0:00: Hey, it's your friend Sarah, and welcome, welcome to Stories of Survival in the Modern Age.

0:14: Today I'm chatting with Natalie Trusdale.

0:17: Natalie is a body image coach and mentor and author of the Roadmap to Body confidence and Self-love.

0:24: She helps women get off the exhausting rollercoaster of dieting, body bashing, and I'll feel better when style thinking, and build confidence that doesn't disappear the minute they have a bad body image day.

0:38: After struggling for years with body dysmorphia and anorexia nervosa, Natalie now combines her lived experience with her background in psychology and coaching to help women create a more realistic, compassionate relationship with themselves, the sort of thing that's without the fluff or the toxic positivity.

0:57: Her approach is honest, down to earth, and if, often a little bit no nonsense.

1:03: She's all about helping women realize they're more than just a body and that feeling good isn't something they have to earn.

1:11: I know I, for one, have struggled with that feeling of not being quite OK in your own skin, so this feels to me like a really, real conversation to have.

1:21: Natalie, welcome, welcome to Stories of Survival in the Modern Age.

1:26: Thank you very much Sarah, I loved, it sounded so lovely when you said it, I was just listening away thinking this sounds like a great chat, absolutely, no, thank you, I'm looking forward to it.

1:36: You're very welcome.

1:37: Natalie, so I was reading something on your website earlier and there's a line that really stayed with me about spending far too long feeling like you're not enough.

1:49: And I wonder if we can start there, Natalie, and what was your relationship with your body growing up?

1:57: Do you know, I, I quite often say I.

2:01: For me, like our general self-esteem and body image is so entwined, so actually, a lot younger, unlike a lot of women I, I speak to, when I was younger, I was fine with my body.

2:14: It was probably, I started to really struggle, my confidence, probably from like a young age, like late primary school, I had anxiety, a bit low self-esteem, low confidence, and actually, it started to bleed into how I looked around about, Coming out of secondary school age, so around about that 1516 mark where we start to get a little bit more concerned about what people think, what do the boys think and all of that stuff, so it actually for me it started with just general low self-esteem, and then I, it, it got directed into solely focusing on how I looked, and I think that can happen.

2:53: that happened for me just due to, like you said, that worrying, wanting to fit in, want, want to belong, so originally I had quite a good relationship with myself, I didn't even think about it, which I think is the most important thing, I didn't even think about my body or how it looks, it wasn't even on my mind.

3:08: I have far more important things to think about and it started to get on my mind and then I started to focus in on it, and at that point on then it became a bit of a, Up, up and down, we love it, we hate it, we love it, we hate it, there was no middle ground, it was either, oh yeah, I'm, I'm happy or I'm miserable, it was, it was very extreme and that went on for quite a while.

3:30: Interesting, interesting, and so then, with your background in psychology, did that change how you started to think about what you were going through?

3:42: Yeah, do you know what, it, that's absolutely on point, Sarah, cause it was probably around about, I was about 25 when I went and did psychology and health at uni and I did that in the evenings around work.

3:53: And it started to show me how the brain works, so I think for a lot of us we can think, oh it's me, like I'm the only person I think that's why there's something the matter with me, and that can be our default way of thinking, and actually when we started looking at the brain and how it works and how, how different things influence influence us and all all these things going on, it made me realize, oh actually, There there's a reason behind it, there's a process here, and with that came a little bit of I suppose self compassion, actually being a bit nicer because it's not just me, but also I suppose gave me that understanding that it's changeable.

4:29: because you know there was a lot of talk about how like, you know, our habits and our thinking and our beliefs and all that thing and how, how they build up over time.

4:36: Time through our experiences and all the pathways we build our brains and all of that, all of that stuff, which showed me that that is changeable and that we have that flexibility within our brains to unlearn and relearn.

4:50: and that got me very curious about how that would apply to how I felt.

4:55: So then if we just go back for a, a, a little bit there, you know, when did the, when did the anorexia start?

