to bring movement to the lives of others for healing. So cool. She recently completed her dance movement therapy certification, which has sparked an entrepreneurial adventure to shed light on expressive therapies and expand the w Ritmo model to offer more to her community. I met Massy through the e for all the entrepreneurship for all program I did, um, last year, I think it was, and just immediately fell in love with her energy and her vibe and the way she is bringing dance and healing to her community. I'm thrilled to chat with her today. And with that, here is our conversation. All right, we're up and running. Woo. Very exciting. Thank you so much, Mazzie, for joining me today on the Dr. Mc podcast.

Speaker 2 00:04:31 Awesome. Thank you guys for having me. This is amazing. I'm, I was very excited to be asked to, to be on this podcast.

Speaker 1 00:04:36 Yeah. Well, I watch all your Instagram videos and I've watched you obviously when we were working together last year in the overall program and all your amazing content and all the cool things you're doing and everything you stand for. And I'm like, ah, we need to get her on the podcast. <laugh>. I think we tried, I think we tried last year, but schedule,

Speaker 2 00:04:52 We tried.

Speaker 1 00:04:53 Just did an align, but it's all good. Yeah. You're here

Speaker 2 00:04:55 Now. We're here, we're here now. Maybe it was meant to be.

Speaker 1 00:04:58 Absolutely. So let's dive right in. My first question that I love t --

-- o ask everyone is how do you like to practice self-care?

Speaker 2 00:05:07 Uh, you know, I think this has changed over the years. Um, but of course one of the biggest ones is dance and movement for myself. Um, and I say that because in the context of being a good dance educator and a director and kind of doing all the, the need to do, um, you kind of, uh, I, I kind of, and I, I know dances in the same position can, uh, relate to this. We forget to kind of move for ourselves mm-hmm. <affirmative>. Um, so, you know, we go from like the, the directive role and kind of educating in that way, but just doing it for ourselves. Um, so I try to take classes as much as I can for myself. I, I'm always kind of, you know, in that mindset of being a student all the time. Um, I have built my at home like dance studio and little, like yoga spot for myself. So I'm always somehow moving, uh, well through my body kind of staying connected to that. But besides moving, I love kind of hanging out with my pets, taking walks, being outta nature, um, and spending very intentional, um, nothing time with myself.

Speaker 1 00:06:12 Oh, I love that.

Speaker 2 00:06:13 So, yeah, I, I feel like we we're so good at, um, I guess filling our, you know, the day there's a lot of noise, right? Whether our smartphones, if you work remotely, um, if you work, uh, with other humans and kind of talked to people all day, but like, ha when's the last time you actually just sat a like, and did nothing, sat alone and did nothing. Um, which is very hard. <laugh>. I'm not saying I'm great at it. Uh, but I'm very thankful for like, you know, medi guided meditations and stuff like that because I think I'm trying to get to a place where I can sit in the doing nothing and be okay with it. So it's a new, it's a new, uh, form of self-care that I'm practicing right now.

Speaker 1 00:06:55 <laugh>. I love that you, you bring up, yeah. Several important points. One, how you mentioned at first that you feel like your self-care has evolved over time.

Mm-hmm. <affirmative>, can you speak a little bit more about that? Like what maybe was it in the past or maybe it didn't exist as much in the past? Yeah. <laugh>

Speaker 2 00:07:11 Uhoh, of course, I'll go more with the, uh, it didn't exist in the past. I, I, or maybe I thought it existed, right? In the sense, you know, we think of self-care. We think of, you know, I love, you know, I love getting my nails done. I love getting my hair. I love kind of like pampering myself in that way. Um, and that, and it does fall under self-care. I think for me, it was kind of like, if I check those things off, I should be feeling good. Yeah,

Speaker 1 00:07:38 Sure.

Speaker 2 00:07:38 Right. Right. Like, I showed up for myself. I did something for me. I, you know, bought my favorite pizza and ate it by myself and watched Grey's Anatomy. <laugh>. That's very, it's very therapeutic. It's very relaxing, and it's very, it is feeling your cup. Um, but I think, like what I mentioned before is that like, I felt like I checked it off and like, I'm okay. Right? I did this one thing, this one time in this crazy busy life of mines, and I should be fine and happy and dandy. Yeah. Um, and I think for myself, when like five, six years ago when I started my own kind of therapeutic, um, journey and healing, I realized that, oh, self-care is a little different. I, and it's different for it's relative, it's different for, for, for the individual, but the intent of pouring into yourself as a sense, uh, as an intentional practice, as opposed to like a to-do list. Yeah. Right. Something that I'm checking off for myself. So I think for me, the involve, the involvement of self-care is the building, building it routinely into my life.

