

00:00:01 No. I actually hate that. I have to record an episode on this. I wish that we weren't here. And most of all, I really wish that it wasn't so heavy right now in the world. I mean, seriously, there is so much going on, but here we are. And I'm hearing from so many of you that you're feeling it too.

00:00:21 You're frustrated, you're struggling, you're tired, you're anxious, afraid, and unsure of what's coming up next. And in the middle of all this uncertainty, you're still expected to do your job, to run your business, to be a mom, to be a leader, not to mention, to take care of what you need and want, which matters too.

00:00:43 I want to start by saying this. I know that there is a lot of struggle out there right now. My intention is not to minimize the hurt, the grief or the stress that you are experiencing. It is real. It is valid and it matters. You matter. This episode is here to share 11 ways that you can start to thrive. Even during this difficult and uncertain time to be super Frank and clear and upfront,

00:01:15 this is not about toxic positivity. And I'll talk about that more. This isn't about pretending that this crap isn't happening all around you or that it isn't hard. My promise to you is this. By the end of this episode, you're going to be able to take a deep breath and give yourself some grace. You are going to have some ideas on how you can do both,

00:01:39 both address and express the concerns and emotions and the grief that you're feeling, and also proactively and intentionally find ways to feel more of the good things in your life, because they're still there. You should know if you don't already, I'm an eternal optimist, a Rose colored glasses, kind of girl here. So while I know that there are hardships and I acknowledge them,

00:02:03 I want you to do the same. It's important. They do the same. I also know that you come to me, you come to my podcast, you come to my community for authenticity, for realness, from me, for honest conversations, and also for positivity and light and optimism and leadership on how to do that. So that's what this episode is about helping you to navigate this messy and uncertain these painful times,

00:02:31 while also moving through to where you can feel, you know, first of all, somewhat normal and also excited about things and grateful to feel calm and rested, connected to those things and those people that do matter. And most honestly, you can feel present to what is, I want you to be in charge of what you can control. And that is your experience and a story that you are writing today and every day.

00:02:59 Well, I can't change what's going on in the world. I hope that through sharing the things that have helped me, they can help you to leave this episode, feeling more inspired, more

kind to yourself and to others and more positive. Even when things feel hard, Oh, that's definitely a tall order, but I'm ready for it. If you are,

00:03:18 let's get started. Welcome to the Goalden Girls Podcast, where we believe you can have it all. I'm your host, Lisa, Michelle, and I'm spilling tangible tips, go getting strategies and real life stories to inspire you to tackle your biggest dreams. You're a woman who knows you're made for more, get ready to leave the excuses. And self-doubt behind by being vulnerable,

00:03:43 sharing your truth and having honest conversations. So you can succeed on your terms together. We'll set goals. You'll actually achieve by staying motivated, having fun and building a community of women. Empowering women is time to tap into your best self, get confident and truly have it all Goalden Girl. Let's dive in. Hey there, Goalden Girl, Holy moly things.

00:04:09 Sure. Change fast. Don't they in the world? I'm recording this on November 19th, which I feel like I have to say. And by the way, this is 2020. And I feel like I have to say this because things are shifting and changing so fast there's politics and a second wave of COVID and restrictions. And who knows what else? Right now,

00:04:27 I'm sitting at my desk looking out at beautiful Vancouver and things feel heavy. The conversations I'm having with my friends, with clients in our community, there's a lot going on. There is uncertainty over what the holidays are going to bring this year. What is Thanksgiving gonna look like? What is Christmas going to look like? There is so much uncertainty for businesses and entrepreneurs.

00:04:52 As a parent, I am so closely watching and really hoping that things are okay, so that daycare and schools can stay open. I know a lot of, a lot of things are happening. A lot of events are being canceled. Markets are being canceled and none of us, nobody knows what the next few weeks of the next few months are going to hold.

00:05:12 That's really why I want to create this episode to share the tips that helped me when COVID first hit and things that I've done consistently in my life that I really believe me allows to be more resilient, more empowered and positive. And I hope that it helps you do the same. Before I dive into all 11 tips that I got, I want to share and do a shout out to cinder bet.

00:05:35 Who's from Canada and send a bit left us a amazing review on Goalden Girls Podcast on Apple. And this is what they say, says a breath of fresh air. I love this podcast. I love how Lisa blends her personal experiences and stories with actionable advice and tips. I learned something new from each and every episode. Thank you for sharing wisdom with us.

00:05:58 Well, thanks Yvette. And thanks to you for listening. I know everybody says this every podcast host, but really it helps so much. If you could please take a moment. If you're listening on Apple, go to Goalden Girls Podcast, scroll down to the bottom and click on the lead, a written review. That is how we do our shadows.

00:06:15 And I would love to give you a shout out to now, if you're not on Apple and I know a lot of you, aren't, here's what you can do. Instead, share this with a friend. The next time you see that someone posts in a Facebook group or on the Facebook page and looking for podcast suggestions, please share this podcast, Goalden Girls Podcast with them.

00:06:32 And thank you. This truly makes all the difference. We only get to grow. We only get to create this content. I only get to be here if you listen and you care, and this is helping you. So thank you for helping us get the word out and for sharing it with other people who might find this helpful too. All right.