5:03: Was that sort of in that time frame between you starting to notice these things in your mid-teens and then at that 25 year old stage where you were at uni?

5:15: Do you know, it was for me with the anorexia vulsive which is very much around, control, it's a lot of body checking, it's a lot of, it's when we are hyper focused on controlling, it's that anorexia nervulsive thing, so we're very hyper focused on it.

5:29: And for me it came with every time there was a change, cos it's probably important that I also have ADHD so any kind of change or anything that sets me off, I'm I I like control, like we all do anyway, and actually for me.

5:45: Me, that started with me wanting to control things.

5:50: So often when the world's a bit crazy, so whether that was, changing schools, relationship breakups, could it be arguments and friends, anything, if I felt like oh I don't know how to control this situation.

6:02: I found that the easiest thing that would bring me a sense of control is if I start to micromanage myself, so that's when I would start weighing things, obsessing, measuring everything because that gave me this deluded sense of control, even though really by doing it, which became a real impulse that I had to do it.

6:22: Is so out of control, it really it doesn't bring control, but that's where it started me, I'd start weighing food, I'd start doing things and that would make me think right, I'm in control of this situation, which made me feel like I had power, mhm, mhm, and so was there any point where you felt that all of that control was gone?

6:42: Do you know, it took me, there was probably a few times though where maybe I could have realized but didn't, so I used to, I used to blame quite a lot, so it would be, oh well it was that person in this relationship, if they didn't make me feel so miserable I'd be happy, and what I realized is that happened in a few relationships, and I came to realize that actually maybe it's me that actually without sounding awful, I'm the problem, and not in that I'm actually a problem, but it's me, it's how I'm thinking, it's how I'm behaving, and that's when for me, I started to do the thing that we do, started to change a few things and then I'd get scared and it wouldn't work or I'd start to like, the ground would shake and I'd go back to micromanaging and control, but for me, I started to realize I became quite secretive with things, and so I would secretly measure things and I would secretly weigh myself and I would, I hide how I thought about stuff and I think that when it came to light for me that I was being so secretive, and I got curious about well why am I, why am I lying so much, it's because I, I started to realize that I wasn't in control, and I started to not feel in control of how I felt, my emotions were everywhere, I felt really low, and I suppose.

7:58: I think we all hit our little version of rock bottom, and at that point I was like I need to take some control of this, because as far as mental health goes, I was really, really struggling, but also not telling anyone, and a part, part of that for me, which I suppose is even a bigger topic is I've always been in a smaller body.

8:16: Generally, like even when I would say I was at my heaviest, I was still in what would be.

8:21: To a lot of people considered a small body, so there's a lot of shame mixed in that for me, about I shouldn't feel this way, and if I would express things to, to people that I know like oh I feel awful, oh, and I'd like diss my body, I would kind of get ashamed for it, so it'd be like, what have you got to moan about, God, well I wish I had your figure.

8:43: So it made me really start to become more and more internalized with how I felt.

8:48: Do people actually say that to you, Natalie, or were you just thinking that yourself?

8:53: People said it, people said it, yeah, so all the compliments I would get would be physical, so oh I wish I had your washboard stomach, or I wish I had your self-discipline to get to the gym, or what all, I wish I could eat that cake and be as thin as you, them not knowing that don't worry about it, I'm hardly having tea, so and then people would say things like I don't know what you're going on about, oh God, who are you to moan and they said in jest.

9:19: But to you, to you, yeah, you know, you might have had that brave face on, but underneath, it was, it was all in turmoil, wasn't it?

9:29: Absolutely, absolutely, so it became a, don't speak up, don't complain about your body in front of people, because that, that seems rude to them if they're in a slightly bigger body than you, so don't do that, and then also, oh your biggest, Attraction or the thing people notice about you the most is, is what you look like, so therefore that is the most important thing.

9:51: So those two combined were really quite toxic.

