

# EP 36: HOW TO SET BOUNDARIES AND PRIORITIZE YOUR SELF CARE

Tue, 10/5 5:23AM 43:26

## SUMMARY KEYWORDS

boundary, feel, people, question, clients, care, prioritize, kid, child, instagram, email, person, leah, discomfort, week, women, identifying, honor, important, hormones

## SPEAKERS

Monica, Leah Brueggemann

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Leah Brueggemann 00:03

Welcome to another episode of the balancing hormones naturally podcast where we offer actions and steps you can take today to start balancing your hormones naturally. This is your podcast host, Leah Brueggemann. I am a Functional Diagnostic nutritional practitioner. I am honored and excited to be your guide on your journey to better understanding your hormonal health and how it affects your everyday life.



Leah Brueggemann 00:33

Welcome back to The Balancing hormones naturally podcast I have an amazing gas for you guys. I brought in Monica denial. She is a therapist for women, also entrepreneurs. And I have had my DMS full of questions about the mental aspects of healing and setting boundaries for stress because I talk about stress management all the time. So I brought on a pro. So I would love for you to introduce yourself and share a little bit about what you do.



Monica 01:01

Yeah, absolutely. So like you said, I am a therapist for women and entrepreneurs, I help women specifically stop questioning themselves. So they can feel confident in both life and business I find all the time, especially with women entrepreneurs, we we question a lot of our decisions. I mean, a lot of it, a lot of our decisions are driven for our own livelihood. And even just women specifically, whether it is questioning if you are in the right stage of life or questioning if you are doing all the right things for your children, like there's just so much. Um, I just didn't like the lack of uncertainty.



Monica 01:38

And I think even with like having the pandemic going on, we've like have a lot of uncertainty, uncertainty where things are gonna go. So yeah, so I the therapeutic approach that I use is called cognitive behavioral therapy, which basically teaches women how to rewire their framework of thinking so that they could change their behaviors. And

then I also use solution brief focus therapy, which is very solution focused, less problem focus, less pathology, focus, right, we think of mental health, we think of like mental illness, and we think of anxiety, a label with solution prefocus, we really focus on the tangible action items, instead of the actual problem, which is a unique approach. I feel that not a lot of therapists use. But yeah, it's just a little bit about being



Leah Brueggemann 02:27

Oh, that is so necessary, because I know that you know this, but I know that my women with pcls pmdd, they you start to identify as endometriosis pcus. And instead know it's something you're dealing with something you're healing from all of that stuff, which can be such a mindset. So okay, I'm not even sure where to start, because there's so many things that we need to talk about. But let's start first with setting boundaries with our mental health. Where do we even start with that?



Monica 03:03

Yeah, I think first is identifying if you you found yourself, first identify the conflicts in your life, like what are the things that you've been avoiding? Things that you after you say yes, you tend to feel kind of icky inside, you feel like Oh, man, I shouldn't have said yes to that. That's going to give you a little bit of insight of where boundaries may need to be in place. And I think people think of boundaries as like walls right? Like we're gonna put these walls so nobody can get in. But boundaries are more your limits your threshold of tolerance, like what are some things that I could absolutely be okay with? And what are some things that you know, just really affect my, I call it your inner peace, like your boundaries are were protect your peace?



Monica 03:49

So if you're, if you're looking at what are the boundaries that need to put in place? What are the things that protect your peace? What are your values, I always love to tell clients, what do you value the most in life because when you do boundary setting as a way of honoring your values, you will feel more aligned and you will feel more equipped to actually keep your boundaries and I think that's the biggest thing. Boundaries are about you. Boundaries are not about others. Boundaries are about keeping others away boundaries about protecting your inner peace and your inner world.



