

MERYL: Hello, everybody. Welcome back to the Rebel Nutritionist podcast.

Today. We have a real treat because I have colleague friend long time, long time. A collaborator Barbara Capp, who is a clinical psychologist has been in practice over 30. Specializes in disordered eating behaviors anorexia, anorexia. Yeah. All of that. So we are gonna get right to it today and talk about all of those things that I am so excited to talk about.

So, so without further ado, thank you for being here. Thank you. So excited that you're here. Thank you for having, I think most of our conversations on the phone, so it's so nice to hear person . Yeah. So let's dive right in. I mean, we've, we've collaborated on a number of clients and you've been in this business for so long and you know, it, it just, it is amazing.

I don't wanna say amazing in a good way, but unbelievably tragic what we're dealing with.

BARBARA: . Heartbreaking epidemic. Yes.

MERYL: Right. Absolutely. So, so speak to that in terms of, and you and I have talked a little bit about this I feel like, and I've just said this to you before. The notion of disordered eating and I call it disorder eating.

Right. Because it's not always clearly Anorexia, that's clear. Right? It's that it's always on a continuum. Exactly. Right. So that this whole pandemic, if you will, yeah of disordered eating. Doesn't seem to be getting any better and we keep talking about it and I actually think it might be even getting worse.

It's getting worse. Right. Because we're seeing kids so much younger, so much younger. And so, so from your perspective and vantage point what, like I said, let's go back to that. I think we give it lip service yet. Nothing is really being done. So you've said something about well, while the girls or the women, and I know it's men too, but we see, I think the majority of the people that we see are women talk about the front burner back burner, like what really triggers the disordered eating, because there are some girls, like, I feel like, look, **we all, as women, yes. Walk around going. We're never pretty enough. Right. We're never thin enough. Yeah. We're never, this enough. We're never enough.** Right. Never enough. And, and it finally took me, I don't know, like till I was 45 50 to realize, oh wait, I gotta stop that dialogue.

I am enough. And right. It took a lot of therapy. it took a lot of work to, to flip that switch and it's work every day. I still don't deny, I don't wanna walk out without makeup. Right. So, and I own that and that's fine, but I'm not in a place anymore. **And I have a history of disordered eating and I was there and I think that's why I'm also so passionate.**

I, those of us that have lived through that absolutely don't want other people to experience that and we wanna help them. And so, and I don't know if that's part of your story too, but we can talk about that if you want. But but let's talk about why it is such a pandemic in your eyes. Like what's going on.

BARBARA: I think it's layers. Okay. Like, I don't think there's any one thing **I think social media has changed the narrative in terms of age that we're seeing this.** So **kids are getting telephones in fourth and fifth grade. Mm-hmm , they're doing tick tock videos. They are comparing themselves to filtered Instagram, Snapchat, all that kind of stuff.**

And they're comparing themselves and feeling less you know, adolescence is about separation and individuation and finding yourself and all of these kinds of things. And they compare themselves to perfect. everything is perfect on, on the internet. Right. And on social media and they feel less than, when I first started in working in my practice, it was magazines.

Right, right. It was yes. But you don't have a magazine in your hand, 24 hours a day, right. Seven days a week. And now you do. And I think adult women are feeling less than. I think our kids are feeling less than, you know people that have daughters, their **daughters are learning about body acceptance and self love through their moms, but their moms feel too fat to wear shorts,** right.

Or to go to the beach. And so **there's all of these negative messages that are coming in to our kids and it is in stereo.** Yes. All the time. And kids have their phones in their hands, 24 hours a day. There's selfies and pictures. And how you stand you. Can't just like, if you look, oh yeah, you take a picture today versus how you took a picture 20 years ago.

Right. You have to be posed. Right. There's you know, you have to be standing there in a certain way and looking a certain way. Yeah. There's **it's more provocative, it's more sexy. Our kids are getting sexualized at an earlier age.** and all of this stuff feels scary and overwhelming. And I think the difference between somebody who has.

You know body image stuff, or doesn't feel great about themselves where somebody who's actually eating disordered is if you, I think most women, **most young women**

have their lives on front burner and their their stuff, their body image stuff on the back burner. And the difference is that when you're eating disorder and actively eating disorder, your disorder is on the front burner and your life is on the back burner.