9:55: Things, it's interesting, isn't it, because even before we started recording this podcast, I said, oh I don't look at my best today because my hair needed doing, there's always something, isn't there, that we see, that you said, that you said you looked great, but to me, in my mind, yeah, and we just perpetuate that story, don't we?

10:16: Of course we do, of course we do.

10:18: But then for you, Natalie, what was the turning point, obviously you'd hit that rock bottom.

10:24: But then, how did you start to make that shift?

10:29: Do you know what, for me, I danced around making the shift, Sarah, for, for a few years like we do, dip in, toe out, and every time, let's just say this stuff hit the fan, I'd go back to default behaviors, control, micromanage, and I'd kind of, you know, and then a bit like any kind of addiction, I would go through periods where it would be calmer for longer and, and like we do, and then actually for me, do you know what, so it was when I got pregnant with my first daughter.

10:56: So by that time I was 32, and I got pregnant and I was so concerned with how my body was going to change, and I was not in a harmful way, but I was finding exercises that I could still do that were trimester appropriate, and I was monitoring, you get given by the NHS this little scale of what is the average weight gain.

11:20: I was so obsessed by it.

11:21: So for the first like 56 months.

11:25: I was finding, and I could hear myself saying it, if people said, oh, you don't look pregnant, oh, you haven't got much of a bump, it was a compliment.

11:33: Because for me that means, oh, I'm not putting much weight on.

11:36: And if I started to go above that line, you know, that measurement that we all like that we're trying to control things, I'd get a bit of a panic on, and I wouldn't not eat because I was very aware that I was having a baby, that it really struggled, and for me at that point I was like, I have to do something about this because I cannot.

11:54: Have children, particularly girls, not saying men don't struggle, but particularly girls for me, from a personal angle, And pass this kind of toxic behavior on, even if I'm not, I'm intentionally not trying to, the way we speak to ourselves, the little things we say when we look in the mirror, people are listening and we're all are, we're listening to ourselves and other people are listening.

12:15: and that's when I thought, I really need to make a bigger effort with this.

12:19: It's not just about me.

12:21: Good for you, good for you.

12:22: And so, what's the most common thing that either you told yourself or you hear today of people saying to themselves, Do you know what, I think it is, it's a bit like that introduction, I mean alongside us for the normal, oh God, I am, and there's there's an I am and then a horrible word, but I think for me it's, it's the sentences of the I am and it's the I'll be happy when, I'll be confident when, you know, I will be more lovable when, and there's always a when at the end.

12:53: And, and that when is always attached to something external.

12:58: You know, when I've got a partner, when I'm a size 8, when I lose this one exact stone, you know, I think there's always something very external and measurable about it.

13:08: And really those are all feelings, yeah, rather than being happy first and then the other stuff will come along.

13:14: I heard, I heard, I heard Tony Robbins once describe that whole I am, and we use it all the time, don't we, we'll say, I am a doctor, I am a lawyer.

13:24: I have, I, in in terms of your body image, etc.

13:29: and he said, just like you said, you're more than a body, he would say, no, you practice law or you administer medicine because that's not who you are.

13:39: You're not the doctor, you are you.

13:42: Same thing, you have a body, but you are not your body.

13:46: Yeah.

13:47: And it always stuck with me, it did that, and so you're right, you're spot on when you say those I am sentences.

13:54: I am tired.

13:55: Well, no, you're just a little fatigued because you've had a hectic day.

13:59: Yeah, you know, yeah, take that on board, don't we?

14:04: Absolutely, absolutely.

14:05: I, I worked with a lady recently, and part of the thing we were talking about was that.

14:10: I, that identity piece that actually we identify as as that person that even even though we don't want to be anymore, or the people around us identify as, so she was finding that, a lot of her family, a lot of her friends identified her as the chubby one, so, When she was trying to work on it and do things in her mind and in everyone else's mind, she's the chubby one.