00:06:47 So I'm going to share a leaven ways that you can thrive, but I want to say this too. If you want more on this, I actually created a free PDF that you can download. And in it, it's got 50 ways that you can improve your life in 30 minutes or less. The link is in the show notes, Lisa, [michelle.com/improve your life](https://michelle.com/improve-your-life).

00:07:05 And go ahead and download that. This is, you know, I'm going to give you some great piece of advice here. They're kind of bigger picture, but you can go get this PDF printed out and make a comment and say, you know, for the next 50 days, I'm going to try one of these things every day as a really simple way that you can get some ideas,

00:07:21 get your creativity going. And honestly, like not have to think about it all yourself, because there's enough that you already have to think about. So go grab that. Download 50 ways to improve your life in 30 minutes or less link in the show notes, you're going to love it. Let's do this. Shall we? Here are 11 ways that you can thrive.

00:07:37 Even during times of uncertainty, even when things are challenging. Number one, and I bet you were not expecting me to say this, check in with yourself. You are your own best expert. My friend, I think it's so funny. And also kind of sad how quick we are to listen to other people's advice or to go and Google something and to listen to other people's opinions and suggestions and ideas.

00:07:58 Before we check in with ourselves, let's disrupt that. Shall we, if you were alive in 2020, which I'm assuming you are, because you're listening to this, then you've been through some uncertainty. So check in with yourself. What would you advise someone else? What advice would you give? What worked well for you so far this year? What could you have done better or differently?

00:08:19 This is, this is your chance to take that expertise and knowledge and experience that you have and apply it to your own life. I know that you are wise. I know that you have this knowledge already inside you. So trust it, take a few moments and reflect, maybe chat with a friend or journal it out. One of the things that worked well,

00:08:39 and one of the things that haven't and start to incorporate those and trust that you have great advice too. You've been through challenges. You've been through uncertainty. And even if you didn't, you know, thrive through, maybe you just got through it while you probably learned something. So take those lessons and apply them in your life. Starting now, that's where I want you to start my friend.

00:09:01 You know, I'm going to share 10 more things. Everything else though I share is seriously just a cherry on top. It is an extra layer on the wisdom that you already have. So trust that, start there and go from there. Okay. Now here is, you know, here's the cherries, I guess 10 cherries. That's pretty good. Sunday.

00:09:18 I'd say, here are the things that I would say on top of that. So number two, focus on what you can control. There is a lot of stuff that we cannot control traffic, the economy, other people, even though we try the government, a lot of things, what often causes stress and anxiety is that we spend too much time thinking about all the things that we can't control and over analyzing and worrying about it.

00:09:45 And not enough time understanding what we can control and spending time being intentional about that. I read a super interesting article near the end of the, no, sorry. Near the beginning, pandemic then talked about why toilet paper was going out of stock. Like why people were panick buying toilet paper. Now of course there was actually some factories that were running out of it,

00:10:06 but, and it's kinda easy now to look back and laugh or talk it up to a meme and, or we would just get angry that someone hoarded all the toilet paper, I don't know how you feel about it, but there's a lot of different things you could feel. What I read though in this article was really fascinating. And it talked about how buying the toilet paper was connected to this primal need that we all have,

00:10:24 and that private need is for us to be in control and to be able to do something about it. Here's the thing about toilet paper. It was relatively easy to buy. I mean, you had to stand in line and maybe there were limits, but like relatively easy to buy, you know, where to find it is accessible for all of us.

00:10:39 It's also relatively inexpensive for the number of roles you get. And the psychologist in the article even mentioned that the size of toilet paper makes people feel better. You know, especially Costco, if you've ever gotten the Costco back of 12 ever, who am I

kidding? Of course you've gotten the total pack of Costco that cause it's so big. It actually makes you feel even better because with a large product,

00:11:03 there's an unconscious association that you're actually controlling something even more, even bigger. So people weren't hoarding the boxes of tea or the little thing they were going for something big and it was also cheap and also easy to access. So I thought this was really interesting because when you think about all that and you realize, you know, that we have this deep desire and D need to be in control of something,

00:11:26 it makes sense why totally ever went there. You know, it's easy, it's affordable. And it came in large because it is. So I think that that's, you know, a kind of a funny thing and B it also just rum is such a good reminder and powerful minor that we all have desire for certain level of control and certain desire of psychological safety.

00:11:44 So I'm not telling you this to go out and buy all the toilet paper. In fact, please leave some for me and for your neighbor, for your friends instead, what I want you to do, think about that and think, okay, what are the things that you can control and point your attention there? You can obviously control how much toilet paper you buy,

00:12:02 but you can also, and more importantly, control things like your reaction, your behavior, your actions that you take. And I want you to focus on that. I'm going to give you more ideas in this episode, examples of what you can do, but literally, is there anything that you can control, including toilet paper, clearly it counts. So what I want you to do,

00:12:22 just think about what are the things that you do control and how can you be intentional with that? Maybe it is focusing on controlling. What time you wake up morning, how much water you drink in the day, how you treat somebody next time you go to the store, maybe it's how you pick up a phone. Are you doing it with a smile when you're talking,

00:12:38 turning off your news, channel a news app, we'll talk more about that. Yes, we will. These are the kinds of things that you can control. And that is where I want you to focus right now. Number three, and this is where I'm not into toxic positivity. I understand that things are really hard. So I got to say this here's the number three thing is that you have to feel your feelings.

