

MERYL: Welcome back, everybody to the Rebel Nutritionist Podcast today. No more of a timely topic than the present to talk about.

Mental health in this country, in this world. And you know, this the state that we are in. And I am really excited to have on my guest today, Stacie Boyer, a licensed mental health counselor who has her own practice in working with teens and young adults. And really excited about this conversation, Stacie.

So welcome.

STACIE: Thank you so much and thank you so much for having me. I'm so excited to be here with you today.

MERYL: Yeah, this is gonna be a great conversation. So, so I'm gonna let the listeners know is that, that we are breaking this up into two parts because you have an amazing book and in part two we're gonna really delve into the book and the idea of it and the concept behind it and why every young adult teen should really, should really buy this book and use it as their, as their blueprint or their workbook as you say.

So, Without further ado though, let's get into the work that you're doing, how you got here and, and what you're passionate about.

STACIE: Yeah, so again, my name is Stacie and I originally was a teacher a hundred years ago and of course stopped when my kids were born. And when my youngest one went to kindergarten, I decided to kind of go back to school and do my passion as well.

So I did and I went back to school to become a mental health counselor. And I began in homeless shelters and all kinds of crazy things. And then eventually a private practice with a wonderful group in Coral Springs and then Covid hit and we were all kind of like, oh my gosh, what do we do? And since then I've been practicing from home telehealth and it's been wonderful because people can be in their cars or their backyard or wherever they wanna be to get mental health services.

So it's been a really wonderful opportunity for me and for my clients.

MERYL: That's great. So let's talk a little bit about where your focus is or, or let's talk about sort of your impetus for writing the book. And the name of the book, by the way, is You're Not The Boss of Me. I'd love to know where that title came from and kind of the concept behind it.

I mean, I know the Forward I think is by your daughter, right? Skylar's your daughter. So and, and that was really like, it gave me chills when I read it. So yeah. Let's, let's talk a little bit about again, what your focus is. You know, what you really are, are talking about with these teens.

STACIE: So you're not the boss I, me. Really the impetus for that is **your brain isn't the boss of you, and that's a play on cognitive behavior therapy. You don't have to believe everything that every thought that pops into your mind as an adult or as you get older, you realize you can question your thoughts and something like 80% of our thoughts really aren't that great.** Aren't appropriate, aren't factual, so it's okay to question them. So that's where that kind of title came from. What happened when it was covid, I

decided to do a **podcast with kind of tips for teens or anybody dealing with anxiety.**

And it was a fun kind of silly thing kind of out of my wheelhouse, but, But I just decided to do it.

And then the summer came and it was time for camp. You mentioned my daughter and she somehow they figured out how to get them to camp with all kinds of testing, but they had to stay as you read, in the forward within their bunk and within the same eight kids. And it was like a weird experience, but it was fun.

About a year later, I had a little camp reunion at my house. And the girls were all like, oh, we love your podcast. We love your podcast. And I was like, I have no idea anything about this. How did you hear it? You're not supposed to have phones in camp. Anyway, that's a whole other story. Still a year later, enjoying the tips about how to relieve anxiety.

So after they left, I said to Skylar, my daughter what's going on? And she said, oh yeah, we used to listen to it every night. And, that's where the idea came where, oh, maybe we should make a journal, a workbook, something out of this and help more teens and put it out into the world. So that's kind of where that came from.

MERYL: And, and so let's talk about your podcast. What is the name of your podcast?

STACIE: **Nama.Stacie. And you know, some people say it helps them fall asleep, which I dunno if that's a good thing or a bad thing. Some people say it does help with anxiety. So it's just a ton of tips to help when we're feeling anxious. And I have a new series coming out for depression, but that's. In the future.**

MERYL: Awesome. I love that. I think it's so important. So one of the things that we talk about, I, I feel like incessantly here is the state of our mental health. And you know, whether, I mean, look, we see it in young adults.