Leah Brueggemann 04:27

Okay, so I feel like I'm gonna have a therapy session right now. So when I think about setting boundaries, I always think about pushing people away. So now I'm like, Okay, I need to think about No, it's not not letting people in, but I'm just protecting what my values are. So I have a question off of that. I am a recovering people pleaser. Like I don't even know if I can recovering. I'm still like halfway up that hill and I am telling you, like if somebody, if I need to change plans or something needs to be changed for whatever reasons I am telling you, I will go like completely out of my way, make something completely miserable for myself, before I ever think of asking the other person, if we could change something. So what would you do in that situation? Because I understand that that's probably a boundary with me as well as like other people. But it's kind of terrifying to be like, No, no, I can't do that.



Monica 05:35

Well, I think one of the things like where I start with my clients is asking them, what are the benefits of people

pleasing? Because when when, because there actually are benefits? Or like, that's what our brain tells us, right? Like, I'm doing this when I'm saying yes, because I'm trying to get a certain reaction or action from this person. So for me, when I looked at my people pleasing my benefits were being liked, right? If I always say, Yes, I'm being liked, or if I always say, yes, people are more likely to adhere to my request, like, they won't have any like pushback, if I ask them to do something, because if I'm doing it for them, they should do it for me, right?

M

Monica 06:16

This idea of this lie that they told us, if you're if you're nice to people, people are going to be nice to you. Which is a total lie, right? Like you've you've probably seen it where you've put boundaries in place, or you've said yes to things, and then feel completely just drained because the other person didn't reciprocate the same, you know, action. So that makes you feel bad, and you don't know what, what is the thing that I need to stop doing and as to why does this person maybe it's this particular person, maybe it's a particular action that you just feel like you need to do? What benefit Do you get out of keeping that people pleasing behavior? I was you're asking yourself that?



Leah Brueggemann 06:58

Oh, gosh, yeah, that's the that is going to be like the biggest question, I have to sit and ask myself that. But you also okay, that probably goes to the whole, like, you think that you're helping yourself and protecting yourself. But if we're going to dig deeper, you know, we're not protecting the long term, Leah. I get that. Okay, so we're gonna start with looking at protecting our piece. Okay, now, what's the next step? Like? What are some strategies we can do for like, Okay, this is where I need to set some boundaries to protect my piece. How do we go about that?

M

Monica 07:39

Yeah, so I think the first thing is first assessing like, what is what is it that I want to feel after putting this boundary, right? Like, is it what do I want to communicate to right? So boundaries are sometimes like, I want something from someone, or I want to stop feeling this way. So even identifying like, okay, emotional, and maybe it's someone that you have a conflict with. And maybe it's a friend who isn't reciprocating the same type of, you know, like action or appreciation for the friendship, but you don't you fear that by telling them that it would cause them to react, or think badly about you. Again, that's the thing that stops most people, the fact that they are worried about the action and reaction from the other person. But we can't control what that other person feels, or wants to add, but we can control how that makes us feel.

M

Monica 08:39

So you have to ask yourself, Am I do I want to keep disappointing myself in, in order to be just being good in the good graces of this person? Or could I communicate and it starts with, I feel this right? So I feel, I feel hurt when you don't text me in the morning. What I need from you is right, so I feel insert whatever it is that you're feeling, do not minimize your emotion. So it's not I feel like I feel that, you know, like, because that's minimising what you're actually feeling. And so then that makes your boundaries very porous. Very, very, like, Okay, well, I kind of want this from you, or I think that you should, you know, I think that no, you know, what I need is for you to text me in the morning, you know, for you to tell me how much you appreciate my friendship and then allow the space okay, well, you know, I didn't know you felt that way read, allow the space for the other person to say, Well, why am I not doing this? Because the other person never knew it's a problem. Also, you're changing the terms and conditions of your friendship, right? Because now you're saying, Okay, now I need this from you. So of course that person is going to feel whatever they're going to feel hurt or attack because it's was never brought up. Right? So it's more of saying like, well,

this is how I not you always you did this, you do that that is more of like we start using your statements. We're coming to attack. If you've ever heard anybody just say like, will you are you always like, are you You're always late and it doesn't feel good.