00:12:59 I cannot say this enough, that toxic positivity, pretending like things are okay, trying to be tough through this whole thing, without acknowledging how stressful, how hard this year has been. It is going to catch up with you. That is how burnout happens. There is a great book on this. It's actually called burn out. The title of the book is like,

00:13:18 it says hazard burnout on a bunch of time. So I kind of call it burnout, burnout, burnout, burnout, burnout. You'll see. I'll link to it in the show notes. And I've got it literally on the

way to my house. And this month is what we're giving away and Goalden Girls Community. I've also linked to one of the best podcast episodes I've ever listened to on trust me,

00:13:34 I've listened to a lot. It has an episode with Bernay Brown and the authors of the book burnout. And I want you guys to listen to it. Like after this episode, go listen to it, go, I'm going to link to in the show notes and what they talk about in this episode, I'm going to give you a quick synopsis. I talk about why burnout is so common and the truth of it might surprise you.

00:13:52 And let me, I've struggled sometimes to get my husband to understand the emotional side of things or understand why they're important and this even helped my husband understand it. So, you know, it's good when he gets it, psychology and neuroscience are now proving what I mean, ancient wisdom we've known for a long time. And that is that a emotions are very real and B they need to be fully expressed and process for us to move on.

00:14:18 And when we don't do that, there's actually implications on our health, on our wellbeing and, you know, spoiling or alert, burnout happens. I'm not going to well the entire episode. So go listen to it cause it's really good. But basically just because a certain threat may have gone by just because, you know, we've gone through the first wave and that's gone by,

00:14:36 or maybe just because a certain loss happened in your life, or maybe you've lost a job or something has happened just because that threat or that experience may be over. It doesn't mean that your, your emotions are over and in it's necessary for your health, for your wellbeing, longterm, for you to process emotions and for you to complete the emotional cycle.

00:14:58 In the episode, they have some great ideas on how to do that. So I won't reiterate all of that and I'm going to share some of my own, and I was pleasantly surprised and not that surprised that a lot of things that I share that I've found to be really helpful for myself and for my clients or validated by the research they did in this book.

00:15:14 So highly recommend grabbing at, going to listen to the episode, because I think this matters. So this whole, this whole thing is meant. What I want you to get from this is to hear that your emotions matter and you need to feel your feelings. This is important because we are all feeling something, whether it is a fear of what is still to come,

00:15:36 the fear of uncertainty, maybe it's grief. I know a lot of you guys have lost, lost things this year. You've maybe you've lost a lot one, and I'm so sorry. And I, I know this is out there and my heart just goes out to you. Maybe you're grieving having to cancel your wedding. You're grieving, missing out on Thanksgiving or a holiday with your family that you were really looking forward to you.

00:16:00 Oh, this is, I just want to say, I think sometimes in this also we start to tell ourselves that we should be upset about it, or I should just be tough and go through it. And I

want to share, I know my own example and even just sharing this, by the way, feels vulnerable for me. Cause I'm like,

00:16:14 I think any, judge me, are they going to think I'm super<inaudible> and out of touch, which, you know what I'm blessed and very grateful. So let me say this, but I'm his share with you? One of the hardest things that hit me at the beginning of the pandemic that I share this, because I want you to know that I had to process this grief and I'm sharing this so that you know,

00:16:34 that it's okay. No matter how someone else might judge it as important or unimportant, what matters is that if you experienced it, that you process it and you allow it to be okay, okay, you're ready for what I really struggled with. It was the loss of a yoga studio. It was is yoga studio where I went and did prenatal classes,

00:16:54 where I met one of the most amazing transformative women I've ever gotten to work with. And hopefully I'm going to have her on the podcast here soon. It was the studio where Choi and I did prenatal yoga class before Sonoma was born. And when Sonoma was born, I went to the studio too. And that's where I met so many incredible mamas and bays and really built a community.

00:17:13 And when I saw that they went out of business pretty much the first or second week of the pandemic, like I was struck with grief. It sounds like such a first world problem. Right? And it's stupid. We're easy and tempting to just be like, Oh, that's, that's stupid. Or I should just be taught for that. Like, there's worse things happening to other people,

00:17:31 but those things actually just invalidate our emotions and they could have invalidated mine. And that's why I'm sharing this story with you is because I don't want you to invalidate your own emotions because they're real. And they matter. I mean, my initial thought was like, okay, crying over a yoga studio, Lisa. I mean, how Vancouver can you be?

00:17:47 But the truth is that this really did affect me and I needed to process it. And I needed to allow myself to grieve telling yourself to be tough or at your baby or other people have worse problems than this, that doesn't serve you. So whatever it is that you're grieving, whether it is the loss of a loved one or the loss of a yoga studio or a favorite restaurant with memories,

00:18:08 whether it is uncertainty or anxiety that you're feeling, it deserves to be processed. And please, my friend, don't let yourself, I think sometimes we're our own worst critics of don't let yourself minimize this and don't let anyone else minimize it either. That's super important. And remember psychology and neuroscience bath is up to, as you'll hear about in the podcast and reading the book,

00:18:28 Oh, some of my favorite ways to help process us. And you might have your own so trust in yourself too, but crying my gosh, a good cry. Isn't that the best. I also talk things out with friends, coaches, therapists, and give myself space, give myself time off and resting. I personally find journaling super helpful working out actually like can really help.