14:31: So when we're always saying to ourselves, we're trying to do it, oh, but I'm the chubby one, I'm the chubby one, it's really, it's really damaging and we kind of identify with, like you said, all these things that just knockers and they're all so our self worth gets so entangled with people's opinions and what we look like or the job we have and all of this other stuff, and I think if we build that, if we, you know, I'll be happy when statements, I'll always say to people like, well, you know, you might hear it all the time, people say, well, I was happier when I was thinner.

15:03: And I'm always like, do you know what, maybe you were, maybe you were, but I can guarantee it wasn't cos you were thinner.

15:09: It'll have been because maybe you slept better, maybe you actually socialized with your friends more, it'll be all the things that came with that, so they did, you know, they maybe we got the confidence to go out and do those things because we were thinner, but actually the things that actually created the confidence that created the happiness and all the things we wanted, came from our habits and our behaviors, not the number that we weighed on when we stood on the scale in the bathroom, and I think it's starting to, To realize that isn't it, and actually that doesn't have to come first, we can do the other things, but it's shaking off the comparisons, shaking off the worry of the judgment, shaking off the beliefs us or maybe other people have about us as well, to go and do that, and that's scary, isn't it?

15:49: Oh, it is, it is, and so I mean for you, was that, it, I'm sure it it wasn't just a a like a light switch on and off, I'm sure that, even though you'd made that decision, it still took some time, did it, to sort of, Be OK with that way of thinking, I'm sure there was, there was like, you would fall off the wagon, let's say, on occasion.

16:11: Oh absolutely, cos let's be honest, we start doing it and it sounds like absolute BS to us us, you know, so we're, you know, we're trying to be this, this different version of ourselves and calling ourselves out on the things that we say, and what I found is I would feel really awkward and silly doing it, like always, am I just pretending, am I being weird, but also some, some, some people around me.

16:33: Would be like, what are you doing, like what is this, like, you know, not take the mick, but be a bit, you know, what, what's this all about, oh God, oh here she goes again, again, yeah, absolutely, yeah, oh here she goes, and it's a bit like if we, you know, if we're doing the dieting and we're doing all these things, you know, there's always someone who's got an opinion of it, and I think we'll they'll we'll always, it'll all, everything, it doesn't matter what we're doing, I think they'll always feel a bit like right, two steps forward, one step back.

17:02: But do you know what, for me, I think that's, that's normal, and I think.

17:06: It's, it's having that.

17:08: I suppose realistic expectation that it does take the time, but it's worth it.

17:12: So for me, I'm like, right, well, do you know what, if it takes 5 years for me to do it, and it'll never be, it'll never be perfect.

17:18: Do you know, there's some days I will still wake up now and I'll be like, oh my God, you look disgusting.

17:23: And, but I'll, I'll catch myself.

17:25: Some days I don't catch myself and I have a complete pity bar if they say.

17:28: day and that's OK, you know, but it, it's knowing that that will always be the case.

17:33: Every single human on this planet, doesn't matter whether what, what they look like or what their habits are or anything, someone's gonna have a bad, bad body image day, if I can say the word, regularly, whether that's once a week, once a month, and I, for me it's what you do when it happens matters more than the fact that it happens.

17:53: You know, because I remember listening to Rob Dale once, on a podcast, and I remember he said, it really hit me because we can feel like our thoughts are completely out of control.

18:03: Particularly if like you have ADHD, they're all absolutely wild, and he said, listen, you can't control your first thought, but you can control your second.

18:13: just say that and that you can't control your first thought.

18:17: But you can control your second.

18:19: You know, and whether that is a thought we have about someone else or about a situation or about ourselves, I really just try and hold that, so if I look in the mirror and go, oh my God, you look absolutely repulsive, I'll go, right, get a grip.

18:33: You don't look repulsive, but this outfit possibly isn't the most flattering, and it's a bit uncomfortable, so just go get changed.

18:40: And he's just checking in.

18:42: Yeah, I love the way that you've flipped that, and I think that's critical, isn't it?

18:46: It, it's just take a minute.