Leah Brueggemann 10:21

Yeah. That totally makes sense. So I'm over here. It's like I fell jaws go, I did therapy. I'm like, I always get frustrated with people. And as you were saying this, I realized that I'm always like, Oh, you don't do this. Not that I say it. But I think it I'm like, you don't do this, I wish you would do this, blah, blah, blah. Like you never told them that I felt a certain way when they did that. I just expected them to be better. And magically read my mind. So you know, yeah.



Monica 10:53

And that's, that's the thing, like we all have sometimes a weak sense of identity. So we feel like we based how we feel about ourselves on how others treat us. And so when we it's identity work, it's like allowing yourself to define like, Okay, well, why is it the fact that I'm just giving too much and not receiving anything? Have I communicated this? Or most likely, you have not? Most likely, you have learned that if you show someone how you want them to behave, right, based on your own actions that they would do, they will reciprocate that. But a lot of people don't understand why you're acting that way. A lot of people just feel like, that's how she are she's always the friend that's always available, or she, and then that puts too much pressure on us to show up differently, or we feel like Ah, well, I always say yes to this. If I say no, it's gonna like, they're not gonna like me, or they're gonna think something else of me. But no, it's more of like, if you're feeling that way, that means that a boundary needs to be in place. And if they give you pushback, that is also an indicator that that boundary should have been in place. Because Yeah, like, oh, one there's one thing people don't want to put boundaries because they don't want to feel guilt. Yeah, that's me. But discomfort is part of the process.



Leah Brueggemann 12:25

That was gonna be my next question. I was gonna be like, so what happens if you set the boundary? And then you just go, Oh, my gosh, what on earth? did I just do?



Monica 12:32

Right? It's part of the process because putting a boundary is advocating for the life that you want. When you don't put a boundary you're saying other people get to dictate the life that I want. So



Leah Brueggemann 12:46

if somebody else was living it, so yeah,



Monica 12:49

and then you feel like you have no control over your life? And it's like, um, Yes, you do. You are able to put these healthy boundaries, about your time about your physical space, your emotional space your time, right? I feel what do you feel for you are some boundaries that you tend to like it's hard for you to like keep them



Leah Brueggemann 13:13

for me. I'm okay, now I have to like think on the spot. Okay, so for me, honestly, one of mine will be like, getting off like cutting off work this even just with my clients at a specific time, like, Leah has to be done by like, 9pm I'm not doing anything else. And I will always find myself like I will say these things. But then I will find myself like, Oh, no, like I'll just check and see if anybody needed something because what if they need something? And then like, I didn't answer in time. Yeah. So working on that one,



Monica 13:51

I didn't answer in time and then therefore they're going to think I'm a



Leah Brueggemann 13:56

bad coach, or I don't care about them or I'm not invest or health. Keep going.



Monica 14:04

Right? So that's all these things, all these things that we tell ourselves that and I always I always say when you're ruminating about this when you're worrying ask yourself Who told you that myself yourself right? Because nobody told you that you're a bad coach. Nobody told you that you're a flake. You know, nobody told you that you're not actually helping them and I think part of that is like well how am I helping them right? When you're finding your inner self critic come up and tell you like these are all the things why you should be looking at your email even though you said because then that what happens is when we try to put a boundary but then we ourselves don't honor that boundary that we put in place. It's telling that person Oh, it's okay. Whatever she told me all this is her. This is when she's available. All that doesn't matter, because she she will still tell Text me or text me or boxer me or send me an email at 10pm so it's okay for me to message her at 10pm and expect a response



Leah Brueggemann 15:10

and then of course I rolls and then I get frustrated because I feel like people are pushing my boundaries and I'm like you're not even holding them