Speaker 1 00:08:49 Yeah. Beautiful. Nicely put.

Speaker 2 00:08:50 So it doesn't feel, yeah. So it doesn't feel like I'm kind of like, oh, I'm gonna check this off. It's just building it into my life. Right. So that it, I can maintain that sense of balance. And I think that's where the evolution has come from, me and I, and I am so happy to be where I am right now because of it.

Speaker 1 00:09:06 Yeah. Beautiful. And yeah, I mean, Manny Petty, sure bad day is great, but like, those are like surface level, like self-care stuff, right? Yeah. We really hear the self-care cabaret. And as you know, in my work, like we really, we wanna talk get into like the n --

-- itty gritty stuff. Like how you really show up in the world, how you feed yourself, how you move your body, how you sleep, how you just stay grounded, how you rest your relationships, like all that, all

Speaker 2 00:09:31 That stuff. Oh my God, yes. Don't, and don't get me together with, you know, a group of my girlfriends and a few drinks. And like, that is just as therapeutic. And having those like really deep, uh, intimate conversations with people and kind of just being human. Yeah. Um, it's, it's so beats the surface level stuff. Um, and, and it's very much, I think every time I have one of those experiences, it's a reminder that I should do this

Speaker 1 00:09:55 More. Yeah. Yeah. For sure. So, nice. Thank you so much for sharing. So of course, as you know, we both have a shared love of dance. I've been dancing since I was very little, and it's definitely something, I mean, it brings me immense joy decades later. I don't do it professionally anymore. I'm not choreographing professionally anymore, but it's still part of me now. It's just like for me though, <laugh> Yeah. Whatever that means. I love it. Like, it's like just being, and I love it. Yeah. It might just be throwing on a song and having a five minute dance party, whatever I'm vibing to, or getting out and taking a class, whatever. But it's for me on my terms, <laugh> mm-hmm.

Speaker 2 00:10:29 <affirmative> mm-hmm. <affirmative>, and I love it. <laugh>. Yeah.

Speaker 1 00:10:31 So I'm wondering like, what, how would you describe kind of the connection between dance and healing?

Speaker 2 00:10:38 That's one of those things. Yeah. It's, so I always, I, when I hear these questions, it's so like, juicy and in depth and like, almost hard to put into words. Yeah. So I always like to kind of quote like, so the American Dance Therapy Association says, so dance movement therapy, right? It's the psychological use of movement for social, emotional, cognitive, physical integration. Right. And then when I kind of, I guess, water that down for myself in terms of every day, it's, it's just really, it's the mind body. The mind in our body is, is interconnected. Right. We're not one without the other. It's, it dances. It's, it's liberating in, in practice. It's liberating in itself, right? Outside of like, very much, even with a background and being in a, a studio dancer and, you know, learning choreography and really learn learning to, um, train our bodies and grow our skillset.

Speaker 2 00:11:39 I think there's something to moving freely and moving without limitations that share so much of who we are. And it's just the opportunity to step into our bodies, choosing to notice what's within our bodies, bodies and leaving out the, the, the intellect. And I think that in itself is a very therapeutic practice and it's very healing. Yeah. When we can kind of step out of the mind, you know what, let's turn the mine off for a little bit. It's gonna be running either way. Our minds are running all the time, <laugh>. Right? But let's drop this and just kinda listen to our body. And I think for when I, um, bring that up to a lot of people who kind of are interested in the work I do, it's like, well, think about it. Right? Most of the times, our bodies know when we're going to have a bad day before we know we're gonna have a bad day. Our bodies know when we're gonna get sick before we realize we're sick. Our bodies can, can feel the anxiety of the presentation or the podcast interview two or three days before it's even come to our mind, oh crap, there's a podcast interview I have to do. Right. And imagine being so connected with our bodies that we are able to pick up on that for ourselves and then work within that and work within our bodies to like heal.

Speaker 1 00:13:07 Yeah.

Speaker 2 00:13:07 Right? So it's like, I feel something coming on. I feel I'm getting sick, I feel I'm getting anxious. Let me check in with myself. Lemme check in with my body and address it now. And I think I love that dance and our bodies and going into our bodies and using movement is so preventative.