18:49: And think, actually no, it's almost like I say, you know, stop, I'm not listening, when the voices in your head kick in.

18:56: It's like, will you, I'm busy, I'll talk to you later.

18:59: Absolutely, yeah, and that's a massive trick, isn't it, in CBT it's like, it's naming your inner critic, isn't it, and being like, right, alright love, winding neck in a little minute, but it's so important, and I think with that flip as well, one of the, one of the most important things that I think is important is, let's not, let's not go extreme.

19:17: You know, we hear all these things about look in the mirror and say you are gorgeous, you are lovable, you are powerful, and listen, if that works for you.

19:24: You rock on Sally.

19:25: But for me that is so disingenuine that I can't, it doesn't stick with me, it's not gonna connect in any way.

19:31: So I'm more like, if we're gonna reframe, just make the affirmations real.

19:35: Listen, you look knackered, you look knackered, love, but do you know what, it's because you didn't sleep, so get an early night tonight, crack on, it doesn't matter, and I think it's that neutrality, it doesn't matter.

19:44: Yes, you do look tired.

19:46: It's a fact, let's not pretend you don't.

19:48: You look tired, but that's OK.

19:50: And it's quite rightly so with that being OK, isn't it?

19:54: Yes, absolutely.

19:56: So how do you, how do you, how do you sort of instill that in other people that perhaps come to you and say, you know, they're at their worst, they're at their lowest, what is the first thing you will help them to reframe or to do?

20:14: Do you know what, I think for me, I mean, it can differ from person to person, but in an ideal world, the first thing that I'll, I'll look at is, Just starting to spot what our little patterns are, just literally starting to go, right, do you know what, when does it happen?

20:26: When it, when does it most, when are you most likely to be horrible to yourself, right, what is the situation?

20:31: Who's there, are you by yourself?

20:32: what happened before, how are you feeling?

20:34: And literally just get, get curious.

20:36: Because just like if we, if we do, if we literally for a day, made any notes about the thought we have and where we were and what was going on and how we felt at the time, and did we sleep well, and we, We pay attention to all this, it gives us so much data, you know.

20:52: Actually, do you know what I find that I'm most triggered or I'm most likely to have bad body image day when this has happened, or actually when I'm around that person I'm triggered most, and here's why that is, and that gives us actions then, you know, act, cos I always say we could do all, we could do all the reframing we want, like we could, we could affirmation, affirmation our arse off.

21:09: But if we're not sleeping well, and we're not feeling good, it's pointless.

21:15: Well, not pointless, but it's a bit like pulling a rug over something.

21:18: We're just.

21:20: It's a bit like firefighting, because if we're tired by human nature we are gonna default to the human trait of just focusing on the negative, focusing on the fight or flight, focusing on that fierce anxiety side of it.

21:34: So actually sometimes for people I'm like listen.

21:36: We're looking at all this, let's focus on getting some sleep.

21:39: So why aren't you sleeping, because we could do all the work we want, but if you're knackered, yeah, it's just gonna be so much harder.

21:46: And I think that's, that's such an important part is that sleep factor, because it does have a knock-on effect, doesn't it, to, to so many other areas around us.

21:56: 100%, 100%, it absolutely does, and so how do we start seeing ourselves as more than just that body?

22:06: I mean, for me, photographs are the worst thing, and I, and I realize that, I, you know, I look through old photographs and think you weren't in very many.

22:17: And that's for me because I was very uncomfortable with how I looked, how my hair looked, how the, you know, whether I was tanned or whether I wasn't tanned, and all of that plays in, and for me that's, that's a big trigger.

22:32: So you know I'm thinking that how do you help those people see themselves as more than just that body.

22:38: Yeah, and I think, and I think it takes time, and I think a big, a big thing is to I suppose reconnect with what's actually important to us, so actually, you know, what, you know, as cool as it sounds, what are our values, what is actually important, you know, as dramatic as it sounds, when I'm sat on my deathbed, what am I going to be bothered that I did or didn't do?