00:18:53 One of my first coaches said to me, he's like sweat or cry. Like you got to release those things with liquid. And I do find that helps. And probably you found that you like after a really good workout, you feel better. Another fascinating little tool that I want to share with you. And it was from something that I learned at that yoga studio that I love from my trauma-informed yoga instructor is about shaking and what this ties back to a pretty primal instinct.

00:19:21 And if you look in, in wildlife, you'll see that a lot of times after an animal has been, someone's been attacking them and they've done, you know, the fight flight or freeze in particular, I believe the freeze reaction where they play dead. Once they wake up and realize the threat is gone. So the threat is gone, there's no one no longer chasing them,

00:19:40 their body shakes. And it's an instinctive reaction that happens in the wild. And that is the body processing that experience, that emotion like the cause our bodies literally go into fight or flight or freeze mode, right? Like that's a, it's a very real hormonal physiological response that we need to complete. So that's actually happens in wildlife. And one of the things that I did with this amazing goddess of a trauma informed yoga instructor and something that I've carried on is to shake and it could be to Taylor Swift.

00:20:14 It could be to some beautiful drum beats. It can be to the rain, but literally just taking two to five minutes and shaking your body, however, feels good. However, feels right. And helps you release that trauma and release that stuck energy in your body. This sounds super woo, right? I'm a big believer. If you don't already know this,

00:20:33 I believe in the woo and the, do I believe that I believe in strategies and tactics and signs and evidence. And I also believe that there's a lot of things that science doesn't yet understand and that emotions and the spiritual world, there's a lot that we can take away from that too. And often what I found is that what we learn about and talk about and teach about in the spiritual world is exactly the same as what we learn about and talk about in the very scientific high-performance realm,

00:21:02 positive psychology, neuroscience realm. Like they're both very, very similar in maybe they use different language and different, you know, evidence quote, but the result is the same. And shaking is one of those things that's been proven in a lot of them, a lot of different ways. So check it out. I guess I wish I could just insert some tea swept here for you guys to do it,

00:21:22 but go ahead and shake yourself. Anytime we actually sometimes in Goalden Girls Community too. And when Sonoma and I are having a hard day, sometimes I'm literally like, okay, we need you to shake. Let's just let it out. And she was like, okay, she, you know, she's two and a half. She gets it. She's so in tune with what her body needs and what feels good so much more than I am sometimes.

00:21:39 So yeah, that's, that's my shaking tip. My point here is don't stuff down your feelings, work through them, feel them, process them, listen to that podcast episode and go get the book burnout. Like I said, on his way to me right now, I can't wait to read the whole thing. And if you grab it, let me know,

00:22:01 you think, okay, so now we've talked about, you know, checking in with yourself as your own backs expert, focusing on what you can control and feeling your feelings. Here we go, real Bowen. I know you already know I'm going to say this because you know, you need to do it. And it is to limit your media exposure.

00:22:19 I mean, you already know that reading the news all the time or watching the news or being on social media all day, isn't helping, this is your friendly, loving kick in the butt reminder to limit it, especially right now what you can do to do this because I can, I know it feels like we need to know we need to be on top of everything.

00:22:35 So what's going on. I invite you to ask yourself how much do you really need to know to be informed and to make educated decisions and limit yourself to that? The truth is, and I'm so guilty of this, which is why I can talk about this. That I know that we often read things because it's like we think is making us feel good,

00:22:56 but in reality, it kind of makes us feel worse. Do you know what I'm talking about? So a lot of times I'll read things and I will never, you take action on it. I'm just reading it because it's like a reinforcing a certain feeling that I'm already having that's bad. So what you need to figure out is what are the things that you actually need to know and make yourself,

00:23:14 or create a space and a container that you are only reading or accessing news or media that is going to make an impact. That means that you're actually going to take action on it. So there's a couple ways you can do this. Maybe you choose to use one network to watch or listen to maybe choose one news app to read you pick one time a day when you're going to check in.

00:23:36 I know in my family, we did this at certain points. So we had someone in our family be the designated news reporter for like the day or for the week in the household. You can take turns with a partner or even an, your extended family or your group of friends and be like, look, we don't all need to be all reading all of the news every day.

00:23:51 So how about today? I'll update us if there's anything new happening that we all need to know about tomorrow, you do it, you know, take turns on this. Like you don't have to do it. You don't have to do it all set a timer on your phone. On this. I've sat really solid guidelines of how much time I can spend on my news app.

00:24:07 And it shuts down between certain hours. And that has been so helpful. Sometimes I totally cheat. I will be honest, but for the most part, when that comes up, it's a reminder to be like, okay, am I going to take action on what I read? Or am I just trying to entertain myself in some sick, weird way?

00:24:21 Or am I trying to like, almost be more in fear? What am I trying to get out of this? And the truth is a lot of the times I'm not checking for decision making purposes. Most of the time that's not happening. And so that timer or the, the blocking the boundaries, they really do help me so that I don't just make myself feel worse.