Speaker 1 00:13:25 Absolutely.

Speaker 2 00:13:25 We're right. We're in a world, um, and I love the medical field and I love all my people out there. And, you know, I am a, uh, I'm a licensed clinical social worker by practice. And I love when you can do preventative work and not reactive work. Yes. And so that is like, f --

-- or me, and that's my spinoff on that. And I can go for days and days, but, um, yes. Dance healing, it's preventative. Let's get it in our bodies. Let's get out of our head. Um, and let's kind of be in tune with that for ourselves.

Speaker 1 00:13:56 Yeah. I love that. And it's so true. And that's really when we talk about self-care, like that foundational, like really getting into it like it is preventative. Mm-hmm. And it is proactive against the onset of mental health symptoms, you know? Mm-hmm. <affirmative> some hard job burnout. And, you know, we're seeing so much of that because people are very disconnected from their physical body.

Speaker 2 00:14:15 Yeah.

Speaker 1 00:14:16 Yeah. So I love that. Awesome. Yeah. And I know you have, you know, a very strong dance background, and I'm sure you would say it's profoundly impacted your life as, as it has for me.

Speaker 2 00:14:25 <laugh>. Yes.

Speaker 1 00:14:26 Can you talk a little bit about that? And I'm curious what your favorite style of dance is.

Speaker 2 00:14:30 Ooh, my goodness. I have so many favorites. Um, I'm just like, it's so funny when people ask me that, I'm like, I'm a mover. I love just dancing. Yeah. So dance has been a part of my life at this point for a little bit over maybe even 15 years. I, I didn't start dancing until I was in middle school. Um, I was kind of like, you know, in, in a dance world, if you come from a true, you know, uh, classical dance world that's late, that's late <laugh>. I was late in the game, it's all good. Ah. And so I was 12, 13 and absolutely hated it. <laugh>. Oh, no, I'm not gonna lie. I was dragged into it. And it, it was one of those things that for me, looking back at it, and, and even in this is coming up in this conversation very organically, I was so disconnected from my body, right?

Speaker 2 00:15:23 I was a very shy kid. I was very introverted. I was, uh, a tomboy and really kind of just trying myself find myself and trying to figure all of that out. And on top of that, ill middle school age, like horrible, the most awkward age ever, <laugh>. It's the worst. Horrible. So, um, parents enrolled me in dance to really kind of build my self-esteem. This is me knowing this as an adult now, right? I thought I was forced, um, which I was, but it was really, it, it, their intent was to build my self-esteem and to kind of just get me out of my shell. Um, which happened pretty quickly after I lost my, like, what I claimed was a disgust for, or uncomfortable for dance, my uncomfotability. And I was like, wait, I think there's something to this, right? I think there's something to this.

Speaker 2 00:16:15 And I'm actually, I hate to admit that I'm starting to enjoy it. Oh, man, don't you hate when your parents are right? <laugh>, my parents, my parents were right. Um, and I remember taking my first hip hop class and I was like, oh my God, oh my God, I can move in such different ways. Um, and I love this, a podcast could, you guys can't see at all how I'm moving, answering all these questions, but I'm, she's moving all over the place. I love it. <laugh>. I, I'm a mover. So I took a first hiphop class and really broke out of my shell there. Um, I still remember my first hiphop teacher, Ms. Cassie, she moved to Texas a long time ago, and she was amazing. But favorite styles. So, um, well versed in Latin dance styles, both traditional Folklorical dance, um, and modern dances.

Speaker 2 00:16:59 So Salsa ez, um, a lot of partner dancing. Um, I think for our favorite style for me is that traditional stuff, the f Yeah. So we, what we say folklorico or folklore, right? Um, so folklore dance, for me specifically from the island where my family comes from, of Dominican Republic, it, it's just so rich. And because it's folklore, it's one of those things that's, it's passed down just like you gotta be at the right place at the right time and be around the right people. Beautiful. Right? This is not something that is kind of being taught at dance studios, um, around the world. But I think the connection for me is that I'm, I am one of three si three kids. I'm the only one out of my siblings that was not born on the island. I am the only like first gen within my immediate intact family.