It's even more magnified, I think, in the younger generation as a result of what happened with Covid. It's just, it took everything and accelerated it like a bazillion miles an hour. I feel like If you had any predisposition for anxiety, it was like a bazillion times worse after covid. Same thing with depression.

And, and I know, look, we know that anxiety is stemmed or the roots come from the fear and there was a ton of fear. And there still is different kinds of fear. So maybe we don't have lockdown fear. We certainly have post-trauma lockdown. The lockdown right. Fear, I guess. But then there's the world, right?

The crazy world that we live in. And how do young adults and teens navigate this? And I don't know about you, maybe you can speak to this, but. You know, with your clientele and your population, but the number of teens that we are seeing with anxiety, but real, I'm not just talking about mild, we're talking major life-altering, like debilitating anxiety.

STACIE: Absolutely. And I think you're right, **COVID did trigger it and make it so much worse. And for adults too I'm dealing with so many adults who are reentering the world and have social anxiety** and that's something else. But **the anxiety in teens is skyrocketing. And my hope, my dream, just as with nutrition, is to teach it in the schools.**

These children are entering school and they're learning how to hide under a desk and put a chair underneath a door and all this stuff. But **they're not learning these basic skills, how to deal with anxiety such as easy, deep breathing skills, easy grounding skills.** So my hope would be in the morning they come into school and to start your day fresh.

Learn some of these skills and it would change so much because **if you can practice these skills when you're in a calm state, when you're in a stress state, it's easier to draw upon. So it's so important for these, these anxiety tips to be taught to young children in school.**

MERYL: Absolutely. And so one of the things that you know, comes back that I, that comes back to me in terms of Right.

That conversation about like calming them down and you know, it's that whole, we live in a state of fear now. Yeah. Right? **And when we live in fear, it's that fight or flight system that kicks in. Right. And it is that reactive system that kicks in. And when your body is reactive and when your body is in a state of stress.**

It cannot be creative. It is not a time for learning. It is not a time to be open and receptive to new things, and even to be calm because our body is geared for survival.

And if you're in survival, you're all about like, okay, what do I gotta do to stay alive? **And if you're trying to do that, you're certainly not receptive to anything that's gonna be positive in your life.**

And the more we stay in that state, the more hyper-aware and the more hyper-focused, the less creative we can be. And you know, and I wonder if this is also sort of the, Place where we're just seeing more people now all of a sudden diagnosed, not all of a sudden, but you know, the, the rates of diagnosis for ADD, ADH D, right?

We're asking kids to pay attention when they're in this state of fear and fight and flight and. How, how can we expect them to be open and receptive to, to what? What they're trying to be taught and learn. Right. Would you?

STACIE: Oh, absolutely. And I'm such a proponent for creativity and the fact that they're getting rid of some of that stuff in schools is heartbreaking too, because being crea, I feel like everybody's creative.

Just some people don't have the ability because of the. Fear and fear is sometimes times correlated to anger, which is interesting. So you, you have that, so you are not enabled to be creative. And I, I don't wanna diminish anybody's P T S D. Yes, there's covid and horrible school shootings, but. Other people have experienced P T S D in different ways and whether that's their you, the way they grew up or whatever.

So I never wanna diminish one and make one seem greater because we're all experiencing what we experience. But yes, and, and creativity is huge. And creativity could be journaling. And that's kind of part of it too, which I, which was taught at schools, opening up a journal. It doesn't have to be grammatically correct.

It doesn't even have to make sense, but kind of **getting those. Fears or anger or anxiety out on paper and getting it out of your mind is such a huge, huge help for so many teens and adults too.**

MERYL: Absolutely. So go back a second because I like what you said. You know, that fear is **anger is, is fear expressed**, right?

So can you talk about that because. Yeah. What we're seeing is so much of that now, right? People taking out their rage in, very, and their anger and very aggressive, really inappropriate ways. And it's, it's scary especially as of late with, with what's gone on with all these shootings and these killings for no reason because people get angry.

Can you, can you address that?