00:24:39 The reality is, you know, we all do need to be informed to a certain extent, but most of the news that we read or the media that we consume, doesn't actually affect us on an everyday decision making basis. You know, that's true. Right? And I want to totally call out the media here, man. I wish I could control them,

00:24:53 but I can't. But I believe it's actually causing a lot more harm than, than it is good right now it is, you know, we're in the middle of a health crisis, a global pandemic it's important that we're healthy, right? And right now a lot of what the media is doing is actually creating more, fear, more stress, more anxiety,

00:25:11 and that is decreasing your health, my health and our health as a collective while also taking your attention away from the things that do matter and are actually going to impact our health positively. Like I said, I wish I could control the media. I wish I could control the headlines, but I can't one of those things I can't control. So in the interest of focusing what I,

00:25:28 on, what I can control and what you can control it is limiting our exposure to it, to be informed, know your boundaries, know your limits. And as the gambling slogan goes and know your limit and I guess consume within it. All right, number five, be intentional and check in with how you want to feel. Then go do that thing.

00:25:50 You're going to notice some of this advice is stuff you can really take on any time. And this is one of the things I'm such a big advocate for. You guys know I am a lover of weekly planning, like obsessed with it. And often weekly fighting is fantastic. It's a great timeframe, but I do believe that in times of uncertainty or periods of really rapid change,

00:26:08 or when things are really stressful or heavy, we need to be checking in way more often for you. This might mean daily. And for some days, or some, some of you, this might

actually mean hourly. That's super simple. Don't over-complicate this literally take a moment. Maybe when you're, maybe you create a habit around this the next time,

00:26:25 every time you go to refill your water glass at work, or every time you go to the bathroom, you check in and you say, how am I feeling? What I want to need in this moment? How do I want to feel? And what can I do to feel that way for simple things? How am I feeling? What do I want and need?

00:26:43 How do I want to feel? And what can I do to feel that way In times of uncertainty in times of change, this is probably gonna the answer to this is going to change day by day. And maybe even hour by hour, you know, one day you may feel like you want to be relaxed and they may want to feel calm or productive or energized or inspired,

00:26:59 connected. Like there's no wrong answer here. When you ask yourself these questions, then you can do something small to make you feel the way you want to feel. Maybe you've got to take a little break and stretch your body. Maybe you're going to commit to doing yoga that night and find a little class online. Maybe you're going to put your room in your phone,

00:27:15 in the room for a couple hours. So you can be productive. Maybe you're going to clear out a closet. If you haven't already done all of them during this pandemic, yet, maybe reach out to your friend. You go for a walk, get fresh air, you have a dance party, whatever it is, focus on being intentional and checking in on where you're at now,

00:27:30 more than ever. And then take those small steps and actions to feel the way you want to feel to respond to what your body and your mind and your heart is telling you. You need cause that's ballad. And It's also something you can control To. Number six, create things to look forward to. This is probably one of the hardest things that I've struggled with as a planner during this pandemic.

00:27:54 And I know I've talked a lot of you guys too, and a lot of our mastermind members who also struggled with this, I love having things in my calendar and I'm very blessed. You know, I often have a trip to look forward to a date with a friend, a concert, like something to look forward to. And right now, when things are so unpredictable,

00:28:12 it's so hard to plan things. There's actually, by the way, this isn't just about being a type a planner. Although if I hear out there, I see you. I feel you high-five solidarity, but there's also some interesting psycho psychological research around this too. That shows That we actually get A lot of joy. We derive a lot of joy and fulfillment from the anticipation of doing something fun.

00:28:34 And then we also get a lot of joy from after it too. This is why you probably seen that experiences. Traditionally create a lot more joy than material things do for people because

you not only get the, you know, if you spent a hundred dollars on a thing versus a hundred dollars on experience on the experience, you not only get the actual time that you've done it,

00:28:53 whether it's a nice dinner or a concert or something like that, but you also get the anticipation that comes up to it, the actual experience, and then you have the memories afterwards. So you kind of get a triple, triple threat in there. Just wanted to drop a little more psychology in there for you. So how does this relate to this whole thing?

00:29:07 Well, right now, when we don't have a lot of things to look forward to, we're missing out on some of that joy and some of that fun in anticipation. So I'm definitely missing out on that. And you might be too, and you may not have even realized it till now I've said it. So what I've had to do is to find ways to make it happen.

00:29:23 In other ways, when I first told my husband this, he was like, I was like, honey, I need something to look forward to. He was like, ah, what do you want me to do? Like, airlines are literally not looking flights and we can't leave the country. Like, what do you want? I was like, I don't know.

00:29:34 Let's keep it simple. So I suggest that You do the same right now. Probably Isn't the time that we're planning our big trip to Italy or the big wedding that we dreamed of. And yeah. May not even be able to see your family. And I know that's really tough. I don't want to diminish the significance of this, which is why I started this whole episode.

00:29:53 We're talking about and making sure you're feeling the feelings and the grief and all that. But I also do believe that it is important for us to create things, to look forward to. So here's some simple things you can do, somethings that I'm doing too, you know, setting up a one of things I did to set up a monthly phone call with some of my best girlfriends.