Speaker 2 00:17:58 And although I speak the language, there's still this, there was still a disconnect. So when this music came into my life and I learned to move to it, --

-- and I learned the reason for the drums, the, the reason for the costume, the reason for every sway of every hip or every shoulder twitch, I knew that it was gonna be my favorite thing. And to this day, I still teach because it's one of those things, again, it's, it needs to be preserved and passed down. Yeah. And so it's been a big part of my life and it was a big part of my, my healing journey. I know I shared when I was part of for all With You where I met you, I had a great deal of loss in my early mid twenties and as much loss as I had in my life, dance is the one thing that always brought me back. Hmm. I would call out a work, I would miss class, I would, you know, whatever it was. But if there was an opportunity to dance or to teach or to work through movement with other people, I was always gonna show up. Yeah. Because it was so therapeutic for myself that I, it, it was in those moments where I was like, yeah, I needed this.

Speaker 1 00:19:09 Yeah. No, that's beautiful. Thank you so much for sharing all that. Of course. And like, of course reminds me, you know, growing up, some things in my childhood weren't always ideal, shall we say? My father is Yeah. Abusive. And so I experienced some childhood trauma showing up at the dance studio was always safe. It was always a sacred space. Yes. And it was mine and it was my space Yeah. To like, to be me. And what I think was, was so funny, and I didn't actually realize this till much later, you know, as I started to pursue dance at a, at a professional level mm-hmm. <affirmative>, it kind of started to lose that, almost like that innocence and that safety and that sacredness to me. And it almost like, then it got like twisted up and like this other thing where like, you know, the audition circuit is not kind and rejection and, you know, being typecast right out at an audition and like, stuff like that, I was like, Ooh, what are you doing to like my sacred space? Like, what is happening? I don't know if I,

Speaker 2 00:20:06 You're stripping me off my sacred space.

Speaker 1 00:20:08 Seriously. And I didn't realize it at the time, but thinking back now, I'm like, yeah, that's what that was all about. And like, you know, I found out pretty, you know, pretty quickly I was like, no, this isn't, this is still gonna be something for me and I'm gonna do it on my terms. Yeah. It'll still be part of my life. But to go to do it at that level, to continue doing it at that level was not going to be like, healthy for me. Yeah. Cause it was like almost like, I don't know, destroying something that was just so Yeah. So powerful and healing and special. Mm-hmm. <affirmative> mm-hmm. <affirmative>. And like, I learned so many amazing lessons. Like even just like the discipline and just how to move, move my body Yes. And be in my body. And the strength that I had as like a kid growing up dancing. Like, I definitely, I did start at three and Love it. Did you like the classical, like belly tap jazz, like that whole Yeah. That whole thing. And you know, certainly as I've gotten older, I've expanded into other, um, styles of dance and I, I've not met a style yet that I don't like. So that's cool. Yes.

Speaker 2 00:21:07 <laugh>, same here. Yeah, same here.

Speaker 1 00:21:09 It's, it's so fun. But now it's really, it's still back to more of that like freeform, really just grounding practice, um, for myself mm-hmm. <affirmative>. It's just, it's for me.

Speaker 2 00:21:21 Yeah. I love it. It's very sacred and it's something that, you know, you should keep always keep it for yourself. Absolutely. It's, it's, it's, it's, it can always be a safe space.

Speaker 1 00:21:31 Yeah. For sure. <laugh>, as long as we make it, we make it that way for ourselves. <laugh>.

Speaker 2 00:21:35 We gotta make a safe space.

Speaker 1 00:21:36 Yes. I think grandma, I think I like sacred spaces as the, maybe the episode title <laugh>.

Speaker 2 00:21:40 Ah, sacred Spaces. It's so funny. It's, it's, it's one of those things that I really tried to drive home as, as a company director, as a pro, you know, as a studio director, it's, there's something so sacred that we have to keep in those spaces. And I primarily work with youth, uh, black and brown youth. So, you know, we, we know the ins and outs of kind of like what's going on in the real world. Mm-hmm. <affirmative>, right. And so dance, I've always wanted to maintain it as home an --

-- d safety and sacred. So a lot of conversations I have with students, movement that we share, uh, circle times and a lot of reflection we have together, or even the way in which they interact with one another. Right. Because, you know, we're observers as, as the authority or the adults in their room. We are observers and we have a responsibility. It, I always try to make sure that I'm catching instances where I feel where, where it's not safe. Mm-hmm.

Speaker 1 00:22:38 Yeah.

Speaker 2 00:22:38 Where I feel like someone's sacred place is being taken from them and nip it in the bud. Yeah. Because it can vary. It can spiral so quickly. And what a like, disheartening thing to take away from a kid. Yeah. The one space where they can be themselves and move freely.