22:57: Like what is actually, what actually matters to me, and I think like either like pictures are a massive trigger, and I don't know about you, I could be like, oh my God, I look so fit today, and then I look at a picture on my phone, I'm like, what the frick?

23:11: you know what, what the hell is going on there, and I think.

23:14: You know, and I know so many people who haven't got their wedding pictures hung up in, in the house because they felt amazing on the day, then they got the pictures back and went, oh my God, I look fat, mhm, and I think for me, that moving into that connection of, How we feel, rather than how we look, is the most important thing, so actually how do I feel when these things happen, what makes me feel good, what makes me feel bad, and like with pictures, a, a big thing that I like to encourage people to do with pictures are a big thing, is when you, when we take a picture, it's because we want to store a memory.

23:48: Right.

23:48: It's not because we wanna come back and judge what we look like, or hopefully it isn't, although I know, I know now that people take pictures and take a picture, take a picture, I'm like, oh my God, just take a picture, if I look rubbish, I look rubbish, let's just move on.

23:59: but we take a picture to, to capture a memory that we wanna come back and revisit.

24:04: So I always say to people, A, if we're already feeling rubbish, they're like social media, if you're already feeling rubbish, don't go see your photo albums.

24:11: Don't, don't go on social media because you're already in a place where you're gonna be negative, you're already in that place.

24:17: But when we look at things, it's actually trying to go back cos our brain can recreate any feeling we want.

24:24: So if you think about a time where you felt really sad, if you think about it, you will feel sad.

24:29: If you think about a time where you've been mad, you think about it, your body reacts, you get hot and sweaty, we're mad again.

24:35: And it's the same with that, so when we look at the pictures, it's trying to, and this takes practice, but it's trying to blur out what we look like and go back to the memory, the actual feeling.

24:47: Which we wanted to capture in that moment, whether it's connection, happiness, you know, so I try and go, I might look at a picture and go, oh my God, like what your arms look so fat from that angle,

and then I'll just say, but do you know what, actually I'll move my eyes and I'll be like, oh look how much fun we look like we're having.

25:03: Look at everyone's smile, and I'll start coming back.

25:06: This is what was happening in that moment.

25:08: No one took the picture going, oh my God, take a picture because I think my arm looks really fat.

25:11: We took the picture because we're going, we're having such a good time.

25:15: Let's take a picture.

25:17: That's alright.

25:17: I mean people that know me know that there'll be 10 or 20 pictures taken, and I will nix every single one of them.

25:25: Yeah, people that know me know, if you've taken a picture of me, don't put it up on social media until you've run it past me because I won't.

25:33: And so you're right to to sort of, to sort of say to yourself, well, what was the memory that I was enjoying at the time, or what was the feeling?

25:43: Yeah, that is such a key point to remember, and if people listening have one takeaway that I think should be it.

25:53: It's to think about how they were feeling at that time.

25:57: Yeah, absolutely, because if we think back, if we're sat there and maybe, hopefully we won't be lonely at 80, but maybe we are, but we're sat there and we think, oh let me go take a trip down memory lane and we flick through and we're not in any pictures, we're gonna be really sad.

26:10: Yeah, I know, really sad.

26:12: And I think it's taken me my 50 some years to probably figure that out, and I'm still not there, however, I think making those small incremental changes.

26:24: It put them in the bank and it, it sort of compounded interest, isn't it, it builds up over time.

26:30: 100%, like I'm, I'm very much on small habits.

26:34: Like it just do one different thing every day.

26:37: You know, when I, when I was first trying to, trying to change stuff, it'd just be like, do you know what, for today I'm not going to weigh anything.

26:44: Do you know what, for today, I'm not going to look in the mirror.

26:49: And that was, that was really hard cause I was at a point where, I mean people thought it was vanity, but really it was paranoia because I was just, I walked past a car, I walked past a shop front, and I'm looking at my reflection just to check in, what do you look like?

27:02: Do you look fat, do you look thin, do you look good, do you look bad?