Monica 15:20

yeah so part of being you know building a boundary is being clear about the boundary to both yourself and if it's with if the boundary involves other people making sure you been thoughtful about the boundary issue and also have identified a consequence if that person doesn't accept your boundary and don't think of consequences as like oh this very bad thing like I'm gonna stop being your friend have you know it's more of like so I used to have a client who would um, I would say this is what my time is and they would always text me and like hey, I haven't heard from you You haven't text me back and I was and I waited I was uncomfortable I saw it just like you I was like I'm gonna look at my email and I saw it and I'm like, if I reply This is gonna say that this is acceptable behavior. So then I actually know how to check in with this client so I checked in after during my normal business hours and I said hey, the my

boundary is that I only answer calls but then this time if you do not respect this I will have to and then I said I will have to maybe some more reminders write about that this is my boundary so but not I'm going to take you off as a client or not this no it's like I'm helping that person understand and learn boundaries because maybe they never learned it. But if there's no consequence to putting that boundary or them not honoring it, then they have nothing to want like they have nothing no purpose to actually respect it right. So knowing that you have to have a consequence and also I feel like a lot of people are not going to be comfortable with this is also knowing that you have to repeat your boundary



Leah Brueggemann 17:04

that is me Okay, so this Okay, this all my clients are probably listening to this so here here's Leah's boundary, but one of my biggest issues or one of my biggest pet peeves is getting health like personal questions in my Instagram DMS and I'm like I lose track of them can't be answering them like put them on voicemail or in our client call or something like that where I can keep track of them I can show up in that health coach as your practitioner space on Instagram. Sometimes I just like Leah, like on Instagram like what are my friends and I always set that boundary but I will get people that will press that boundary and oh my goodness like I struggle with repeating it I'm just like I don't even know what I think. I don't even know what happens but it's like I mentally blackout or something.



Monica 18:01

And I think it may be like um, it may be another way like as a business owner How can you automate that part if it feels uncomfortable for you to repeat that boundary when it comes to like your DMS or anything like that like having a you know an automatic message that says Like, this is when my time is so if they say anything I always like if somebody if they emailed me past my time, I always come back and I honor the fact that they didn't bombard me with emails I say thank you so much for being so patient. This is your answer to your request. I don't say oh my gosh I'm so sorry right because now I'm like, why am I saying sorry for something that I put in place and a boundary that I want you to honor instead I'm gonna say i know i i know that you waited patiently I know that this boundary doesn't feel comfortable for you I know that what you have to say is important. So I'm just going to say thank you so much for you know, respecting my time. And this is how I can help support you right? But yeah, I think the biggest thing about boundaries is just learning how to cope with the discomfort about establishing that boundary.



Leah Brueggemann 19:14

Yeah, no, that totally makes sense and just being confident about like, I'm gonna stick to this and I like how you say consequences like it's not necessarily bad consequences just that like if they're going to push it like this is what happens so Okay, I need to practice that um,



Monica 19:34

yeah, and I think the biggest takeaway is just like there's no such thing as guilt free boundaries. Guilt is part of the process and guilty. Guilt typically happens as a result of thinking that we did something bad so it comes from your programming about telling people and they might be like coming like, you know, growing up that if you said something people would say it made you feel bad about you saying something, people, minimizing your emotion. And so that's how you feel guilty about even taking up space.





Leah Brueggemann 20:04

Mm hmm. No, I agree. I agree. And I think sometimes we think that if we set a boundary, we're going to just feel overwhelming peace all the sudden, and that doesn't really happen. Eventually, eventually,



Monica 20:17

eventually, it's one of those things where it's like, short term discomfort for long term stress relief.



Leah Brueggemann 20:24

Yes, that's what I need. Okay, which takes me into my next question. So, we have so many moms on here, love bombs, how to we prioritize self care, because I mean, I'm sure you heard it. Also women that are really busy with work, we just, you know, there's something that's always gonna top it, like, taking care of ourselves. Like, that's not necessarily a priority to us, like we need to, we have to check this thing off the to do list, like we need to go get diapers, our kids need this or whatever. So how do we prioritize it? Because Leah talks about it being extremely important.