Speaker 1 00:22:56 Yeah. Absolutely.

Speaker 1 00:22:59 Did you hear the news about our exciting new offering from the self-care cabaret? We're calling it Talk Back. If you're familiar with the theater space, you may have participated in a talkback before, after a performance, the cast and crew will come back on stage to chat with the audience and answer questions. Think of it as a casual guided discussion. Inspired by this and by popular interest, we've come up with a talkback for the self-care cabaret podcast groups will listen to a podcast episode or two of their choosing. Then I'll come and lead your discussion, either in person or virtually of those episodes, expanding on the big ideas. It's a great option for groups looking for short, impactful professional development or smaller teams looking to get an introduction to self-care and wellbeing. We have done a few of these so far, and let me say, they have been so much fun.

Speaker 1 00:23:53 So if you're interested in bringing a talk back to your group or organization, email, podcast, dr mc self-care dot com. And now on with the show, it just reminded me, my, my last professional audition in New York City, and I I've not talked about this on the podcast, was for circa sole, it was a dance call for circa sole. So like Epic, right? Like, oh my God. Mm-hmm. <affirmative>, how cool was that? I got, had to submit a tape and all this stuff and got invited to go and great. It was awful. Like, they had us, they had us sardine in this tiny room where, with this really obviously like intense combination where like up and down on the floor rolling, kicking, like all kinds of stuff. Of course. And we were so crowded, I couldn't even, I couldn't move. Like, I couldn't do it. And like, I tried and like, you know, they had us like teaching it, like, to the group, and then they were gonna break you down into smaller groups. And I remember, like, I, I was still trying, like, I, it's really tough to get me to like, to give up. So I'm still trying. I remember, I, I'm like doing it and like, some girl, like, and like, course, it's just, it's so catty and cutthroat and like, they, you drop dead in the corner, they just gonna step over.

Speaker 2 00:25:01 You feel the tension in the room. Yeah.

Speaker 1 00:25:02 No, it was awful. And like, I remember like, trying to do the combination. Some girl next to me like kicked me. Like, it almost kicked me in the head. And I'm like, okay. Like, <laugh>, I'm out. Like I'm,

Speaker 2 00:25:12 I gotta wave my white flag.

Speaker 1 00:25:14 I'm like, this is crazy. They can't see me. There's way too many people in this room. I can't do my thing. Like, I left there and was just like, obviously like, you know, I, I did the best I could. I did not get another callback. That was the end of my, yeah. My cir du sole days. But I just remember leaving and just being like, Ew. Yuck. What was that like? Why? I know. Yeah. And it was just, but I mean, that was, I needed you there Massy to be like, Uhuh. Well, <laugh>

Speaker 2 00:25:40 Not, not

Speaker 1 00:25:40 Doing this safe space anymore. What's happening? <laugh>.

Speaker 2 00:25:42 Safe space. Safe space.

Speaker 1 00:25:45 Oh my goodness. Um, so I'm wondering, you know, folks might be hearing us and being like, geez, maybe I danced as a kid. Or maybe, you know, I always wanted to dance. Okay. Or it's never too late to start. Never too late.

Speaker 2 00:25:56 Never too late.

Speaker 1 00:25:57 So how could someone though, like, get started? Like, let's say they just, I don't know, wanted to try? What would you suggest?

Speak --

-- er 2 00:26:03 Yeah. Uh, I, I'm all for at home dance parties by ourselves, with our partners, with our animals, with

Speaker 1 00:26:12 Anyone. <laugh> love it.

Speaker 2 00:26:13 Right. I don't care if it's a portrait of your beloved, you know, mother or whatever it is for you. Right. Make it, make it safe. Make it sacred. Make it, make it fun. I think that another piece about dances that we remember that it's, it's OK to have fun, right?

Absolutely. Um, so in terms of like dance training, and it's funny, I get this question a lot because I, I am a dance therapist and, and, you know, and kind of do a lot of this work, is that like, do I have to be, do I have to have this training to step into that kind of space or, you know, take the therapeutic element out of it? Do I have to have any kind of training before entering a studio?

You know, at 15 years old, at 18 years old, twenties, thirties, forties, fifties, sixties. And the, and the answer is no. No. The best thing, my go-to line whenever kids are, um, entering my studio, or even I've taught adult classes in the past too, is like, well, I don't, I don't know how to, you know, this is a bachata class. I don't, and they come and they're like, I don't know how to batta. So do you come, do you come to a dance studio knowing how to dance? No. You don't come to Vata class knowing how to do Beata.