00:30:09 And we committed that we were going to show up, even if it's just for five minutes, we're going to do it at least once a month. And I'll be honest. At first when we committed, I was like, this is a big commitment. That's a lot. Now our next call is two weeks away. And it literally brings me to tears and gives me goosebumps to think about how excited I am for that call.

00:30:28 I cannot wait to talk to my girlfriends and to see how they're doing and have a virtual glass of wine with them. It's small. It's not a big thing. It's probably something that I would have been too busy to do before the pandemic, if I'm being real and honest, you guys, but now like this is the so excited about that. I'm so grateful for it.

00:30:45 There is no reason why I won't be there and sling look forward to this. One thing you can do too, is to literally just connect, to make a phone call with friends. Maybe you can plan to watch a rented movie that you've been looking forward to. Maybe you're gonna give

yourself a special night off. I know I've shared this before. I've been doing at-home spa nights with doing some hot therapy and cold therapy,

00:31:04 so hot shower or hot bath, and then followed with a cold rinse. And then just sitting and enjoying go listen to episode 30, where I talk more about that. Maybe you just plan for great takeout. We've done this a few times where we will order from a really fabulous restaurant in the city. And haven't got somebody to look forward to. It was like,

00:31:21 okay, we're going to have our favorite pizza place, our favorite ramen or our favorite chef Hawksworth who is amazing and shout out to him in Vancouver. It doesn't have to be big either. It can be asleep and like letting yourself sleep and, or taking turns to sleep in or a new book. Like just find ways, find things that you can look forward to no matter how big or small it will make a difference.

00:31:41 Cause you're going to get that added joy of looking forward to something let's keep going. Number seven, ask for help when you need it. I wish I did. I have to say this, but I know I do because I struggle with this. So I know I'm not the only one asked for help. My friend, if you need help, let's be honest who hasn't actually this year asked for it.

00:32:01 I also recognize and acknowledge that it is tougher than usual to get the regular house. You know, maybe you've lost some of your income or your business. Maybe you've lost. I know I no longer have access to my parents or my in-laws to help me out. It's even difficult to have my usual group of friends come help me out or even around the house or even to like go to a park together with friends right now is not a thing.

00:32:23 So I've had to get super creative here and I want to encourage you to, to do the same. I've started ordering pre-made mill meals. That's been one, the biggest game changers. And I want to also acknowledge that that may not be accessible for everyone, but first of all, it was more affordable than I thought. And second, there's a way you can make things simpler.

00:32:40 Maybe you can Buy the pre shredded Cheese by the pre-made meals at Costco. Maybe you can get your groceries delivered, ask your partner to do the grocery shopping. Maybe you can ask a friend to help you out or take turns doing this. Maybe you create a mini circle or a social bubble within your, within the guidelines. Of course I have to say that,

00:33:01 but offer to help out another parent. And then you take turns doing it in a small circle, right? You know, I've all need help. I cannot do it all myself. I've had to start thinking about how I can get help in ways where before I found myself feeling guilty for it or thinking it's too expensive. And now I'm like, no,

00:33:19 I just need the Help. If you need help reach Out. I also want to say this, you know, if you need someone to talk to get help, if you need a friend, a crisis line, I'm going to

drop links in the show notes here below for the crisis line numbers in our, in our area. Please get help. Even though I know it feels like we're alone and we may be physically isolated in a lot of ways,

00:33:41 the truth is you're not alone. Please, please, please reach out for help. Know that you're not alone. Know that we, you matter ask for the help when you need it in any way, whether it's pre-made meals or you're really struggling and in crisis and you need support. So don't be shy. Get help. We have all needed it in many capacities this year and you're not alone.

00:34:04 Number eight, Kind for someone else. I remember in junior high and high school. And I was in leadership classes. Of course, so nerdy and so awesome. We talked a lot about random acts of kindness. And I feel like it's been a long time since I've heard about this or really had it in the forefront. And I like to like,

00:34:26 can we bring this back? Do you guys, Oh, I'm like thinking about that movie. It was called pay it forward or something or talked about the impact. That one thing you do can make a massive impact down the road. When you do something for somebody else. I mean, it makes you feel good, which is also another reason to ask for help.

00:34:40 Cause you give other people a reason to help you and then they feel good too. So it's kind of a win-win I know. I just said that you can ask for help and if you need it, go for it. I'm not saying in this, hear me loud and clear do not help others at the expense of yourself. Okay? But sometimes a small gesture can go a long way and can make you feel better too.

00:34:59 Maybe you can post a nice comment for small business or a friend. Maybe you can send someone a nice message. You can send flowers to someone, you know, is having a hard time. If you are cooking something or baking selling, maybe you make a little extra and drop them off for a neighbor or a coworker or a friend. Maybe you can pay for the next person's coffee in line or make an extra donation to a charity that you care about or leave an extra big tip.

00:35:24 All of these things are going to boost someone else's day and your own. Again, don't do this at the expense of yourself, right? You got to feel good first, but do this in conjunction with, because it doesn't have to be something you do every day. But if you did this every couple days or every week, I guarantee you, it's going to make you feel better in your life Too.

00:35:44 Number nine, you'll see, this is a common theme throughout all of these things, but I want to call it out cause it's so I want to bring it home. Number nine way to thrive During uncertainty is to create Connection. Funny enough, I often before I record these episodes, I pull a card from my Daniella port Truthbomb deck. I'll link to those in the show notes too.