STACIE: And you know what's interesting? **We see it so much with the shootings with white males and it makes you think like, is society really letting males down in a way and not allowing them to express themselves?** Yes. And I think it is so important to learn. Learn these skills.

It's okay to paint, to get anger out, to write, to get anger out, to express feelings, to make it not taboo. And I love that you are putting this out here. I know so many people that do have podcasts on mental health to make it not taboo anymore. And even when you see like a, like a Prince Harry, come on and talk about his mental health and that.

He sees a therapist and famous people, **I think it helps destigmatize it and make people realize it's okay to seek help and to talk about it and to talk about your feelings and to**

and there's so many different things you can do, punch a punching bag, punch a pillow, but really getting it out is so, so important.

And you know, we're doing it. We're trying.

MERYL: Slowly but surely. Right. And I like what you said about de-stigmatizing it, and I think we need more of that. You know, it's, it goes back to, **Erasing those stories or getting rid of the stories that we were told when we were young. Right? You know, big big boys don't cry, don't be a quote unquote, sissy, right?**

Like being made, made to feel really bad about expressing your emotions when it's a natural thing. And, and allowing that not having that ego come into play like, oh, well this is, you know who I am. I'm, I need to be strong and I need to be this, and, and inside it, it's just eating them up. And so, and yet I feel like it's so polarizing.

On the one hand, yes, we're, which those of us that are in this work are pushing for that yet. I feel like it's so much the opposite out in the quote real world. I mean, I don't know. Are you feeling that? Do you see that?

STACIE: I do see during Covid there was such a rise in people wanting therapy and I do, I am a proponent for telehealth and I do think people get comfort in that as long as they're not having stressors in their own home.

That's the whole different story. But **being able to have easy access to mental health has really helped.** And I can't tell you how many women have had their boyfriends or husbands or sons you know, kind of forced them into therapy and they're like, God, I

wish I would've done this sooner. Like this is, **it's a nonjudgmental situation where I could say what I need to say and feel okay about it, and it's, it's really, really helpful.**

MERYL: Yeah. I, I think that's so important. And you know, and, and allowing people, whether men, probably more so because they're, I think they are more stigmatized out there than women, but, and I think women are more likely to seek the help. But like you said, without, really Putting people into their, into their categories, regardless of who it is, can benefit from talking and expressing.

How do you help these young kids who are so overexposed to. You know, to social media and the comparison effect. And to judging what, how other people's lives are. And then they beat themselves up because their lives are not like that. They're not the influencer that's out there, again, we know it's not real.

Right. Though, even, even my kids who, who will watch are like, oh, it's not real, but Right. How do you. How do we make sense of that?

STACIE: It's so difficult because we're all addicted to it. I mean, I find myself sitting there now like an hour's passed and I'm like, what am I doing?

This is crazy. **And you feel so much better when you can detach from it when you can do your own thing and you're not, you're not watching somebody else do whatever they're doing. And I think it's so important just getting back to the therapy and the P T S D and all of that to really change that narrative and change that.**

ibMessage instead of look at what they're doing. Look, look what I'm doing. Look what I can do. Look what I can be a part of. And getting involved in things. And I think the, the, and this kind of talks about depression in a way, the most important thing. Because sometimes when we tend to look at this, it could.

Constitute for depression and anxiety and all those things **when we get out and help others and do one thing for one other person, it changes our mindset so drastically.** And I mean, I so encourage that. I always tell kids to, limit, their TikTok usage, but I it's out there and. Again, I wanna say there are good things with social media too.

I don't wanna make it all bad, but it's, it's a really, really hard situation because like you said, it's not reality, it's not, nothing's real about it. The filters and the whatever it is, it, it's just none of it's real. So Change the narrative yourself and that that's the therapy for P T S D, for example, just going back to, to kids that are, are you know, experiencing that the, the I Message thing is a huge thing and **changing that I Message, making it positive, counteracting every negative thought with three positive.**

And I know that sounds pie in the sky and rose colored glasses, but again, another part of cognitive behavior therapy is, Counteract, you're not the boss of me, **counteracting those thoughts and putting three positive in place for every negative,** which is easier said than done, but it is possible to change your outlook.