Speaker 1 00:27:28 That's why you're

Speaker 2 00:27:29 Here. You came to learn <laugh>. That's why you're here. Gimme the newbies. Gimme a, I like, my favorite people to work with are people that actually have zero training fun because there is so much fun and the exploration. Um, you get to see just kind of the re like their mind really working to like get in tune with their body and become, um, connected in that way, in a way that they have never been connected with it before. Right. You know, I have to move my arms and my feet and I have to, there's my hips, then there's my torso, there's my shoulders. There's so much that we have to kind of coordinate as, as, is there anyone wanting to move in that, in that space? Yeah. I there's adult classes. Absolutely. Um, anywhere within cer certain communities. I think the biggest thing is just take the risk. Don't be afraid to be a beginner Yeah. At whatever age you are and go take the class.

Speaker 1 00:28:23 Yeah. Don't be afraid to be a the beginner. For sure.

Speaker 2 00:28:26 Don't be afraid to be a beginner. Like be courageous to take the risk. What's the worst that's gonna happen?

Speaker 1 00:28:33 I know you burn a few calories and maybe you learn something, you burn a, oh, you was an hour, you

Speaker 2 00:28:37 Burn a few calories. We met new

Speaker 1 00:28:40 People. Yeah. We wasted an hour. Like we did something for ourselves. We

Speaker 2 00:28:43 Wasted an hour and maybe 15, 20 bucks. And we tried.

Speaker 1 00:28:48 Yeah.

Speaker 2 00:28:49 We tried. Right. So I, I, I highly encourage anyone who, you know, who hasn't had the opportunity to connect with themselves in that way. To step, to step into a studio. Yeah. If they can.

Speaker 1 00:29:01 Nice. Yeah. I mean, and there are so many options too though, for like, online stuff. Yeah. And, you know, free

Speaker 2 00:29:07 Stuff. Oh my goodness.

Speaker 1 00:29:08 And I

Speaker 2 00:29:09 Mean, that's a great way, you just brought up an amazing point outside of the, like, at home dance parties. Like, hello, we live in a world where there's YouTube, <laugh>. I, to this day, you know, I'm not a yogi. I u I YouTube my yoga classes, I do my, my practice. I check in with myself and I showed up. Right. Nice. So if the, if the fear is communal dancing and being around other people and taking the risk in that, in that sense, then do it from the safety of your home. Yeah. Maybe with a girlfriend, maybe with a partner, whatever it may be. But, um, yeah. I, I something online. There's even, um, a lot of professors that, um, professors and dancers who have established online only like dance training because they wanna be able to reach far and wide. Yeah. And so take advantage of those opportunities because never and ever <laugh> has there been the access to the arts than there is right now.

Speaker 1 00:30:09 Yeah, for sure. And that's amazing. Mm-hmm. <affirmative> mm-hmm. <affirmative>. And also I think if people go like, let's say you --

-- do that one class or you get yourself out there, like, don't just judge it all though based on that one time. Like, you might need to give it like what? No, maybe two or three. I at least a couple times. Yeah. Before you decide you don't wanna

Speaker 2 00:30:23 It like three, three should be a minimum. Ok.

Speaker 1 00:30:26 <laugh> three's a minimum. Count

Speaker 2 00:30:27 It, <laugh> three is a minimum. After when you tried something three times, you're like, yeah, I could tell this isn't for me. But maybe it's does dance style, maybe it's the dance, you know, genre. Maybe we gotta try something slower, faster. Yeah. Um, or a little different, a eclectic and that's okay as well. Um, but, or

Speaker 1 00:30:44 Maybe a vibe and with a teacher maybe. I mean, there aren't, not all teachers are great, like <laugh>.

Speaker 2 00:30:48 Yes. There are so many different kinds of teachers with so many different kinds of personalities and dance training themselves. Sure. Um, so I, I encourage anyone, like take, you know, try. Right. It's the same way when seeking, you know, therapeutic services. If you try your first session, you're not gonna quit up. You're, and feel uncomfortable. You don't necessarily stop going. Right. Right. You go two or three or four times, hopefully. If it's that, hopefully fingers crossed. Um, and if it's not the right therapist, I hope that you find a new one.

Speaker 1 00:31:22 Yeah. For sure.