00:36:07 They're super cool. So funny enough, I, Oh, they're little phrases and sayings and I never really know what I'm going to pull, but I always get the sense. This is like, this is a little woo, but that's who I am. I always feel like something I'm going to pull is going to resonate for something in this conversation or in a way that I have to show up.

00:36:24 This is really funny. This is what I polled. And I'm just making this connection as I'm going through my notes for the episode. Here's what I pulled out on the card. Your success will be in direct proportion to the quality of relationships in your life. Let me say that again. Your success will be in direct proportion to the quality of relationships in your life.

00:36:45 We are social beings. My friend, this isolation is challenging our mental and our social wellbeing. And while we may not be able to connect in person or face-to-face, that does not diminish the importance of relationships and connections right now. This means that we may have to put in a little more effort to connect with other humans. That man, this matters a lot.

00:37:09 It doesn't have to be and complicated. You don't have to have a huge virtual event or invite everybody to it. It can be complimenting a barista on his shoes at Kemi and striking up a conversation with someone in your kid's class. It might mean sending out a text everyday to one friend and just checking to see how they're doing or sending a funny meme.

00:37:26 Maybe it is as zoom call with your friends or family virtual birthday parties, virtual games nights. There's so many options here and you don't have to do it all yourself. Either. Remember ask for help, but don't forget to create connection in these times of isolation. This is when it becomes most important for us to be connected to others. And as hard as this all is,

00:37:45 I'm just so grateful and thank goodness that we're at least able to still stay connected virtually through our phones, through our computers, through this medium of our podcasts. So take advantage of it, create connection, reach out And be connected. Number 10, you probably, I knew this was coming, but are you doing it because that's what matters make self-care a non-negotiable priority.

00:38:10 You know this, but seriously In the first Quote lockdown, one thing that I did really right, and really well was I prioritize myself and my health and my self-care right away. I prioritize my sleep, my vitamins and my workouts. And this, I want you to carry through. You don't have to do exactly as I did, but remember that you are the vessel from which everything flows.

00:38:31 And especially in a time where we're talking about health and wellbeing, you gotta be healthy, right? That, that is number one. If you don't feel good, if you are not healthy, if you get sick or if you are struggling to thrive, everything else is going to suffer your family, your relationships, your work, everything around you, your community,

00:38:50 you need to feel good. So this summer I definitely, I like my wine. I had a little too much wine right now. And the next little bit as things are uncertain, I'm being extremely conscientious and intentional with any alcohol that I'm consuming, I'm really focusing on feeling good and making sure I'm not numbing or getting into any dangerous patterns there. I want to be aware.

00:39:11 I want to be able to make good decisions and to feel good in my life. So while I could get away with a little extra wine on the patio this summer right now in this moment, not forever, just in this moment, I'm being super aware and intentional about that in this sleep. How are you being intentional about your sleep? It is seriously time right now to take care of yourself,

00:39:31 to take care of your health, your self care, and make sure that you have the mental capacity and awareness and emotional capacity and awareness to thrive over the next couple of months of uncertainty. So I'm doing these things all over again. You know, getting back to being consistent with my workouts, even though honestly it fell off the train a little bit lately and being diligent about my Sully began.

00:39:49 Cause again, there were times where that fell off. I didn't have to be as consistent, but it is time to get back to the basics now. And I'm being super protective of my time, my energy and my capacity, both in an emotional and physical way. And I encourage you to do the same now is not the time to be burning yourself at all ends of the candle.

00:40:07 Now is the time to take extra care of yourself, whatever that means. That might mean journaling. That might mean healing. That might be working with a therapist that might be getting your nails done or doing it by yourself or whatever you got to do there, go back to yourself. And this is where that question of, and the whole point around checking in with what you need self care can tie directly into that take care of yourself because you are the vessel that everything is coming from,

00:40:33 okay. This is probably one of the most important, like really the first one and being your own expert. And this one are probably the most important. So I wish I had a little drum roll, but imagine, I don't know if you guys can hear that, but that was my drum roll on my knee. Give yourself some grace. 2020 has been a crazy year.

00:40:52 And if you are still listening, if you are still interested in personal growth and you're still trying to be your best, like you're freaking amazing. So listen up and give yourself grace. There is a lot happening in the world. This is unprecedented for all of us. Be kind to yourself, my friend, I want you to pay attention to what your inner voice is saying to you.

00:41:16 As you're doing things you're going about your day, you're working, you're picking your kids up from school, you're doing your workout or you're not doing your workout. What is your voice and your inner dialogue saying, is it being kind or is it being cruel? You don't need

anything else taking you down this year. So I want you to be sure that that voice in your head is being kind and giving you the grace you deserve.

00:41:39 I recently had a great conversation with a client about this. She was telling me, you're telling me that her best self was trying to get her motivated, trying to get her off the couch. And she was struggling to do it. We did some coaching work. And I asked her this question because I could sense that something wasn't right here. And I said,

00:41:56 are you talking about your best alpha is your best self saying this? Or is this your inner critic? And when she realized is what she thought was her best self, this like motivating being had actually become an inner critic for her. And this voice was telling her that she wasn't doing enough, that she had no time that she was lazy and that she needed to get going.