MERYL: And that's, that's so profound. I love that imagery, right? The front burner back burner, because I think it's so true. It is true. And look, **it's a shame that we as a culture in general, are just so, so hyper focused on all of that.** And I don't know I wish like it's always, you and I are both solution oriented.

Right. I'm always like, okay, well, how do we find the answer? Right. And, and I okay, well put down the phone. Well, right? Yeah. You, you take a break from social media, but then if you go back on it, it's right back in your face again, front and center

BARBARA: and **the kids can't really take a break.** Right. I can tell you that my son, didn't, my youngest son, didn't have a lot of social media in middle school and high school.

He chose not to do it, right. His choice, not mine, his choice, but when he got into college, the only way to communi. Was you joined the college Facebook page, right, right. That was his end of college, Instagram and the college Snapchat. So he started getting it. Now he's full on, on social media. **It's hard in high school to not be on your phone.**

They don't give fires and backpacks anymore. Right, right. Things online. Yeah. It's not possible. Right. It's not possible.

MERYL: So, so what are some of the tools that you give the client, your client? Right. Cause I've, I struggle with this all the time. I mean, my one of my daughters is always on TikTok and she'll say, I'm like stop with the get off the phone.

Finally, she's reading, which is great. She's doing a lot of reading. Yay. Finally, that's, that's you know, settled in, but but she is, and she'll say, oh, well I get these great life hacks. I'm like, great TikTok is notorious. Okay. You can find some really good life hacks. Great. But the fact is, is most of the things that they're looking at is geared towards, right?

How do I look better? How do I change my body? How do I do this? And the whole sexual that's sexualization stuff as well. So, **what are the tools and strategies? What can you recommend, whether it's a young person listening to us, whether it's a**

parent we're gonna give to the whole parent thing, I think on the next topic, but, or the next series, but what, what do you, what do you recommend?

How do we, how do we help the, our, our kids with this stuff?

BARBARA: You know, when I, when I get a kid that comes into my office, **I see an eating disorder as a coping skill, right? It's a way to organize anxiety. It is a way to organize depression. it is a way to feel in control.** I had a kid yesterday tell me that when she eats, she doesn't get to feel euphoric anymore because **starvation gives her that sense of control and euphoria.**

And she misses it. Mm-hmm so I think that one of the things that I try to do is to be able to get them to take a look. What is beating yourself up. what is comparing yourself? What is all of this kind of distraction? And that's what it is. It's noise in your head. It's distraction.

It's a lot easier to think about whether you're gonna have a salad or whether you're gonna have a bacon cheeseburger for dinner than it is to think about. You know, mom and dad are fighting. Am I gonna pass my test? You know, these two girls, aren't having a sleepover and I'm not included. And I feel on the outside looking in, where else do I feel like I'm the outside looking in, in my life.

Right. So **I think it is a lot easier to worry about some of these kind of symptoms than it is to really take a look at what's going on in your life.** Right. And to also, I, I point out to these kids that **most of this stuff is filtered. It's not real, right. It's not real. So you're comparing yourself to an ideal, that's not truthfully attainable for any of us.**

Right. **So what would it mean to let go of the fact that. This is artificial. This is an illusion, this is a Mirage. And you know, this is not a quick fix.**

MERYL: Right? Well, and I think that's a good point, right? How do, how do you know? Yes. We know that it's an illusion. Right. But yet, somehow. So I think, I always say intellectually, we know these things, but emotionally it's like, well, I know, but, but yes, you're right.

BARBARA: Yes, but. that's my favorite. Yes. But,

MERYL: so how do you address the yes, but because that comes back, we hear that all the time. Oh yes. But right. Like if I say to someone, well there's no quick fix diet, right? Oh yes. But try this, you. Yes, yes, yes, yes. Right. I know what I say to that, but what

do you say to someone who's like, okay, well, I know it's not filtered, but I still just wanna be a little more this or a little thinner, cuz I don't like how I look in the mirror.

Like what is your response to. Or is it just so layered in terms of what, what

you're dealing with?

BARBARA: It is so layered and it depends on the severity of the symptoms and the person's eating disorder. So I can't say that I would like the truth of the matter is **I've been doing this for 31 years and I've never worked with anybody that's the same as anyone else.**

MERYL: Right. Right. We're all our N of one.