MERYL: Absolutely. And I, I totally, I mean, I'm a big proponent of that. I do that kind of work myself. I mean, I was just recently at a Joe Dispenza workshop for a week. It was a retreat. It was amazing. **But it's about getting rid of that old negative sort of self-talk**

and not paying attention to that and creating the behavior that you want to create, really that mindset and that emotion and that. Feeling and that life that you want, right?

So I love the idea of, all right, for every negative, like come up with the three positive because that's what's gonna carry you through the day. And that energy, right? The energy that we put forth is, what we bring back to us. Right? Yes. It's like right that, you put out negative energy, you are definitely gonna get that negativity back.

I always say, did you ever wonder why some people walk around with this gray cloud over there, right? It's like that person who has everything that goes wrong and just nothing's working, right? And I'm like, well, maybe we gotta pay attention to what they're, what are they saying? What are they saying to themselves?

And what energy are they putting out to the universe? And how do you create that shift? And even though that sounds a little. May sound a little woey whatever. It really, there's science behind it. There's science behind it. Yes. And we know it works. And I, and I would encourage anybody who I, I love that idea and I think that's awesome.

You know, and I think the other part of this too, in bringing this full circle into the work that we do here is talking about so **we're talking about nourishing a mindset, but you can't nourish a brain that isn't well-nourished in terms of food.** Right? And then in terms of really, How, what are, what is the input that's going in for that brain?

And if all these kids are eating is things like that are sugary and processed, how can we expect their brains to really, to work and to function? Right.

STACIE: Absolutely. And I think one of the main things, and I don't know if you, you kind of practice this with you do is the mindfulness or maybe even is mindfulness eating still a thing?

I wanna There's so much study now using our senses because just like you said, **when we're thinking of the future and the, oh my God, and the what if, that's where the anxiety comes from. And when we're thinking of the past and, oh, I should have done this and I wish this would've happened, that's where the depression comes in.**

So what's so important is to be in the moment and to be mindful, and that could. Kind of relate to eating too mindfulness of what you're eating. What does it taste like? What does it feel like in my mouth? Is it hot? Is it cold? Is it sharp? You know, all those things to eat and, and kind of be there in the moment.

And I think that's really, really important. And what I was going to say, the sense, of taste and smell. They're doing so much research on this that it's like bigger than we realized. So if we think back to a time where we. Tasted something or smelled something, it kind of takes us back to that place. I mean, I could remember maybe eating something in some other country and if I ate it here, like it immediately takes you back to that wonderful feeling back in Italy or whatever and, and I think that's a really important thing.

If you could kind of. Put healthy foods and tie it in with positive school experiences with children. Maybe that could do something and propelling them to continue to eat healthy. I'm thinking, I don't know.

MERYL: No, I there's, there's no question. Look, kids are very impressionable. You know, they're at that age where, where Right.

They'll pay attention to what's in front of them and create those connections of, of ooh. Right. It's like, why do we call comfort food? Comfort food. Right. There's a reason. And so But yes. And so you know, if we can get them out of that loop of the sugar and the processed fats and all of those things that replace nutrients, I mean, **we need vitamins and minerals to make our brains function.**

We need vitamins and minerals and nutrients to actually help those neurotransmitters in the brain, those fight or flight chemicals. Have to be, let's say, neutralized, if you will, through food. They have to be detoxified, they have to be dealt with, and if you're, if you don't have the vitamins and the minerals and the nutrients to do that, then a lot of this is literally getting like stuck in your brain.

I always say these kids have these hot brains because they can't process these chemicals in a way that allows them to calm down, right? Why do we see kids? Even kids on the spectrum, we see them reactive. Why? Especially when they have like food dye, food coloring, sugar. Right. We know because they, their brains are not processing these chemicals in the same way.

And it makes them, it makes them agitated. And so there's a lot of research on that.