Monica 21:01

Right? And I think it's also like, so, you know, for for for women who are mothers who have all these other responsibilities, right? And who pride themselves in, you know, showing up in the best way for their children, right? It's kind of like recognizing, like, why what is it about? What have I learned growing up that says that I shouldn't put myself first, right? What happens when I don't put myself first right? Like, what consequences? Do I end up seeing one overworked? I'm overthinking my kid is having, you know, tantrums. Or just seeing like the results and the consequences of you not putting those you know, self care as a priority. And even so, maybe dedicating, because I think a lot of just like any habit. Self Care is a habit and self care is not always comfortable. No, it's not right. Self Care is caring for yourself, just like you care for your child. It's about caring for yourself. So ask yourself, have I cared for myself, just as much as how I've cared for my child. So it's like your child's you know, you wake up, you're probably like, Oh my gosh, I need to, you know, I want to make I need to make sure that my you know, my kid goes to bed on time, right? I need to make sure that my kid eats the right foods, or that my kid is excelling in school or all these things. Those are questions that you also need to revert back. Am I doing those things? Like why am I Why am I making all of these expectations for myself to do this for my kid, but I'm not honoring those things for myself? I'm not asking myself like, what do you need today? Do I need to have a glass of water? Or do I need to just have some you know, mommy time? Why do I feel guilty? If I asked my spouse for time I've had a lot of clients tell me like, I just feel guilty, like asking my, my husband to watch the kids because maybe they're the maybe they they the mom is like a work from home mom. And they like, the husband's just coming out from a long day of work. And it's like, it's both of yours responsibilities, right? Like, it's, it's both of your responsibilities, and it's okay to say, hey, I need my time. Like I let's maybe schedule it ahead so that it doesn't feel like you're taking away



Monica 23:24

the responsibility that you have, and it's insane. Like I am responsible. I am a good mom. I am someone who shows up for my kids. But I need to show up for myself. And just reclaiming, you know, your inner peace again, it's just like this boundaries. Self Care is a boundary right that we have to honor for ourselves. And if we aren't actually considering it as an important part of our life, then that's them that may say that, okay, well, we are. We don't want to prioritize it. Right? prioritizing is making something of important and putting that first, right and actually taking the actions to put that first. So I say maybe the easiest thing that I've had moms to to start prioritizing is waking up

and having their own me time even if it is 15 minutes, or even if it is just in the shower, right like in the shower, having your your mealtime, whether that is letting your emotions out. Sometimes we can carry like I need to be tough, but sometimes it's hard, maybe your child to attend a tantrum. Maybe you didn't get the client that you needed. It's okay to cry about it. Like it's okay to just like let it out and say like, I am feeling all of these things and I need to prioritize healthily, regulating my emotions and by healthily regulating my emotions. It's not minimizing them, it's actually showing up because what am i teaching my child in my teaching my cloud that child, they shouldn't process their emotions. And even ask yourself like, would would I treat my child in this way you like, though you shouldn't have a good night's sleep? No, you shouldn't, you know, have that treat? You probably wouldn't you probably be like, no, yeah, they deserve a or if they were, if they didn't sleep, well, they would say, oh, maybe Ronnie, maybe you need a nap, right? That's the same way, the same compassion that we show for others, we need to show it for ourselves. So I feel like there is no magic strategy to prioritize your self care, but it's more of, again, going back to guilt. It's part of the process, feeling guilty, because we're saying, okay, we're saying that we're choosing ourselves before we can choose someone else. And that can be really hard. If you grew up thinking, I grew up in a household where when we would have like, dinner parties, it would be feed all of the men first and then feed yourself last. And I'm like, but I'm hungry. You know, so it was hard to just like, reprogram that. And I it's okay for me to eat first. And then, you know, like, respect all the other wonderful people in my life. But it is hard when if you grew up in a household that said, you come last before anybody else.