BARBARA: So what would be helpful to you may not be helpful to the four other people I see after that. Right. You know, what, **what a food represents for you, somebody who might be bingeing on salty, crunchy things, maybe way more significant in terms of anger to you and for someone else, it might really be a way to stuff sadness,** right. Or shame so it it's I, how I work is so layered and nobody is the same mm-hmm and I, I try to get, I wanna understand the food, cuz that helps me understand **the food is a metaphor about what's going on. Inside.** Right. Right. It's a metaphor.

It's kind of like this door that I can help this person walk through so we can take a look at why you're not feeling whole how is it helpful? **Why does it feel familiar to beat yourself up and feel like you don't measure up?** You know, where, where is that happening in other places in your life?

What happened when you were a kid? **where were you getting those messages when you were young?** Some people were some people weren't. Right. You know, if I'm talking to a kid it could just be stuff that's going on at school stuff that's going on at home. It, it it's so, so hard for me to generalize.

MERYL: I know, right. I don't have a formula, right. Truthfully I, no, no, no. And I get that and I appreciate that because we're the same, right? You have someone sitting in front of you and that's why I always say **this work is so important to do individually.** And to recognize that that there is, I. With the advent of we're dealing with social media, right.

There's always a solution online. So it seems right. Everybody comes to me, especially with tik tok oh, well, let's try. And with nutrition it's been there forever and ever, and ever, right. Oh, try this supplement. It'll end your bloating. Try that supplement. It'll help your

skin try. And I'm like, if you don't look at the root of why these things are out balance in the first place.

Then **all of those things are just bandaids**. Yes. The same thing I think in your world. Right? That's what you're saying. Absolutely. Right. You're saying it there's no, **there's no one size fits all approach to eating disorders**. And I really, the other part of what you just said, and I always say this, and **this is why it's so important to work for, for, I think any nutrition professional who's dealing with disordered eating, to work with someone who specializes in the therapy range realm**, because I will not work with someone. Unless they are working with a therapist. Why? Because you just said it, **the food is just a coping mechanism**. Yeah. People think, oh, I gotta get my daughter to eat because she's not eating. And she's only eating 600 calories a day and they come into me.

I'm like, this is not about the food. It's not about the, yes. We wanna nourish our children, but that's a whole different conversation than the food.

BARBARA: Absolutely. I work. You know, **I work as a team. Yes. Right. I work with a nutritionist. I also if I have a somebody with anorexia, I have a doctor that I work a medical doctor**.

Cause I need to make sure that there's medical stability as we're doing this. It's not a quick someone doesn't come to me and all of a sudden start eating. Right. Just don't we that's the coping skill. And **I can't ask them to give up the one thing that is giving them the solution of control unless I give them some other things to put in this place**.

Right. And that's not something I can do in the first hour that I need with them. No same with if someone's bingeing and purging or if someone's just kind of getting through the day by grazing and eating and not really necessarily bingeing, but they just eat from morning till

night. Right?

MERYL: Absolutely. So one thing I do wanna talk about that, I, I think again, is this in **this continuum of disordered eating**.

I have a lot of people, whether they're young, whether they're older women you know, it runs the gamut. They let's talk a little about self sabotaging eating because we have women who are like coming in and they're, oh, I'm doing great. Right. They're following a plan. Everybody wants to come in and they're like, give me a plan that I can follow.

So I can just stay consistent with this and this and this. And then I know I'm fine. And I look at them, I'm like, that's not the solution. Again, **the, the solution is how do we change your habits? How do we change the thoughts in your head, the conversation in your head about food? Because me just giving you a plan is not the solution.**

It might help organize your day a little bit better when it comes to food. Certainly not the solution. Right. And then, because I say anybody can do great on a plan for three weeks, four weeks, five weeks, and then all of a sudden, but they're back into the, oh, I'm into these old habits. And I I'm seeing **especially if they're seeing some results, they're like, oh yeah, I got this.**

I'm doing great. And then boom, off the wagon. They fall because. Whatever sabotaging behaviors. And, and sometimes it's other people that are sabotaging that oftentimes, and we can talk about that too. You know, there's a spouse, there's a partner, there's a friend who starts to see the success of their friend, their significant other, whatever it is and comes in and sabotages.