And, and you don't have to be now we know even there's, there's genetics that we look at with, with, let's call kids who are not affected on the spectrum. But if they're not eating

real food and if they're not getting nourishment through their food and they're eating what I call the beige diet, then they're missing out on a ton of vital components.

For their brain health and for their bodies.

STACIE: Yeah, and I think, I mean, I always say this probably sounds crazy, but just as cigarettes were they were fine in the seventies or whatever, and now they're like horrible.

I feel like that's what's going to happen with sugar like we are. It's going to be out there that sugar is just as almost poisonous to us as smoking cigarettes because it's so detrimental.

And like you said, it affects their learning. It affects their anxiety, it affects their mental health in so many ways. What we're, and you know, we're perfect examples. I mean for, well, I'll speak for myself. **If I don't eat healthy, I don't feel that great. You just don't feel good. You can't learn, you can't process, can't read, you can't be creative if you're not nourishing yourself, your mind.**

Mentally and through nutrition and they do go hand in hand.

MERYL: Absolutely. Right? So when we see the diet of what young kids are eating you know, the sugary cereals, you start the day with a bowl full of sugar. Right. All those cereals that are marketed to these young kids, cuz they look pretty and they got pretty colors and they're all sugar and there's no vitamins in there whatsoever.

They're all synthetically derived vitamins that are sprayed on after the fact. There's no fiber, there's nothing in there that's good for their gut health. That's good for their brain

health. So how can we expect their bodies to be well equipped to do anything, right? It's the same thing. And then you give them chicken fingers and pretzels and goldfish.

There is nothing nutritious about these foods. They're all stripped of all of these vital nutrients that kids need to think to grow, to thrive, to function. And so as parents I urge these parents and, and Amanda, one of our amazing she's one of our amazing teammates. She's got a young son and she'll often say like, I feel like I'm the outcast all the time because I'm trying to do the right thing for my child.

Yet I'm, it's like, almost like I'm the odd man out and, and everybody's like oh, she's the weird one who's trying to nourish her child in a healthy way and everybody else is drinking the Gatorade. Right. It's really hard to ride that wave by yourself. I mean, it would be so great to be able to support and I'm totally digressing, but support parents who are really trying to do this rather than vilifying them like, ugh, you're the weird one.

But I wish that we would really focus on. The connection between how do we nourish our, our kids and our young adults and even ourselves, right? Like you said, if I don't eat well either I feel terrible, I can't function well. How do we expect little developing brains to do that? And they don't know better, right?

Sometimes. So yeah, it, it really is a full circle kind of thing that we really have to bring to the forefront.

STACIE: And I think everything all these things, anything in a box, anything that could live on our shelves for a year, it's, it's horrible for us. And I agree with that a hundred percent.

But I love how you're sticking to your guns. And I mean, and that reminds me, Of mental health. **The goal for all of us is to be authentically ourselves and truly authentically ourselves. That's where happiness lies. And like we said, not in the future, not in the past, authentically mindfully yourself.**

So, so doing what you believe in and putting that word out there is never wrong. I think a lot of these parents, it's easy, right? You took the goldfish and the da da, it's just and I get it. You're exhausted and all these things, and. It's the kids want it cuz it's cuter and it's sweeter and it's crunchy or whatever.

And it's really hard. It's an uphill battle. And I give you so much credit for like fighting the fight Right. And doing this.

MERYL: Yeah. Well look, I mean, I think the louder the, our voices can be, the more collectively we can say, yeah, let, let's do it this way. **Let's really understand that this is food is what runs our operating system, right?**

Our operating system of our body. Only recognizes food in its real form. Everything else is if, if you, if it comes out of a box, if it comes out of a package and there's ingredients that you can't pronounce or you don't even understand what they are, then trust me, your body doesn't know what on earth to do with it.

And again, it's a whole other conversation about how the body processes all that, but **recognizing that food is information for our body and if we're putting in the wrong**

input. How do we expect good output? And it's and, and it, and it. The correlation is there to mental health.