Leah Brueggemann 26:29

Oh, I feel like he just opened 1000 candles of fish. Just talking about like regulating emotions and feeling them which I think is huge. But something you said I wanted to just really point out is that self care is not the Hollywood glamorized version of self care. You know, self care isn't always chocolate and flowers like, actually rarely is it chocolate and flowers like yes, we do love chocolate and flowers, but rarely is it that you know, self care can be making food that makes you feel good self care can be actually like prioritizing and investing and taking care of your health, like finally going to see somebody can be therapy, it can be like, bawling your eyes out, like in a workout to get it out. And something you said that I'm gonna highlight for everybody else is think about how you would take care of your kid and then ask like, are you taking care of yourself and I think that is so in Porton, because I mean, I know I'm gonna make sure my child gets three meals a day, I'm gonna make sure he gets outside and get sun and you know, walks in the in the grass, it gets time to play and get time to cuddle on the couch, like, but you just think you're an adult. So you don't you don't need those things anymore.



Monica 27:51

You're an adult that still has an inner child that may have unmet needs. And by you not prioritizing yourself care, maybe that is that unmet unmet need, that you were told that it was never okay for you to be kind to yourself for you to put yourself first than anybody else. So even asking yourself when you're creating a self care plan, because self care requires effort, time and planning, I'm sorry, I'm sorry. It does. But it's identifying what you need.



Monica 28:24

So it's like asking yourself how do I feel emotionally, name, name, your feeling? Being as descriptive as you can then how does my body feel right? Like you talk about like hormones? And so like, how does my body feel? notice things like pain, energy level, tension, heart rate breathing, all this is so important. And what do I need to bring myself back to wellness or contentment? And I think that's the biggest thing. Like, you don't have to have this full on self care plan. Bubble Bath, is just simply asking yourself these questions. How do I feel? What does my body feel? What do I



need to bring myself back to contentment, using how we feel in our body sensations to identify what we need, and it can be as simple as needed food and water? Or I need connection, right? Maybe I need to be playing with my kid. Maybe I'm just feeling lonely, right?

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Monica 29:16

Your feelings tell you exactly what you need. You're feeling lonely, you need connection, you're feeling sad. You may need to cry. You're feeling angry. You may need to scream, right like or you may need to focus on your breathing. You're feeling anxious, like our feelings have so much. They tell us so much. But we often want to just write it off and like not feel it. Because we associate anger, anxiety, sadness as negative emotions that we just, I mean, I remember growing up and would cry my mom would say stop crying. And I'm like, why I if I if I just fell off a bike, I'm sure as hell I'll cry, you know, if I just got rejected or didn't get an A because at the time was like a super overachiever, I'm gonna cry about it because my expectation didn't come true. And I'm deserved to just feel this, not push it away, because then we start getting with I shoulds. And we should all of our stuff all the time, we always say like, I should have done this or I should have done that. Why? Why should you have done all these things? You know, so I think it's not one size fits all for any moms out there. It's just important to figure out like, what can I do to listen to my own needs and provide myself compassion the same way? I provide for those around me? Just simple.



Leah Brueggemann 30:44

So many, so many truth bombs. Which brings me right into my last question for you, which is how do we do that? while struggling with like, not needing to be perfect at it? You know how once you start one of these things, you just want to be all or nothing?

M

Monica 31:02

Mm hmm. Yes. A think it's like, Man with perfectionism it there's gonna be so many things, but I feel like it's acknowledging your fears for First of all, I think we all have when we show up. When our perfectionism shows up, it's honestly probably because we're not honoring a fear or we don't want that fear to come true. So this could be fear of failure, fear of success, I've had that along. Like, what happens if I if this happens? How am I going to sustain it? or fear of rejection, fear of judgment? All of these things. So even asking yourself challenging your thoughts? Like, are my fears accurate? Right, like, is this accurate for me? Is this a helpful thought? For me to actually have to do it perfectly? Like, do I have to perfectly you know, do? I don't know? Um, could you give me an example what something what you feel maybe have you seen in clients that they want to do perfectly, and that just like, stops him from actually like implementing?