So I think that's one thing I wanna address, but the other thing is right. You how can we speak to that? Like how do we help the people listening with these behaviors? Like they know they're doing it. They're cognizant that, oh my God, I'm doing this again. How, how do we help them? Or what is that?

You know, I don't know. Is there,

BARBARA: I kinda take a different lens on that Do you? I do. So when someone comes into my office whether they are 71 pounds or whether they're 350 pounds, it's for me, **you're here for a reason, and this has served you** and there I come from a place of respect around now.

So your body. When you are eating disorder is communicating. **It's your voice.** if you can kind of think of it. Yeah. In terms of metaphorically. Right. So somebody who comes into my office 71 pounds is typically, and I'm gonna be very, very general. This is everyone's different. Yes, of course. And I'm gonna give you like the generic version of that.

Okay. So she's wearing her rage. She's taking up room in her life for the first time. Without ever opening her mouth. Mm-hmm, she's letting everyone know that. Although she's always the one that's confident and capable and in charge, she's not, she's vulnerable and fragile cause she's sick and she looks sick and she is communicating all of those things.

Never opening her mouth. because she is a yes person. She's a pleaser. Mm. She is unable to set limits and boundaries and she finally found a way to do. Without ever really having to do it. When I have somebody who is more on the obese side, it's really scary. They take up room and they don't really have to take up room.

Their size is their room. right. And **there's something really scary about getting smaller. will they be invisible? Will they be seen? Will anybody actually see them?** Mm-hmm was there neglect? Was there abandonment was their rejection in their lives? Is kids growing up? Dunno. sometimes is there ha is that happening in their marriages?

Is that happening in professional lives? I don't know, but that's a place where I will explore somebody who's bingeing and purging and who might look completely fine. Right, right. The weight's completely fine. They too are putting a smile on their face. They're guessing. And when no one's looking, they are they're throwing all those feelings off and flushing them down the toilet, and then they can kind of put their makeup back on and smile and look okay when they're not. And so for me, **the body image piece is really intertwined with the food, with the self sabotage. So if you have somebody who's been on a plan, right, for 4, 6, 8 weeks and loses weight and people start to talk about it, that could be scary.**

And without even realizing it, they're eating old in old, old way again. Right. So if somebody's eating in an old way again, then I'm gonna go there. What do we think happened? why do you think that's where you went back to, it can be a spouse. It can be apparent. Somebody can sabotage. Maybe that's a person who's insecure and is afraid that if this person finds their voice, they may not stay right.

That things may shift, or they may feel more empowered in their lives. And that can be scary for the people in their lives. So it's. I feel like everything with disordered eating is layered. Yeah. It's nothing is.

MERYL: Oh, absolutely. Absolutely. And I think that's the thing. We, we wanna make it a linear. Yes. Right.

We wanna put, say this and this, and this is cause of that. And yet the way you're describing it, I mean, it's beautifully said, is anything but linear, right. Anything but linear. And I say that all the time in the work that we do as well, **people think if I eat less exercise, more I'll lose weight. And I always say, if you live in a vacuum, that's a great formula.**

And if that were true, everybody would do it. And that would be that right. I

would be not in business. Right. We wouldn't have conversation. Yeah. But right. It doesn't, our bodies don't work like that. Our minds don't work like that. And, and I think one of the things that we talk about so deeply here is how **the brain, the emotion, whatever you have going on inside your head is felt physically in the body** and we do wear it, like we just said absolutely a hundred percent. I, I say to people all the time when they come and they're like, well, I can't lose weight. I can't lose weight. And then I say, we start to dig a little bit deeper and there's stress in their life. And they're obsessing about things or they're unhappy, or PE again, that whole stress piece is a whole other conversation about how people dismiss that.

But if you are stressed, **if you are struggling mentally and emotionally, you will never let go of the weight.** Yeah. Right. We wear our weight on our bodies. I always say, after I got divorced, I people are like, oh my God, you've lost weight, whatever. I'm like, cause I got rid of that emotional weight.

So can you absolutely. Can you speak to that in terms of like, I guess the question is, well, maybe, maybe I should do it this way. You know, when I, so the work that we do, I always say is that the food is a small piece. The mental, emotional piece is another huge piece. And when I tell people again, especially women, but, but I will tell you what happens with the men too.

