

# #10 Adulthood! Adulthood! Adulthood!

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**MJ Murray Vachon LCSW:** Welcome to Inner Challenge. I'm MJ Murray Vachon, a Licensed Clinical Social Worker with more than 44,000 hours of therapy sessions and 30 years of teaching Mental Wellness. Join me as I have an unscripted conversation with guests just like you as we strive to take the mystery out of mental wellness.

**MJ Murray Vachon LCSW:** Welcome to the podcast today. I'm really excited to be here with my guest and I'm going to set the stage why I invited her. A few months ago, I was at a family wedding and one of my relatives got dizzy. We took him to a room and we summoned two of our younger relatives who both have medical training. They, I have to admit, were the best dressed medical professionals I'd ever seen because they were out on the dance floor when we plucked them from a fun time where they were singing and dancing to Shout, in order to step up to the moment and [00:01:00] help their elderly relative, who in all honesty is only in his sixties and not that elderly. One of the things I was struck by, as I watched them was in my mind's eye, I still see them as children. Though they're, in their thirties. I was so impressed watching them change their mindset to step up in what was a mild emergency situation. So, I thought it would be really fun to talk to one of these young adults and just have a conversation when we talk about adulthood and mental wellness. Welcome to the podcast. Thank you so much for agreeing to be on this. I want to begin, I've given a little bit of information, but can you talk a little bit more for our listeners to get to know you?

**Guest:** First of all, thank you for inviting me to be on this. I feel very honored and I love that you're doing this. I think it's much needed. So, here we go. , I'm a 29-year-old female. I am married. I've been married for [00:02:00] almost three and a half years. I just became a mom I have a nine- month- old daughter. My profession, I'm a Physician Assistant. I work in a hospital setting on the inpatient side with the hospitalists in internal medicine. I'm the oldest child. I've got two brothers and two parents that live nearby.

**MJ Murray Vachon LCSW:** Go back to the wedding. Do you remember that moment?

**Guest:** Yes

**MJ Murray Vachon LCSW:** You're in this back room with many of your aunts and uncles watching you do your adult job. I want you, for our listeners, just to describe your internal state.

**Guest:** It was one that I think I felt before, like it was familiar to me of this kind of divide in maybe a role or a part. I could feel on one hand, like my childish self and in the same setting around my family. But then also I've been, in my career for about five and a half years, I feel confident in it. I'm a mom, I'm a wife. I have this [00:03:00] very adult side of me as well. It was that pull of do I step up and use this other side of myself that these people haven't seen before? What will they think of me? Do they still just see me as a kid? Am I confident enough to do this? What if I mess up? All those insecure thoughts are going through my head. But there was a louder voice that was like, I have the knowledge to help this person and I've done this a thousand times with people I don't know. So, I, it was that okay, I have to push, beyond that uncomfortable feeling and do what I know I can do. What's the dialogue that was going on in my head?

**MJ Murray Vachon LCSW:** That dialogue lasted about how many seconds or minutes?

**Guest:** I'm trying to remember the situation, I thought he was okay and then he, I felt like he wasn't okay. It was probably less than five minutes or so.

**MJ Murray Vachon LCSW:** To make the total transition.

**Guest:** Yeah. I knew what I had to do. I just couldn't do it yet feeling. And then it was almost just bite the bullet and do it. The courage to do it [00:04:00] was probably the longest part, I think.

**MJ Murray Vachon LCSW:** That was what I really observed and what I so appreciate about you having the self-awareness that two months later you could go back, really for the benefit of our listeners, and put words to that moment where you have a foot in childhood and a foot in adulthood. I think that never ends. There isn't this moment where adulthood begins and there's not a moment where childhood stops. It's more like dimmer switches, right? I can remember when my mom was sick going into her apartment, feeling childlike. I'm not up for this. And I'm in my sixties and I'm a therapist and I help people all the time. Maybe that's why I recognized that with you. I want you if you can put into words, what helped you step into the adult person.

**Guest:** In that situation, I think I just had the confidence. I [00:05:00] told myself, you do know what you're doing. I've been at my job long enough where I feel like others feel comfortable with my work and know that I do a good job. But it was that dialogue, how to examine him and how to figure out, hey, is this something we need to call 9 1 1 or do we just need some time and drink some water and examine his symptoms in another hour? I think it was reminding myself, that drawing on past experiences of situations in the hospital where I've had patients that were dizzy came to mind and I've done it. I can't even count how many times someone comes into the ER complaining of dizziness and you have to work through the differential in your mind of what it could be. So, that overpowered any kind of childish role I had in that moment, I think.