00:42:16 I think this is important to hear because when you hear those kinds of things, if you're saying things like you're not doing enough, you're, you're lazy. You're you should be doing more. And those kinds of things like that is nobody's best self. So if you're any of ever saying those things or hearing yourself say those things, that's not your best self.

00:42:31 My friend, that is your inner critic. And I see this happen all the time. These two voices, they get confused, they get confused and they suddenly sound a lot alike. And in times like this, I want you to help peel that apart and understand, tease it and figure out what's actually going on here. So check in, how are you talking to yourself?

00:42:51 Is it with kindness and grace and space? And if not, that's what you deserve. Are you celebrating your resilience? My gosh, like, can you believe you're still here? And all the things you've overcome, it's amazing. Are you recognizing how you're overcoming challenges? Are you constantly looking at what you haven't done yet, but you still have to do what you haven't accomplished.

00:43:11 And haven't done. Are you always pushing yourself to do more in a way that makes you feel like you're never going to be enough? Like those things are not good, right? We want you to go to the other way and recognize what you are doing in celebrating the, you are enough. This advice, like I said, this holds true. Anytime.

00:43:26 Really anything in this episode is true anytime, but especially right now where I'm noticing so many people being their own worst enemy. And I want you to hear me, my friend, you are here and you are amazing. You are incredible. And you're still standing. So I want you to celebrate how far you've come. I want you to be proud of your resilience.

00:43:44 Be proud of what you've achieved and how you've pivoted and adopted and led this year. Cause you've been leading. Whether it's your family, your community, a board that

you're on your business, your team yourself, you're leading. And I want you to be proud of that. Give yourself some grace, give yourself credit, give yourself like the biggest hug.

00:44:04 I wish I could do it for you because you deserve it. Well, there you have it. That's the 11 ways that you can thrive during uncertain times like this. These are the things that helped me in the first wave of this pandemic and this year. And I hope they'll help you too. Let me sum them all up for you. So number one,

00:44:23 it is check with yourself. Hello, thank you for listening to me, but please remember that you are your own best expert. You are the one that knows. So check-in with what worked for you and what didn't and what you can learn from your experience. Number two, focus on what you can control. Number three, feel your feelings, give yourself permission to feel the fear,

00:44:41 the anxiety, the grief that you got to and move through it, move through it so that you can come out to the other side of it. Number four, limit your media exposure. Number five, be intentional check in daily or even hourly. Like I said, every time you go to the bathroom, every time you fill up your water, whatever it is,

00:44:57 maybe first thing in the morning. And at the end of the day, check in with how you want to feel what you need and then take action. Something big or small that will make you feel that way. Number six, create things that you can look forward to number seven, ask for help. Whether you need it all around the house with your family and your business,

00:45:15 or you need someone to talk to because you're really struggling. Get the help you need. And you're not remember you're not alone. Number eight, disciplined kind for someone else that boosts so many good things in you. Number nine, create connections that is important. We are social beings. Connect with others. Number 10, make your self-care, your sleep,

00:45:34 your health, your wellbeing, mental, physical, all the things make that a non-negotiable priority. Don't take on new projects right now. If you aren't already feeling fantastic. And number 11, recognize how far you've come and give yourself grace. I hope that you are now able to take a deep breath and give yourself that grace, you now have ideas on how you can both address and express the concerns,

00:46:00 the emotions, the grief that you're feeling, and that are real. You have ideas on how to feel less than things that are not serving you and how to proactively and intentionally find ways to feel more of the good things in your life, because there is still good out there. Remember, if you want more on this, go ahead and grab the free PDF that I created for you.

00:46:18 50 ways to improve your life in 30 minutes or less, you can grab it. At least [michelle.com/improve your life](https://michelle.com/improve-your-life). It's free. A link is in the show notes, go grab it. I've been loving

seeing you guys try them and hearing what you're loving. So, you know, you don't have to come up with all these ideas on your own.

00:46:34 Let me help you out here. 50 great ideas, go check it out. Remember here. The key to all of this is to do something different to listen to this podcast and actually do something about it. Start simple, start by taking one or two things that I've shared today and integrate them into your life. Maybe today you cry or you rest,

00:46:55 or you book a call with your therapist. Maybe tomorrow you order your favorite sushi and you give yourself permission to watch a good movie, check in with what you need and trust and take great care of yourself because you not only deserve it, but it's more important than ever right now. I also ask that if you know someone else who needs to hear this,

00:47:16 maybe they're struggling or they're looking for some tangible ideas and tips to not just survive, but actually thrive through the next few months. Please share this episode with them. I know it'll make a difference for them and it makes a difference for us too. Thank you so much For listening. I see you. I'm rooting for you. I'm cheering for you.

00:47:35 You are more capable and amazing than, you know, thank you so much for listening. If something spoke to you, send me a message by sharing this episode and tagging me on social media. If you know someone who loved to hear this episode, please share it with them too, because I love surprises. Make sure you subscribe to only girls podcast today.

00:47:56 It's the only way to find out about bonus surprise episodes and make sure you don't miss a single beat on your golden journey. Thanks again for listening. And I will talk to you in the next episode of the Goalden Girl.