Speaker 2 00:31:24 Right. And, and so encourage and when we encourage people to look at it that way, give it a chance. Take a risk, give it a chance. Don't be afraid to be a newbie.

Speaker 1 00:31:33 Awesome. I love it. Yeah. So I'm wondering, do you have like a favorite I don't, no. Movement therapy practice? Like, is there something or like maybe, I don't know, a, a warmup or I don't know, just something that's like you're kind of going to

Speaker 2 00:31:46 Uh, yeah. I actually love, uh, my go-to is a lot of, of course deep breathing. Um, just cuz it, in terms of mindfulness, I think what we always forget is really the importance of our breaths. Um, for sure. Sure. <laugh>, listen. Right. Our heart, we all have heartbeats. That is the first rhythm that we have since the day we're born. It is rhythm. It is music. It is. And it's internal. It's literally, we are born with it. Right. So deep breaths and really paying attention to, to our heartbeat and kind of like taking time to notice that. Um, but also I do enjoy, um, this is great for, uh, anyone who does a lot of remote work, um, who has maybe stressful, fast paced work, just really taking the time, like being intentional and tensing up your body and releasing. Hmm.

Speaker 1 00:32:48 Right?

Speaker 2 00:32:49 Yes. And this can be in different parts of your body. It can be in your jawline, it can be in our shoulders, it can be in our fingers, in our wrists, in our legs and our knees and our toes and our ankles. Tense them up intentionally and bring to that part of your body what it is that's bothering you. Right. So when I tense up my whole body, I'm gonna bring to the, to the front of my brain absolutely everything that is stressing me out right now. Right. Um, making sure I, I have all my notes in on time, making sure that I pick up the, the, the food for the pets and making sure I make my doctor's appointment and make whatever it is. Right. And I have to call this person. I have to email this person. I have to text this person.

Speaker 2 00:33:32 Bring all of that to the forefront. And even the crazy stressful things that our families and friends and, you know, this world is, is really kind of surrounding us with is can we tend all of our body bring that to the forefront and when we exhale and release, letting it go. Yeah. Just letting it go for that brief moment. The world is gonna keep spinning around us. Those problems and those tasks and those concerns and those family members and friends, anything that we're dealing with will continue after that point. But can we take this moment to kind of let it go Yeah. For ourselves. So it's a practice that I go to a lot. Um, so tensing and releasing just different parts

Speaker 1 00:34:14 Of my body. Yeah. Pro aggressive muscle relaxation. That is, that is really helpful stuff. Even we just do your hands, like maybe people are listening. They like, ah, what, like just start with your hands. Just make f --

-- ist,

Speaker 2 00:34:23 Just <laugh> fist really lay hard fist.

Speaker 1 00:34:25 Yeah.

Speaker 2 00:34:26 Yeah.

Speaker 1 00:34:27 In the exhale. Oh, let that go. Nice. No, you do feel like, and that's the thing about, like, that's the cool thing about healing and, and different practices and therapy and self-care and all that stuff. Like, you're not gonna make stress go away. Like stress is still gonna be there, but you change your reaction to it. And that's the powerful stuff. That's what's Yes. That's where you take the control back because now you're not gonna get all whipped up in the crazy, you're going, you're gonna be able to come at things more from a state of calm and more from a rest and digest response and not a fight or flight. <laugh>.

Speaker 2 00:35:00 Yes. And

Speaker 1 00:35:01 It's like, there's a lot out, there's a lot going on. Things are, things are crazy busy

Speaker 2 00:35:05 A lot going on and what what is ultimately in our control Yeah. Us and our bodies. Right? Yeah. The way we react to all the things that are going on. Absolutely.

Speaker 1 00:35:15 So, yeah. Yeah. So I'm, I think you kind of already said this, but I almost wanna drive this point home <laugh>. I would, you would recommend dance movement or even dance therapy, expressive therapy, anything like that to someone who's never done this before?

Speaker 2 00:35:30 Of course. Yes. It's actually, if anything I encourage new movers. I think it's just a, it supports that exploration within yourselves. Yeah. I the best part it's exploring the tool that you use every day

Speaker 1 00:35:47 Yeah. That you take for granted and abuse every step of the way in your body. Mm-hmm.