Leah Brueggemann 32:05

Yes, all the time, this will be like their nutrition, this will be their supplement routine, this will be their exercise routine, this will be like, you know, managing stress when it comes to their job. It's either all or nothing, either, I'm going to be perfect with my nutrition, or I'm going to be eating at McDonald's. So it's like, doesn't need to be perfect, but

M

Monica 32:30

right, so am I even just asking you're like framing that negative self talk into me? So I would say ridiculous. So what do you typically tell stop what typically happens to stop yourself from actually creating a like, following through on

your nutrition plan, if it's that you love McDonald's, like, okay, that's okay. And so then might need to add McDonald's to your, to your you know, and maybe it's just once a week, right? Because the more if we start getting to these things of like, restricting ourselves from the things that we love, then it can be all or nothing.

M

Monica 33:05

And I remember the same way like, I would tell myself, I need to work out four times a week, not knowing that my present self is making the decisions for my future self, which I don't even know what my future self wants. So your present self, you have to be making those decisions. were being more present more here in the now and making your judgments there. Right? So even saying like, it's okay, if I have McDonald's, you know, for lunch, because, you know, for dinner, I'm gonna make myself some food. I'm in just like, listening to what the negative mindset is telling you like, sometimes we can stop ourselves from doing things we can say things like, it's boring, it's hard, it's not important, it will take too long.

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Monica 33:49

Seeing all of that all of that energy that you're using to sail of that negative self talk is literally what's creating this obstacle from you actually doing it. So actually start saying more realistic or encouraging self talk. Something that I used to say, as an example of like recreating Instagram captions, I would say I hate writing Instagram care, I hate writing emails. And I'm like, well, that's not going to actually motivate me to do it. So I say, so I say more realistically, it only takes 30 minutes. It's not that bad. I get to get ahead of my planning this week, if I do it, right. So that's more realistic, that is more encouraging. I'm not making it a, I'm not putting all these obstacles by saying it's boring. It's hard. It's not important. It's going to take too long. Of course, if we, if we start saying those things, it's going to create this resistance for us to actually do the things that we need to do. I also like this. I like to write down like what I want to get done for the day and I use the five minute rule when I'm not feeling the five minute rule is so Jasper. So whatever it is that you want to do, just put a timer and for five minutes do that thing. Once the timer is done, you could either continue doing whatever it is you were doing, or you don't have to, but at least you've at least started by your five minutes in, it's more tolerable for five minutes, then to say, Oh, it's gonna take me two hours psychologically, it's much easier to motivate yourself for five minutes. And it helps you gain momentum of the thing.

M

Monica 35:31

So when you're implementing like a nutrition plan, or a self care plan, make it very short. Because if you already, if it's something that you struggle to keep consistency, the if you make it like a month goal or a quarterly goal, it might not be realistic for you, because you've never gotten that far. So you have to start small. So it's been for that for this week, I want to work out twice, up twice. And also don't be rigid with the things that you need to do. Like, sometimes you can say, I need to do this in the morning. If you set your your, your, your goal that way, I need to do this every morning. What happens that morning when your kid gets sick, what happens in the morning, when I'm just everything goes wrong, and you throw coffee on yourself, and you're not gonna feel up for doing that workout, right? So I for me, like working out, I'll just say I'll workout twice this week. And so if all week Monday, Friday, right, Friday rolls around, and I'm like, dang it, I haven't worked out. That's okay, because I have Saturday and Sunday. You know, I'm not gonna pressure myself to not do it. But the more realistic that I keep my goals, the more I'm able to do it so and always treat yourself compassion with compassion, because you're not always going to be your energy is not always at 100%. And you think a lot about this right about our energy at different phases of our cycle is not going to be the same. Yeah, we are getting. Exactly. So where are we putting goals or things to keep up with? That we know as humans, we are not meant to be consistent. Mm hmm. Yeah, we can try for consistency. But it doesn't always work.