And I have them sit here and reflect and think about, because they'll say, oh, well, I can do this and I can do this, all of the physical, tangible things. But then when I say, well, are you willing? And **do you feel you're worth it?** Right? People cause I, we talk about self care and people look at me like, what

is self care being gentle with yourself?

Being gentle with yourself, taking care of you. And I can't tell you how many people come in. And usually it's the, I will say the typical, but not always right. I'm generalizing the, **the man or the woman who have raised their children. Have let their health go have let their emotional health go and finally realized, they're not feeling well, they're tired.**

They're this they're that. And, and they come in and they, and I'm like, well, we gotta dig a little deeper, but you need to take care of you. And they don't, they they're like, **what does that mean? I gotta take care** because I think the other part of that is people think self care is being selfish. Can you talk to that?

BARBARA: Oh, I hear that all the time in my practice. **even just being able to like, say set a boundary and say no, if something doesn't work in your life, they think**

that's rude. Someone's gonna get mad at me. Right? I'm gonna seem self-centered and selfish. I hear that all the time. I think that in the same way that when you go on an airplane and they tell you to like, put the mask on your side, right.

Or you put it on your kid, . Literally metaphorically. That's what I would like somebody to do. **Put your oxygen mask on yourself. First, take care of you. so that you can then be able to have meaningful relationships and connections in your life.** Because what I see with most of the people that I work with is that they, they are overcommitted they are running on a durable wheel.

They never feel like they get two seconds to themselves. **They don't feel like they are actually the version of themselves that they wanna be. Because they're spread way, way, way too thin.** And they never feel like they do anything well enough. Yep. Because every they're always running to the next to the next to the next and it's being able to.

And to really take a breath and to be able to start to take care of yourself. But that can be really scary. Oh it's terrifying. Terrifying. You may have to look at feeling alone. You may have to look at you know, what are the connections and relationships in

my life? Are they working for right. Scary, scary stuff.

MERYL: Yeah. And yeah, when you have someone who's spent 45, 40, 50 years on that, right. To look at, especially when they're sitting here, right. They come in thinking, oh, maybe got a nutrition plan. All of a sudden I look that stuff on. Right. And they look at me like deer in the headlights. what are you talking about?

This is where the work is. If you really wanna heal your body. Yes. And you really wanna change what look like and how you feel. You gotta, it's gotta be visceral. It's not. And and, and, and I. Yeah. I think that it's gotten worse in people wanting to hear that or being able to hear that because we're, we just keep getting so disconnected as a society.

BARBARA: **We are so disconnected as a society and we're still humans. Yes. And we still crave a need of connection.**

I'm so glad that **what makes our lives rich is connection.**

The people in our lives, our friendships are our loves are, that's at the end of the day, that's the stuff that matters. Right. And that's the scary stuff.

MERYL: Well, right. And, and so the scary stuff yes. Is taking that mirror, turning it around and looking inward. And I think what people need to realize is that, that the only way to get the ship. So I think, yeah, the connection part is, is so important to, to look at and yet since the pandemic, right. I mean, I'm, I know you're seeing it. I know we're seeing it. The level of anxiety now that's gone. Like, it's just, it's it's that in and of itself is a pandemic.

BARBARA: It, that in and of itself, I, I would like to say that **since the pandemic, nobody is okay.** Yeah.

Nobody I, I agree. None of us are. Okay.

Yeah. I think we, whatever, little bit of connection we had prior to the pandemic for so many, the kids lost such a, so much school. Yeah. And I'm not even talking about academic because I know that for sure they'll make it up. But you know, **they lost a year and a half of connection with friends. Yeah. Of figuring out who they are of navigating all of that.** And as adults, we had to completely shift gears. Yeah. And there's something almost surreal about the fact that we've come out of this. I mean kind of in a way come out of this pandemic just a bit like this could even happen, right?

Like, did we just like have this happen? I know. Yeah. **People are anxious. They're sad. I'm seeing a lot more depression and I'm seeing younger and younger and younger kids.** Yes. With taking out a lot of their feelings in their food.

MERYL: I think that could be, that could be a, a half a day seminar on, on, on, on all of this.

And recognizing parents are anxious, the kids are anxious, adults, kids older. Yes. Like you said, it is, it is all of us.