STACIE: It is, and I just to like piggyback on that, I put in the book, there's, after every chapter, there's a little, again, it's for teens.

There's a, there's a page that says, just a reminder, did you drink enough water, because even as adults, sometimes we need that reminder. **Did you drink enough water today? Yes or no? Did you sleep for seven to nine hours today? Yes or no? Did you eat, again, I'm not a dietician or anything, but did you throw in some fruits and vegetables there?**

Yes or no? Did you? Okay, I have one more, which is escape. Me right now, **but just to remind yourself, did I do these things? And if I didn't do these things, maybe that's why I don't feel good. Maybe that's why I'm feeling depressed. Maybe that's why I'm feeling tired. Maybe that's why I'm feeling anxious.** So I think it's a really important reminder every day to eat those fruits and vegetables, drink a lot of water.

And the sleep, especially with the teens, is like a real biggie too. Which is lacking.

MERYL: Oh yeah. Oh yeah. Sleep is, and **I always say everything with health backs into sleep, because sleep is when our body when we're resting, we're recovering, we're regenerating neurons in our brain. We're regenerating those healthy cells.**

We're gen regenerating immune cells, and if we're not sleeping, then our body is not recovering. And that both, both physiologically and mentally, right? Mental, emotional, that brain is just not in recovery mode. And so it is so, so important to get good sleep.

And I love that you've got those tips in the book because I think look, everybody needs to be reminded and, and that's the work that we do and **why therapy is so good.**

It's about. Having a cheerleader in your corner, having someone to support you, having someone to hold you accountable, like you said, in a non-judgmental way. And you know, I think going into that authentic self is really, I think it's hard. Look, we never talked about that stuff when I was young. I never remember what authentic self like we, that was not a thing. Right? authenticity and, boundaries and sticking up for yourself. It was just kind of. Do this because I said so right now we've got a generation that challenges that. Maybe, maybe too much so, but, but **stepping into your authentic self, can you talk about that a little bit?**

STACIE: Yeah, and I think you certainly touched on that when we are raised in our childhood homes, let's say we think everybody.

Most kids think everybody's raised like we are. We don't know any different and we think that's the norm. And I think as you get older and you become a teen or maybe go away to college or whatever it is, you're like, oh wow, this is kind of, wasn't so great and this is kind of weird and I'm allowed to have a voice and all those things and really, **Putting yourself out there and, and being who you wanna be and following your goals and putting up boundaries is such a huge thing** because, and I talk a lot about that with, with different clients and, and.

Through the years of putting up boundaries, with people that potentially could even be family members too. And I'm not saying being mean in any way, but realizing yourself

and **realizing that when somebody is pushing you too far, it's okay to kindly and nicely, Hmm, I can't talk about that right now, or I'm gonna have to call you back,** or whatever it is you need to do to stop them in their tracks from getting in your space or making.

In being our authentic self is putting up boundaries, saying no, saying yes, saying no to different things. Okay. So yes. And it's a journey. It's a journey to become your authentic self For sure. And it's different for everybody as it should be.

MERYL: Right? Absolutely. You know, one of the things that, that And I think going back to the authentic self trying to, so we have a bunch of clients, right?

Young clients who, again, trying to really make the changes of, I want to eat healthy, I wanna eat healthy, and, and I'm, and they're feeling better, right? **They're seeing the results, they're feeling better, and then they go out with their friends and they're sort of ostracized for trying to stay committed to that.**

So what would you say? Right? They're made fun of, oh, you're on this healthy diet, right? And then they feel defensive, like, oh no, but I'm doing this. Like, nobody should be putting up those defense walls. Or, and I say to them, you don't have to explain to anybody why you're doing this. Right? Like, I feel like we're put in that position and maybe especially women, like I get, I hear that all the time, like, Oh, I have to justify why I'm not eating gluten, right?

Why I don't want the alcohol. I'm like, no, you don't have to justify anything. **You can just say, I don't want that, and that is a complete sentence, and it's not up for discussion.**

Right, but people are made to feel so bad when they're trying to do, when they are stepping in their authentic self. So how do you help a teenager, let's say, in that situation?