**MJ Murray Vachon LCSW:** You're saying two things that I want to punctuate. One is that your self-awareness allows you to have a conversation with yourself and that conversation really reminded you of what [00:06:00] you could be doing. Was there any kind of nervousness or anxiety with it?

**Guest:** Oh yeah.

**MJ Murray Vachon LCSW:** How did you tend to that, while at the same time have this inner conversation that said, Hey, you can do this cuz anxiety says what?

**Guest:** It's all fear driven. I'm thinking about if I had the wrong advice, or if I look silly in front of my family or Yeah, all the insecurities about myself, like racing thoughts and telling me not to do it.

**MJ Murray Vachon LCSW:** How did you, put those aside mm-hmm to be able to remind yourself, I got this!

**Guest:** I feel like I've had a lot of practice doing that. I feel like I do that all the time. Honestly, and maybe in a medical setting, I was reflecting on, when I first started this job, standing outside a patient's room, feeling that anxiety before I would walk in. I rely on my faith in God to help let go of the control of the situation. Trust that it will be okay even if I do mess up. Even if I say the wrong thing or look [00:07:00] silly, it's not the end of the world or to have faith that whatever happens, I'll be okay at the end of it if it doesn't go the way I'm picturing it. In the hospital setting, I remember when I first started this job, I would have those feelings internally before I'd walk in a room and I would have to center myself, take a deep breath before I'd knock on the door and say a little prayer honestly before I'd walk in and just trust that I was going to do my best to take care of the patient. I feel like I did that over and over again, and I've

been doing that for five years. It gets easier, the more you push through that inner turmoil of anxiety. I've had enough experience to know that once I push through it, something positive usually results or I learn something then I end up being okay by pushing through that anxiety, if that makes sense.

**MJ Murray Vachon LCSW:** Yeah. I think it's really wise because what I hear you saying is you almost expect that the anxiety will be there, not that it's comfortable, not that you like it, but because you expect [00:08:00] it to be there, you have come up with your own practices to manage it. A lot of times in my clinical practice, I work with people who, their goal is to get rid of the anxiety. I'm not going to do this until my anxiety is gone. I'm not going to do that until I don't have any discomfort. What I hear you saying is you've allowed yourself to tend and befriend it. , I expect that it will be there, but I am practiced as to when it arises of how to manage it.

**Guest:** .Yeah.

**MJ Murray Vachon LCSW:** How did you learn your practices?

**Guest:** Maybe sports. That was probably the first memories I have of feeling that discomfort or that anxiety of pushing myself through discomfort for a bigger goal.

**MJ Murray Vachon LCSW:** What's really helpful is the word pushing yourself. That it's a continuum of when to push and when to not push. And there's no right exact formula, but if you have enough self-awareness , you're like, oh, I'll push myself and [00:09:00] then I find I can do it. I think of the metaphors jumping off a high dive. There are those people who are just wired to jump off a high dive. , but most people have to push themselves. And then they get the reward. This is fun.

**Guest:** Yeah. How I used to and still , define myself, is I picture my child self as I was very shy. Like I was super shy. My mom used to bribe me to look people in the eye. I'd get a reward for looking someone in the eye. It was hard for me. But she pushed me to do that. So that's my default is this shy, maybe fearful deep down. That anxiety it's always there. Over time, I've had, through different experiences in sports and then in college and just in my twenties, starting my career, getting married, becoming a mom, like those things keep coming up. I think this transition, you reflect a lot cuz that physical pull of like child to adult is visual for me. And I'm able to reflect on like how I became who I am. How do I want my daughter to see [00:10:00] me? But at the same time, I'm only 29 and there's so much I'm going to learn in the future I think too.

**MJ Murray Vachon LCSW:** So, what's it been like to become a mom?

**Guest:** It's been the hardest thing I've ever done. Yeah. I could probably cry just thinking about it. Just amazing rewarding, fulfilling. It's nothing like I thought it was going to be. It's messy, but it's beautiful. I'm very new at it, so I'm still trying to figure it out.