BARBARA: And I think if we could almost, and this is gonna sound a little off, but **normalize not being okay. Yes. Cause I think there's so much shame.** there's so many of the people that I'm working with. I see that **they feel like they should feel this way or they should be better.** Yes. Or they should be able to get on a milk pan and lose 20 pounds. Right. Like there's just so much shame. They should be able to go to a wedding and not eat an oer dourve. I heard that yesterday right. To be gentle with yourself.

Right. Well, I think, yeah, again, I think we there's a lot of talk about it yet. Nobody's actually doing it. And I heard there was a great podcast with Simon Sinex Sinec however you say his last name anyway, it was all about love, but it was all about how,

how we give love to others. Not even just to ourselves that he talks about the self-help section, how the self-help section in the bookstore or whatever, right.

Keeps growing going. If it really was working, there would be no self-help section. Right. So, so **we can help ourselves, but how do we really help others also?** And I feel like that's where the disconnectedness that we're disconnected from ourselves, we're disconnected from each other. And, and and, and **looking at someone through a screen, a zoom screen, is not the same as being a person.**

Like it was part of the reason I wanted to do this in person. Like **when you're near someone, yes. There's a physical energy. There's a connection.** Right. We talk about the energy of the universe, right. They talked about all the Hubble space to telescope was able to, whatever they saw, those universes, it's all energy, right.

Literally we are made up of energy and people like, I get the woo woo. You know, quantum physics thing, but really it's real. . And so there's energy. That's very fast. Absolutely. And, and when you do that through zoom screen, you completely lose any of that energy and that connection. And it's very interesting in that podcast, they talked about a study that was done, a real study that was done on actually, it was infants, I believe.

And they had infants. They measured their learning. I don't remember exactly the study, but how much they were able to learn and absorb through physical interaction. With a teacher, whoever it was in front of them versus being on like, let's say zoom on a camera. And let's say if the physical interaction was at a hundred, that they got the, the interaction through the camera, through their zoom was at zero.

They learned nothing. And they retained nothing on a camera. I mean, that's sort of the, the, that is hugely profound because think of how many of us are really doing things on zoom. You know, I don't think people are working efficiently on zoom. I may not may get backlash for this, but this is why I'm the rebel.

Right. **I don't think people are working efficiently on zoom. I don't think we're connecting officially on zoom. And I think this is why we're seeing such, such a breakdown, if you will, in society.**

BARBARA: You know, I also know that I can be, **I can see like a group of four or five. And they can be all in the same room and they're texting each other and not having conversations.**

Yeah. And I hear a lot in my practice about **meal times and everybody's on their phone**. Gosh. And nobody is talking to each other anymore. You can go to a restaurant, you see it? Yes. You do see you see it. And I have a lot of the kids and teams that I see will say to me, you know? Yeah. We, I went shopping with my mom or yes, I went here with my mom or dad, but they were on their phones.

But they were on their phones. And **if you're on your phone, I don't care what you, how good you are. You are not present to the person, they get a very disconnected version of you.**

MERYL: Yes. And you know, when, when I was raising well, my kids, when I was raising them, when they were younger, we would sit down at mealtime.

I feel, I still feel like **the family meal. Is the best way to connect with your family**

it'stotally eroding. I mean, people don't do that anymore. They don't women and men are not cooking. I mean, again, I can have a whole conversation about how, how the fact that **we don't even prepare meals in our home, how that's really created even more disconnection.**

But when we sat down, there was no phones allowed, **even when we go out to dinner, no phones allowed** and look in all fairness, my kids have called me out on it on occasion. Now, when I'm with them, I really try to I. Do focus on being present, put the phone down, take the phone down whether it's me or them.

Right. So we really try to, and

BARBARA: it doesn't have to be for a long period of time. No, but just to right. But just to connect. Yeah. Right. And absolutely.

MERYL: So that's why I'm always like, let's right. If we're doing a meal, I don't ever, we don't ever have our phones together no matter whether we're on it. And again, right.

I think it requires the parent. We're gonna, like I said, talk about this in our next segment, but the responsibility of, of who's the parent, who's the kid here, right? , who's teaching who and, and kids,

BARBARA: **it doesn't matter what you say. They see what you do. Right. And you are a model. Yes. And if you are doing the very thing, you don't want your kid to do, you are giving them permission to do the same thing.**

and it doesn't matter whether you scream and yell around them, if you are doing it, they're gonna do it. You've given them permission to do it.