They're really trying to make these changes, and yet they're on uneven footing. When they're with their friends. And then it's that peer pressure. No, just have one french fry. Right. And I'm not saying they shouldn't allow themselves the indulgences, that's not the conversation. But the conversation is really more about like you like we're talking about they wanna be authentic and they find it so hard.

How do you help them beyond that?

STACIE: Well, first of all, nobody's allowed, and this is a boundary, I think **nobody's allowed to make you feel any way**. They're just not allowed. You know, you feel how you feel, and it's no bearing on anybody else. They haven't walked in your shoes, whatever. **And what I tell the teens is they think that everyone's talking about them and thinking about them.**

I mean, the truth is, and this is good and bad. Nobody really cares. Well, you think they're thinking about you more than, and it's maybe it's a hard truth. You think they're talking about you more than they are. They maybe said something and two seconds later gone, especially in this day and age with social media, it's forgotten.

They have no idea they even said it. Right. **So the way a person. Behaves. It's so much more about them than about you** because you wouldn't say that to someone who, why

are you eating gluten? I mean, it says so much more about who that person is than who you are. But I, by saying that the person's onto the next demeanor, it really does click with them.

They think that people are thinking about them and talking about them and looking at them in the cafeteria. They're not. They're really not. They're so egocentric at that age and older that people really don't care. And the goal is it's your life. You need to make yourself happy and you need to do, as long as you're not hurting yourself or anybody else, you need to do what makes you happy and makes you feel good.

And I think that's really important and, and **they do little skills before leaving the house. Little self-talk, gratitude mantras. You know, before leaving and going out there into the world, that sometimes helps certain teens.** But I think it's really, really important that **nothing people do is because of you.**

It's because of them. And what they, what they're going through. Really.

MERYL: Absolutely. Yeah. I, I love that analogy. I say that to a lot of, a lot of my clients who come in and they're like they're afraid of the gym. They're like maybe they're a little overweight. They're a little heavier than they wanna be.

Like, I don't wanna walk into a gym. Everybody is so fit. And I'm like, look you know, you walk into that gym, I guarantee you, I always say, you're just not that important.

Everybody else is worried about how they look. They really don't care how you look. Yes, yes.

STACIE: I went to a seminar and, and this woman spoke. In front of like thousands of people and she was saying how she's so shy and she hated it. And what she did was she, and I do this with some clients too, **she embodied someone that she thought was super confident and she emulated and wanted to be that person on stage.** I think I might have written about it in the book almost becau superhero, almost be.

Becoming that person. **What is that person that you think is so confident and wonderful? What do they look like? What are they doing? How are they holding their shoulders? How are they holding their head? What are they saying? And maybe it's almost like a fake it till you make it kind of thing, and that's okay, but emulating that person that you think is so confident and then kind of do it.**

That helps some people.

MERYL: Absolutely. I think Right. Just get out there and do it. Exactly right. Do it. Exactly. Exactly. Well this has been a great conversation. I think it's really eye-opening. I think more people need to be paying attention to this and this kind of work and the work that you're doing.

We will share your information, your website, right, how people get in touch with you to work with you. You do one-on-ones, do you do any group work or anything like that? Or it's mostly just one-on-one?

STACIE: One-on-one.

MERYL: Great. One-on-one for me. Okay. Awesome, awesome. Well, thank you for this conversation.

We're gonna actually go into part two because I want to, I definitely wanna focus on, on chatting a little bit about the book. Anything you wanna leave us with for part one.

STACIE: No, just thank you so much and I'm excited for part two. Awesome.

Awesome. All right, everybody, well make sure you tune in for part two.

This has been a fabulous conversation with Stacie about young adults, mental health, and How to really learn how to cope in a world that may not set us up for that and, and not set us up in the best way for success. So with that being said step into your authentic self, be that superhero, and make it a great day, everybody.

This is your rebel nutritionist signing off.