**MJ Murray Vachon LCSW:** When you say it's nothing like you thought it would be, what's different?

**Guest:** I think just all the emotions and the inner dialogue that I have of, I think it's almost like anything, like I have always wanted to be a mom, so you picture okay, once I become a mom, I'll be okay, or my inner anxiety will go away once I have what I have always wanted. And then you get it and it's all of those things, but it's also, there's things that people don't talk about. You lose yourself in some ways. I'm still trying to figure out how to keep myself. You're still trying to be a good wife and a good [00:11:00] sister and a good daughter. It just feels like I'm carrying more bags and I have to figure out how to, drop some bags because I have a really big bag that I'm trying to take care of now. So, it feels heavy. When you're a teenager and you know you want to get married and have kids, you don't think of those things. You picture just holding hands and cuddling and she nurses easily, and it doesn't take an hour and a half to feed and you're both crying like you don't picture any of that.

**MJ Murray Vachon LCSW:** That becoming a mom is no different than becoming a PA. It's a process and we think it's a moment. Oh, I'm a mom, I know what to do. I think we don't talk enough about how to support both moms and dads in what I think is arguably the biggest transition a person can make. When you think about what helps you keep mentally well at this stage. I usually ask this question earlier, but I forgot cuz I was so excited to dive into this. How do you know now with all these bags you're carrying when you're mentally well enough?

**Guest:** For me, it's when I feel I'm able to be present. I'm not [00:12:00] ruminating on the past or anxious. If my mind can be at peace. We used to say on a retreat I went to in college be where your feet are. I guess that's what I'm always striving for, to have that feeling of being present totally present in the moment and not caught up in my mind.

**MJ Murray Vachon LCSW:** Yeah. And maybe within a newborn it's be where your butt is.

**Guest:** Yeah.

**MJ Murray Vachon LCSW:** Cause there's so much sitting. I remember thinking that. Oh my God, I've never sat this much in my life.

**Guest:** Or laid on the ground like she's on the ground. I want her to explore, so I just lay on the ground next to her..

**MJ Murray Vachon LCSW:** But it's that idea of presence.

**Guest:** Yeah.

**MJ Murray Vachon LCSW:** I think that's one of the reasons that one's own child is so riveting, because we're wired in a way because they desperately need our presence. When we talk about how do we help children have healthy mental wellness, it starts with their parents. A child's not going to have better mental health than their parent typically, especially in those early five or six years. But it's a beautiful gift that we become so riveted to our own children. And that we can [00:13:00] watch them like a movie, right?

**Guest:** Oh yes.

**MJ Murray Vachon LCSW:** Which allows you to be present.

**Guest:** Yeah. And it goes by so quickly. If you look at my closet, I've had to just get rid of six- month clothes already. It's a good reminder, Hey, they're growing up really quickly. Just stop and look for a second.

**MJ Murray Vachon LCSW:** What are some things you do for yourself to help your mental health in this newest stage of your life where you have many more bags?

**Guest:** I feel like I've always been passionate about figuring out how to help people be okay physically, so I've been passionate about how to figure out how to make myself feel better. I get enough sleep. I know that needs to happen. I exercise as much as I can. Even just go outside on a walk, like exercise looks different now as a mom than it used to. But I know I need to exercise. I know when I eat crappy, I feel worse. Like those types of things are more apparent when you're already running on empty. If those things are off, I feel I can feel it more, I feel worse. I think the big dialogue in my [00:14:00] head is to keep telling myself it's okay to keep doing those things. As a mom I'm finding the guilt of , do I give her my thousand percent undivided attention? If my cup is



empty, I can't do that. I'm still very new at trying to figure out the right balance. Because I want to be present with her, but I can't be present with her if I haven't worked out in two weeks cuz I'm anxious and on edge. I'm trying to figure out the right balance, I think to still do those like acts of self-care as a mom.

**MJ Murray Vachon LCSW:** I really want to affirm that because it's like being in an airplane where the parent has to put their oxygen mask on first mm-hmm and then the child. The acronym that I use for self-care is NESTS. , which is nutrition, exercise, sleep, managing technology, managing stress. And you mentioned four of the five of those in just your own self-care and this process of realigning how much you do those because you also want to be a mother and take [00:15:00] care of her. Are you surprised cuz you have feet in both worlds. Given that you're a medical professional, are you surprised at how much people diminish the power of nutrition, exercise, and sleep?