MERYL: So it's like, again, taking the mirror and turning it around on ourselves. Right. Absolutely. So. You know, in terms of, cause I just, I, I, it's just every every kid that walks in, I feel like, and every adult everybody's like, oh, I'm anxious, I've got anxiety.

I know what we recommend in terms of the breathwork and so forth, what are some, again, I know everybody's different, but, but if we can sort of generalize and say, how do we help the people that are listening? Like, **what are some things that you recommend in the line of work that you do to help people cope or deal with anxiety** or are there some general tools and strategies that you can maybe point to?

BARBARA: You know, **if it's somebody who is a journaler, someone who likes to write mm-hmm I find that that can be so helpful.** Yes. But many people don't wanna do that. And that feels like pressure. And then they get into like what, if it doesn't sound good and what if it, so **my recommendation is to journal and don't show it to anyone.**

Don't share it with anyone. Don't give it a grade. Right, right. It's not, it's not for anything other than for you. But I find journaling to be really, really helpful. **Take a walk** you know, if it's somebody who used to paint or used to, right, like art or likes to go into Michael's and get a craft, like whatever speaks to you, if you're a reader, I say get a chair and an Ottoman and a throw and a cup of tea and sit of by a window read.

Yeah. You know, **whatever brings you peace and tranquility joy.** And to also be able to know that **anxiety is anxiety and nine times out of 10, it's not real.** Right. And to be able to do some **positive self talk** in terms of bringing it from here to here mm-hmm you know, I, I work with a lot of my clients about at what number.

You know, zero to 10 at **what number does the anxiety start to feel like? It goes from six to 10, right. And you can't control it.** And then it feels almost like a panic attack where you can't breathe. And **we work a lot with those numbers. So if six is your number, then let, how do we make sure that you never go past five?**

Ah, love that so that **we can start to make it concrete because anxiety is so scary.** Yeah. Right. It's so scary. Yeah. And so many of the people that I work with spend most of their day trying to avoid it. Yeah. And then that makes it bigger. And you know, the other thing that I also like to talk about, a lot of the clients that I work with is that if you do have anxiety or if you are anorexic and you do feel big or bigger one day versus another day, or you know, you have any kinds of body stuff.

If you're not scared of it. And **if you start to see it as this gift, this internal barometer that you have it's individual to you, let's learn to listen to it. because what it's telling you is that something doesn't feel okay. And if you can tap into that, if you can figure out where did something go wrong, why am I feeling this way?**

And be able to make a shift in change? You don't have to be afraid of it. Right? **Cause now you have a superpower.** Mm that's a great spin on it. I love that. I believe that. Yeah. Oh no, no

I it's. And it it's it it's effective. because I think that we lose sight of ourselves. Yeah. We, and that anxiety, depression and that sadness and that disconnect and that I'm not enough.

And I I don't look as good as this filtered person on, you know yeah.

MERYL: That's awesome. That's awesome. So I think what we should probably do is wrap up this part, cuz I wanna go into the next part. Okay. But anything else that I didn't cover that you kind of want to cover in this disordered sort of realm again?

I think we could probably talk about this for hours. We could do another one. Yeah, exactly. Exactly. I think we should do that and, and look, I, I would encourage our listeners send us our, our question, send us your questions, send us what you wanna be hearing more of because you know, we do these podcasts obviously for, for you guys out there and want to hear what questions you have, what is on your mind, what you're thinking so that we can address it,

BARBARA: break it up from like, if we talked about kids and teens than adults, cause they feel different. So if, if your listeners have questions around my kid or myself, and right. If down the road, we wanna be able to break it up into that way too.

MERYL: I love that.

So yes, send us your questions and, and then we'll answer them and you know, and really get into the nitty gritty on some of it.

And then we can be a little more specific right. Specific. Yeah. So that's awesome. I so appreciate this conversation and and, and yeah. You know, till the next time on, on the, on, on these topics. So thank you for being here.

BARBARA: Thank you for having me.

MERYL: This is your Rebel Nutritionist, everybody, signing off, make it a great day.