27:05: And that's where that anorexia nervosa comes in, it's that constant checking, check, check.

27:10: so literally if we just say to yourself, do you know what, for today I'm not gonna look in the mirror or for today I'm not gonna put makeup on.

27:17: Whatever it is that feels like.

27:21: We know that it's gonna be hard to do, but it feels pathetic as an action, yeah, we say to ourselves, oh what, 00 God, I'm not gonna put makeup on today, yeah, that's gonna change how I feel about myself.

27:31: It will, it will because it's given you that confidence to show up, and when we don't body check all the time, we're not looking in that mirror for the day.

27:40: We're not getting distracted from our actual lives and what we're doing, you know, we, I could, I could have been playing with my kids.

27:47: Happy, happy, happy, la la la laugh, laugh, look in my reflection, think, oh my go God I look horrific, and instantly I'm in a bad mood.

27:53: And then that reflects in your behavior and your enjoyment 100%.

27:58: 100%, 100%, I could talk on this subject because it makes so much for days on end.

28:05: However, we are quickly running out of time and so before we go, I want to jump into my quickfire 5 questions if you're let's go for the task, and the first one, the first one is quite interesting, it's what's your favorite food?

28:18: What is my favorite food, do you know what, I'm anything carb.

28:22: Anything carb, I love bread and pasta, so like I'll go cuisine, Italian would be my favorite, any, anything Italian.

28:30: Perfect.

28:31: And what's a book or an audio that you're currently enjoying or even a podcast?

28:36: Well, do you know what we talked about before, and it's a Mel Robbins Let Them Theory.

28:39: I am currently reading and loving.

28:43: I'm laughing because I've got that book right behind me, and so it's almost like subliminal.

28:50: Absolutely.

28:51: In this moment, Natalie, what's the one thing you're most grateful for?

28:57: having some peace.

28:58: Oh, I like that.

28:59: I've not heard that before.

29:02: And a self-care practice, do you have one that you go to on a regular basis?

29:07: Time alone.

29:09: Me time.

29:10: Yes.

29:12: And what's the one thing that you wish you could tell a 21 year old version of you?

29:20: oh, that's a good question.

29:23: I mean, the corny one would be focus more on yourself than what other people think.

29:29: And the non, for me, it would just be focus on what truly makes you happy.

29:39: That's a good answer.

29:41: That's a good answer.

29:42: Thank you so much for chatting with me today and we'll do this again sometime soon.

29:48: I would love to, thank you so much Sarah.

29:50: Reflecting on my conversation there with Natalie, one theme kept surfacing, control.

29:56: Not control in the sense of being organized or disciplined, though that desperate search for certainty when life feels uncertain for Natalie, it became a way of coping with change, a way of trying to quiet the thoughts that felt anything but quiet.

30:13: During our conversation she mentioned a quote from Rob Dial, You can't control your first thought, but you can control your second.

30:23: And perhaps that's where compassion begins, doesn't it?

30:26: Not in expecting our minds to be perfect, though in choosing how we respond to ourselves when they aren't.

30:33: She spoke of her ADHD and after the recording mentioned how much of her life, including her struggles with body image, suddenly made sense.

30:42: It led her to evolve her own coaching to focus on the emotional side of ADHD, particularly for women, the overwhelm, the shame, the self-criticism, and the relentless feeling of never quite being enough.

30:56: And I think that's a reminder that our stories are never really finished.

31:01: Sometimes a new piece of understanding doesn't rewrite the past, it simply helps us to view it with a little more kindness.

31:09: So Natalie, thank you for trusting me with your story and for reminding us that confidence isn't something we earn by changing how we look.

31:18: It grows through the relationship we build with ourselves.

31:23: And so thank you for trusting me and thank you for sharing this episode with the people you care about.

31:29: And when you come back, I'll be here, ready to meet you where you are.

31:34: And so until next time, stay safe, be well, and as always, be your own definition of amazing.

END