**Guest:** Yeah, I think a lot of people want like a quick fix or a pill. I do more acute care, so I don't do a lot of sitting down educating a patient in an office setting. It's more complicated cuz I work on the east side of Indianapolis, so I feel like I see a lot of people who maybe don't have the time or resources to approach NESTS in the same way that I do, when they're working three jobs and don't have a car.

**MJ Murray Vachon LCSW:** There's a structural component, absolutely, in our society where we make it impossible. If you work three jobs, you don't get enough sleep. If you work two jobs you don't get enough sleep.

**Guest:** I can't criticize you because if I was trying to feed my kid, I wouldn't care if I got three hours of sleep. I just needed to make sure they were clothed and fed. That's one of the reasons I like where I work. Just cuz opens your eyes to the community you live in and [00:16:00] other people that live differently than you and have different circumstances.

**MJ Murray Vachon LCSW:** There's a big national conversation right now about mental health but there's not a big conversation within that conversation that we want a culture that allows people to earn enough that they can sleep eight hours a night. That they can buy healthy enough foods. And even with people who do sleep eight hours a night, there's not a lot of conversation of the impact that food has on one's mood and mental state. Can you talk a little bit about what you've noticed in your own mental wellness, whether it's anxiety, whether it's low mood, when you don't feed yourself properly? ,

**Guest:** I feel my energy's low. My favorite thing to feel better is to exercise and work out. So, if I get a better workout, if I eat better too, or it gives me good energy. I think too, not a lot, but in my past I've had a little issue with food maybe and overeating, like a teenager. So just remembering when I [00:17:00] did over-indulge and eat half a thing of cookie dough, how did I feel? I didn't like that feeling, so I'm not going to do that anymore. Just remembering how it made me feel and remembering how it made me feel when I ate healthier. And always trying to get back to the one that makes me feel better.

**MJ Murray Vachon LCSW:** It sounds like you really have a commitment to feeling well.

**Guest:** Yeah.

**MJ Murray Vachon LCSW:** So, it's not an accident. It sounds obvious but you're talking, I have an awareness of how I feel physically. I also have an awareness of what's going on in my mind, how I feel mentally. And when you put those together, they really do help us to feel better overall. We often don't think of how interrelated the physical and the mental are, somehow we've separated them. One of the purposes of this podcast is for people to really begin to see how integrated our physical wellness is with our mental wellness and our mental wellness is with our physical wellness. I don't know many teenagers that didn't eat a half a bowl of cookie dough. I would imagine most [00:18:00] of us share that experience of that was so awesome in the moment and I felt like crap for a day. That's a lifelong learning doesn't mean you probably won't eat cookie dough again but it's that awareness of I can choose it.

**Guest:** Yeah.

**MJ Murray Vachon LCSW:** I can choose it and I can choose proportions. So, I get the joy out of it, but I don't feel like crap a day later.

**Guest:** I've been in therapy the past few years. My 14-year self wasn't like why am I binge eating this cookie dough? Today, I'd be like what am I feeling? Am I numbing myself? Instead of saying I'm never going eat cookie dough again figuring out why I am wanting to over-indulge in that moment helps understand myself a little bit better too.

**MJ Murray Vachon LCSW:** Yeah. Because that's a symptom. It's not the problem. Because we don't have excellent education on how to feel feelings, people do what I call blame and unclaim. Something happened when you're a teenager, oh my gosh, that's every other hour. Something happened that feels



super intense. Because we know that the teen brain leans towards emotional intensity. We don't say to teenagers, put your feet on the ground. , find the [00:19:00] sensations in your body and just breathe for 90 seconds , then have the cookie dough.

**Guest:** Yeah. .

**MJ Murray Vachon LCSW:** We use the cookie dough because one of the most fascinating bits of information I ever learned was 30 some years ago, I was at a workshop being trained to treat eating disorders and the person said that digestion actually trumps emotion. Meaning that when someone is emotionally in a heightened state, digestion will often minimize that state. I remember thinking that's like the key to half the problems of teenage girls. And if we actually help them learn how to move through an emotion instead of unclaim it, it would just help people so much. It really ends up at this point being an individual project if someone learns to do that. And it sounds like you've stepped into that challenge and said I want to learn how to do this differently.

**Guest:** And being a mom to a daughter, I know modeling's important, so there's even more of that motivation to do these things, to show her that she can do [00:20:00] them too. I feel like I've done a lot of self-work that I think it's going to benefit me as a mom with her.