Leah Brueggemann 37:20

consistency with like, little things like over time, you know, and I think when I see so many women with their health, it's the consistency over time that wins out. It's not, I'm great for one week, and then not great for two weeks. And for example, like I have a one on one client and she's traveled like twice in this past month. And she's out with friends, and she's drinking and doing all the things and so her priorities are very different than when she's at home. And so we have a different setlist for her while she's on vacation, for her hormone happiness, because that's still the goal is her hormone health. But maybe how we go about it is different while she's on vacation. And the fact that you said like they've never done it before two weeks, two months. And so it seems unrealistic, I think is honestly one of the biggest mental blocks I have with a lot of women literally starting their health journey because they've never felt good. So they can't imagine feeling good. They've never stuck to anything for more than five days. They can't imagine like making it lifestyle. And that's where this step by step is so powerful, because it's like, no matter how overwhelmed you are, like literally just got an email from someone like I'm overwhelmed. I'm like, that's fine. Your goal is to vote on the group call time in order your magnesium. That's all you do. That's all you need to do right now shows all I can do that, like Yes, yes, you can. And that is where that's where working with someone or getting out of your head, getting that bird's eye view we get so caught up and so hard to be like unbiased, when it comes to our health and yeah, life.



Monica 39:13

And we make things hard, like often, often action is always going to solve whatever discomfort like when we procrastinate. We're only temporarily temporarily relieving anxiety, but then we store all this energy and then it's long term anxiety so if you ever have any clients or all of a sudden I'm like having a mental breakdown. Okay, you got to ask yourself, what have I been avoiding? What have I been avoiding, and have been procrastinating because that's going to give you clues on your discomfort. And that's going to give you clues on what boundaries I should put in place. What my needs are right have I've been pushing myself on overdrive to do things that honestly don't make sense. And also, for anybody who's looking to start like really healthy You know, habits I love on James clears atomic habits, it's such a good book, because he really talks about identity and identifying the things that we want. So instead of saying, I'm not a morning person, well by saying that you're not going to become one, but it's more like I am a morning person, and these are the things that I do to get myself to that. And even asking yourself on my worst days, how can I keep this up? On my worst days? I always end my therapy sessions when I say okay, is that I asked them is that something that you can handle this week? Is that what What challenges do you see happening? And by them, they're like, Oh, you know, I have this going on or this going on? So this is going to challenge me or I feel challenged with putting boundaries with my family. So we know Okay, with that being said, the expectation is that you may feel this way. And that you and you may not do it all, you know, all the way and that is okay. Because notice that there's some challenges. So what can you do on your like, on your worst day? How can you make this happen? Oh, you know, I could at least, you know, bring it up, or I can at least do this one task that I haven't been up for. But yeah, asking yourself on your worst day, how can I keep this up? So I recommend James clear atomic habits. And then if you're a mom who is struggling with giving yourself kindness, I recommend self compassion by Kristin Neff, wonderful therapist, and she talks a lot about how can we be kind to ourselves and I love it because she talks about she's more of a storyteller. So for me I love learning through other people's stories so she really does help she talks about having a child with on the spectrum and so how she had to provide her self compassion because she was saying like, what did I do wrong to you know, for my child to end up you know, having a being on the spectrum she didn't do anything wrong like she did it? It just so happens that that's what you know, that's what happened and so now she had to really unlearn all these negative self talk that over the time she didn't know we're really deep rooted. Oh, that's so good.



Leah Brueggemann 42:05

I need to get that book. Again. Have some reading to do. So okay. How can people find you How can they learn more from you give me all of the spaces where we can connect?



Monica 42:18

Yeah, absolutely. So I typically post all my content on Instagram and that is a cafe with Monica and then I also have a podcast there is something for everyone. I actually have a podcast episode called How to put self love and self care into action so I recommend that it's the podcast is cafe with Monica you could find it anywhere Apple, Spotify, all the all the platforms, and then recently got into Tick Tock and that is coffee and therapy. So yes, follow me there. I give you all the tips and everything that you need to know to get into better to put mental health as a priority.



Leah Brueggemann 42:57

Yeah, I love that. Well thank you so much for being on. Thank you. Thank you for listening to today's episode of balancing hormones naturally. If you found this helpful, I would love for you to share it with a friend and post it on your stories and tag balancing hormones actually podcast so we can get this message out. You can find me on Instagram at Leah, underscore br you eg and I would absolutely love to hear from you.