Speaker 2 00:35:53 <affirmative>. Mm-hmm. <affirmative>. Yeah. It's so funny when I do a lot of stretches with my kids, I do like, you know, a lot of, I I kind of say a lot of things as kids as, you know, a dance educator of children, you kind of say a lot of funny, uh, there's a lot of funny imagery. Uh, but when I always say we go stretch to our knees, stretch to her knee, I say, kiss your knees, kiss your knees. And, and they're like, MSY. I'm like, what do you mean? They do so much for us all day,

Speaker 1 00:36:18 <laugh>. They,

Speaker 2 00:36:18 They walk us around and they're holding you and supporting you in this dance movement and session right now. And, um, yes, I highly encourage anyone with no training, no background to, to step into it just because it does let you explore the tool that you walk in every day. Yeah. Um, our body.

Speaker 1 00:36:36 Beautiful. Yeah. Thank you so much. It was great. You're welcome. So I'm wondering, you know, folks may wanna connect with you. Massy has amazing like videos of her dancing all the time. A little, little snippets. I love watching all the, I

Speaker 2 00:36:49 Try.

Speaker 1 00:36:49 Beautiful, great content. So where can folks find you if they want to engage with you on social media or anything, anywhere else?

Speaker 2 00:36:56 Yeah, so I am most active on Instagram, uh, Mossi. That's m a s s y and movement, uh, abbreviated to m v mt. You could also follow my company page, which is FMO Dance Company. That's r i t m o s, meaning rhythms in Spanish. Um, owned Facebook as Mossi as well, and LinkedIn. Um, I would love to connect, love to chit-chat. I don't care if you even want to watch my videos and dance along with Meely, that works as well. Absolutely. <laugh>. Um, I have to, I have to get to a place to do that. That's kind of in the, in the, for in the visions in the, for, uh, in the forefront of kind of like what would be great to do is kind of what a lot of the, the stuff that you do Theresa. And like really encouraging people to like, listen, I know you're scrolling <laugh>

Speaker 1 00:37:43 <laugh>.

Speaker 2 00:37:44 I know you're scrolling. Let's take a break and let's move together. Yeah. And so I hope to do that in the near future, but please, yeah, follow me online. Let's connect.

Speaker 1 00:37:53 Awesome. And I hope to do more of it too. We gotta get people up and moving <laugh>.

Speaker 2 00:37:57 Yes, yes, yes. I, you know, I'm all for card dance parties. I'm all for like, just stopping in the middle of your workday. I don't care if you work at a school in an office or

-- encourage your office to bring some movement into every day.

Speaker 1 00:38:14 Love it. Well, thank you so much for joining us here today on the Dr. Mc Self-Care Cabaret podcast. Has been an honor to chat with you.

Speaker 2 00:38:22 Ah, thank you so much for having me, Teresa. It's been so much fun.
<laugh>

Speaker 1 00:38:30 Massy is so much fun. And I love our shared passion for movement. You couldn't see us, but I definitely wanted to get up and dance during that interview. I also do wanna clarify, I made a sassy comment about movement burning calories during the interview. And I just want to clarify that movement is not about burning calories. There are far better outcomes for movement, aside from anything to do with calories or burning anything. As I've talked about, I used to abuse, exercise and movement as a means to restrict food intake and as a purging method. This was in no way healthy and I was very sick during this time period. So I just wanted to qualify that sassy comment that that is not what I meant. Movement can help us to build strength and flexibility and learn a new skill, maybe ballroom dancing and so much more.

Speaker 1 00:39:26 There's also a mental health component to moving your body. It can be one of the best natural mood boosters and can also alleviate symptoms of anxiety and depression. That's way cooler than burning any calories. So what are you waiting for? Get up and move your body. Little things go a long way. Move while you're loading the dishwasher, brushing your teeth. Take a quick walk or my fave throw on your favorite song and bust a move. My five minute dance parties, that's my favorite. I hope to start offering special pop-up virtual joyful movement dance parties for all bodies very soon. So be sure to stay tuned for those details and follow me on social media so you do not miss any updates and cool things that are in the works. But as always, thank you so much for listening. I hope you feel energized and empowered. And if you'd liked what you heard here today, subscribe and leave a review for this podcast on your preferred player. Follow along on Facebook and Instagram at Dr. Mc Self-Care or Dr. MCs Self-Care Cabaret on LinkedIn. You can also visit my website, dr mc self-care dot com for the latest updates and to sign up for the cast party, my eNewsletter. And if you're interested in ever having me present to an audience near you, email info at dr mc self-care dot com. Thanks again, stay well and do good.

--