**MJ Murray Vachon LCSW:** And it models for her.

**Guest:** Yeah.

**MJ Murray Vachon LCSW:** That we all have this inside narrative, this inside story. This conversation. When children see their parents having it, then they end up having an interior life. Which is harder to have these days because of technology. People can be plugged in the whole time. So, I think that's really wise. Here's a little tidbit. Another one of my most interesting pieces of information. This is old data, but I don't think it's probably irrelevant, the Philadelphia Child Guidance Clinic, which was one of the premier eating disorder treatment centers in the country, had research that said, One of the most important thing in helping children not develop an eating disorder is what the parents' conversation with each other was about food and body. Most importantly, what the father said to the mother. About food and body. . . I think that's important to know because a lot of [00:21:00] times in my practice, what I see is women being very sensitive and very thoughtful. Because their husbands don't have this piece of information they're commenting and judging their wife's

body. And even if it's just in positive ways it sends a message that they really didn't intend to send to the child.

**Guest:** Because I've thought about this a lot and how I want to talk about food and body image with my daughter. One of the things that's always going through in my mind is, how can I feel better? If the end goal is to feel mentally well and not to be skinny, that shift in purpose of eating well and exercising for me, has made a difference on how I feel about those things.

**MJ Murray Vachon LCSW:** It's actually how do I feel good on the inside?

**Guest:** Yeah. Yeah.

**MJ Murray Vachon LCSW:** And the outside will follow.

**Guest:** Yeah.

**MJ Murray Vachon LCSW:** If the focus is my outside has to look a certain way, then you're not doing the inside work. You're just counting calories or running and running.

**Guest:** And comparing yourself and feeling worse at the end of the day.

**MJ Murray Vachon LCSW:** No, I think that's a lot of wisdom on your part. A lot of wisdom. So, when you think about [00:22:00] this next stage of your life and mental wellness, what do you think is your biggest obstacle?

**Guest:** I think in the past before I was a mom or honestly before Covid and working in a hospital through all that if I did X, Y, Z, all of my self-care things, I was pretty much always okay. It was enough. The past two years I've done those things and then I've reached a point where that wasn't enough. I had to figure out what other resources I needed to find to be okay or mentally well. I would imagine in the future, life will only get harder in some sense. Just to tell my it's okay to not always be okay. Maybe. I'm always striving to have that peace of mind and beat myself up if I can't get there. But sometimes it's impossible. And I'm hard on myself when I can't be mentally well. So, to realize it's okay to not be okay.

**MJ Murray Vachon LCSW:** Part of what you're saying and I had to restrain myself from talking to you about what it was like to be a PA in a pandemic. That's a whole other super interesting conversation. But the definition I use for mental wellness is its a [00:23:00] state where an individual realizes their own

abilities can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to their community. One of the things about the pandemic, and I think we're still in the tail end of the effects of the pandemic, is we weren't in a normal stressor of life. So, it makes sense to me that what you used to do didn't work as well in a pandemic. Yeah. And I think that context when it comes to our mental wellness is really important. , I was talking to a client yesterday who just lost a parent. She's just not doing well. She has a very demanding job. One of the things she hadn't done was put into context that grief visits you, whether it's the grief of a pandemic or grief of a medical condition or the death of someone and we have to realign mm-hmm. what we are able to do and expect less of ourself.

**Guest:** Yeah.

**MJ Murray Vachon LCSW:** That's one of the things I think is [00:24:00] going to be very interesting as your generation ages, that You have been seasoned in a really hard, but I think what might be fruitful way, if we can keep understanding that, there's a lot of consequences to this pandemic.

**Guest:** To realize through hard times there are post-traumatic growth, is how I would define it and life's going to continue to be hard. I think all of us who've lived through this, there is some benefit to it for sure.

**MJ Murray Vachon LCSW:** M. Scott Peck said, "Life is hard. The sooner we admit that, the easier it gets." we lose a lot of energy by thinking life shouldn't be hard. But when we step back and say, oh, of course life is hard. Not every second. Not every day. But when the hard times come, I want to be a person like I hear you saying, committed to figuring out how can I be healthy enough. I don't think we have to be paradigms of mental wellness. I don't think we have to be paradigms of physical wellness. I think we have to be healthy enough that we're kind to each other and that we're kind to [00:25:00] ourself and that we can do the tasks of the day.

**Guest:** Totally.

**MJ Murray Vachon LCSW:** I want to thank you so much for being on this episode.

**Guest:** Thank you so much.

**MJ Murray Vachon LCSW:** It's always a joy for me to talk with someone who is committed to their own wellness, and today's guests certainly

demonstrates this for all of us. Here are my Inner Challenge Insights from this episode.

**Guest:** Insight number one, we find ourselves pulled between two worlds more often than we may realize. Am I a wedding guest or a physician assistant? Am I a child or am adult? Am I a parent or am I my own person? This pull can make us feel as if there's a blender in our mind. See this as normal. As we age, we step into so many new roles and at times we are confused ,Who Am I? All we need to do is a little bit of inner work. Make it simple, ground your feet, and breathe yourself into clarity. Trust me, 90 seconds of simple breath work will help you lean into the right direction.

**Guest:** [00:26:00] Insight number two. . Are you someone who says, I do not get why all these young people think adulting is so hard? Our guest says it perfectly when she says, I have to figure out how to carry a lot more bags. Yep. The bag of how much education do I need? The career bag, the partner bag. The parenting bag, the financial planner bag, the cooking bag, the cleaning bag, the self-care bag, the daycare bag, the friend bag, the adult bag, the faith bag, the citizen bag, how to live in the pandemic bag, the skyrocketing cost of everything bag, the anxiety and depression bag, the cultural violence and division bag. It's a lot. A real lot. The only way to do it is to commit to being a lifelong learner and to be brave. Ask for help and support when you need it. And for those of us who grew up in simpler times, be grateful and lend a hand.

**Guest:** Insight number three. In my clinical practice, [00:27:00] sometimes people will say to me, I'm not that into self-awareness, cuz it makes me just feel uncomfortable. I love their honesty, but what they soon learn is self-awareness does not cause discomfort. It just shines the light on what's giving us discomfort. When we have the light shined on it, we have less of a chance of being blindsided. If we are aware like today's guest and summon the courage, we can often push through it. The goal is to name and tame anxiety, not get rid of it. Remember, most of us have already done this. We've pushed through anxiety to play a sport or an instrument, take a test, ask someone out, go through a surgery. You already have the skillset. Don't underestimate your power to gently remind yourself, I can be anxious and do this!

**Guest:** Insight Number four. [00:28:00] Insight number three brings me to a tale from the couch. Once I worked with a young teenager that did not have anxiety, you're probably thinking that would be a dream. Actually, it was a nightmare. He never handed in his homework, had an almost impossible time assessing what was dangerous and he drove his parents nuts. A doctor in Chicago was able to make a correct diagnosis and with medication and

supplements, he began to feel, in his words, not mine "the joy of anxiety." Yes, he had nerves that reminded him to turn in his schoolwork, stop gaming so he could get to his job on time and not drive at speeds so fast that he was no longer a danger on the road.

**Guest:** Insight number six, whatever we're becoming, it's a process. Becoming a trombone player is a process. Becoming a student is a process. Becoming an adult is a process. Becoming a [00:29:00] parent is a process. In all of this becoming, we can fool ourselves into thinking, huh? I'll be happy and peaceful once I arrive at the destination of whatever process I'm shooting for. But then we arrive, and we're often surprised that once we get there, we're not completely happy, peaceful, and anxiety free. This must be why people say, do our best to enjoy the journey.

**Guest:** Insight number seven. Are you in touch with your inner child? I know this is a very therapy tool, but it actually is quite helpful. Being aware of our inner child or sometimes our inner children, helps us to become more conscious. Yesterday, I was swimming at a fitness facility when a grown man had a very frightening temper tantrum when someone asked him to put his phone away. After my initial reaction of horror and judgment, I [00:30:00] really felt so much compassion for how unconscious this man was. If he had self-awareness, he would've known how to tend and befriend the younger part of him that gets out of control when someone asks him to do something he doesn't want to do. Had he been able to be gentle with himself, he might not have screamed at people who asked a fairly reasonable request. He would've avoided a police escort and the 30 or so people at the pool would not have been a victim of his mental state.

**Guest:** Insight number eight. If you want to learn more about mental wellness topics that we touched on today, listen to episode one on Mental Wellness, number six and seven on Naming and Taming. Number two on Notice on the Inside and Notice on the Outside. And number nine on Sleep.

**MJ Murray Vachon LCSW:** Thank you so much for listening, and as you move through your week, step into adulthood, carry those bags, and do your best to keep [00:31:00] your mind peaceful and calm. This is your Inner