

MERYL: Welcome back, everybody to the Rebel Nutritionist Podcast. We are back with Stacie Boyer. We are gonna talk a little bit about her book. Right now. You're not the boss of me, we touched on it in part one.

We're gonna go into a little more depth because I think it's such an important workbook and tool for these kids to have to be able to help really. Set themselves up for success. So welcome back, Stacie.

STACIE: Thank you. Thank you so much.

MERYL: So let's go back to reiterate where you got the concept for the book the title, and then you know how you broke it up into the sections and we'll talk about it in terms of allowing teens and young adults to really work through this in a way that is a little bit of a different spin on, on, let's say, traditional therapy, right?

STACIE: Yes. Yes. So you're not the boss of me. **You don't have to believe you're all your thoughts, and you shouldn't, we should question all of our thoughts.** And of course it came from originally a podcast, which was, was listened to at my daughter's camp and we decided to turn it into a book. So more teens, adults, young adults, could be able to use it.

MERYL: So how did you get the idea, right, like chapter by chapter in terms of, right, like we start with blueprints and reframing negative thoughts and like how, what were some of the things, the, the steps that you went through? Like in this process? Did you interview teens? Did you use it off of your own experience?

Like what, how did this, how did this start?

STACIE: Well as far as blueprints, we sort of made it like you are designing your own life.

You are making your authentic self, and we're starting with blueprints like an architect, and this is what you need to do specifically to build the person you wanna become.

And it was sort of **based on cognitive behavior therapy. And then it was based on different anti-anxiety techniques that work.** For people that really aren't practiced or known or done on a regular basis, which should be

MERYL: right. And what, yeah, and what I really like, I, I have to tell you I'm looking at the book now.

I did look at it before. It really is just, you're taking these probably very complicated.

Processes and you really like, **you've got the goal motivator and you've got the barrier burden.** I like this, right? is **your bossy brain trying to keep you from achieving your goals by making you think anxious thoughts.**

Do not believe it, right? To put your barriers and perspective, respond to this. And I feel like we do. We put up so many barriers or it's the excuse or whatever, and I think being able to. Allow people to, to hear it, right? Like, wow, that's a barrier or that's an excuse. Can you, like, what are you, what's your experience with that? With people?

STACIE: Well, I think it's easy to go to the negative. **For some reason it's so much easier to go to the negative thoughts. But with practice we can reshape those neurons and it**

doesn't have to be negative. We can go to the positive again, like we had stated before, saying three positive for every negative, and it, and it is possible to go that route.

And we sometimes are like our worst enemy. We put up these barriers. You know, when I talk about reframing with people, it's, they're like, oh, I mean, you can. Put a complete spin on a thought and the what if would happen with that and all the positives that could potentially happen because **we're so caught up in what if this happens and oh my gosh, and what if this happens?**

Well, what if this wonderful thing happens, right? There's just likely chance that if probably a more of a chance that that would happen. And you know, the worrying, I think the statistic is it's like ridiculous, like **98% of the things we worry about never even happen. So we're wasting so much energy, worrying and worrying, and worrying.**

We could be putting that energy anywhere else because what we're, but worrying about really is not gonna happen, or it's not gonna happen the way we think it's gonna happen. So we think of all the scenarios, and if this happens, then this, and if this happens. But there's so much out there that we could never know every scenario.

So again, **we're wasting our time and wasting our energy.** So it's really important, like you said, to reframe. Change all those things, which is really important for people.

MERYL: So important. So important. So why do you, what is it? What is the science? And maybe you haven't, maybe you don't, but what is, why do we go to the negative?

Why are we so quick to go to the negative rather than the positive? I think as a species, I mean I as humans, right? We do that. Why?

STACIE: I mean, does it, **it has to do with like when we were cavemen, right? Where you have to be like, oh my gosh, the lion's coming. But those thoughts don't serve us anymore.** And that's something I always say to clients too.

If a thought isn't propelling you or projecting you to do something positive or do something good, why have that thought? Why self-sabotage yourself? Why torture yourself? Make it a positive thought. It's okay. You're allowed. **And it's almost like giving someone permission to think positive.** You know, and, and you can do that.

MERYL: I know. You know, it's so funny. I think I go back to like my mother, who is that typical, like, I'm gonna say typical nervous Jewish mother who was always like, it was, it was, it was the negative. And I'm sure she learned that from my grandfather cuz he was, I mean, may recipes, he was an awesome man, but it was always the negative.

The negative. So I guess you pound that into someone's head long enough and they believe it and they don't think that they can question it. So finally I started looking at her and saying, It's gonna be fine. Everything's fine. And she'll look at me and say, how do you know everything's gonna be fine?

I'm like, because I willed it to be fine. Right.

STACIE: How do you know everything's gonna be awful? Right. Exactly the same thing.

Yes, exactly. People like that. Yeah. But it can fun. It can be done. Yes. **And even if**

something not so great happens, it's almost also having the confidence in ourselves that. Whatever comes our way, we're gonna figure it out.

We're gonna, we've been okay a hundred percent of the time cuz here we are. **So even if something oh, not so great happens, you are smart enough, strong enough, have the ability to be okay no matter what. Yeah. So I think self-confidence maybe is, is part of that too.**

MERYL: Absolutely. Right. The self-confidence and the self-esteem to be able to say, yeah, I got this and this is gonna be okay and right.

And just cause I said so and you put that energy out there and it comes back, right? I mean I really, I really do like that. It was interesting. I have my son who is, who went away, he was dealing with some you know, emotional things before he left, and he was very much, he gets anxious, he gets in his head, he gets himself worked up about new and unfamiliar situations and I said, let's reframe this. Let's take this in a way that this change is gonna be positive and da da da. And I've been sending him quotes and been really like, trying to build him up. Like, don't have the expectation that it's gonna be bad, have the expectation that this is gonna be new and different, and how empowering that can be.

And when he went in with that mindset, it really did reshape his entire day. The next day, right, to the point where he put together, he strung together a week of great positive experiences this past week just because he was able to reframe the. His mindset. So it is so powerful and it does really work.

Again, it's having that cheerleader, it's having someone else to support you and say, and look, he had myself and he had his family, and he had his sisters, and it was great, right? I mean that constant you know, reaffirmation and reassurance. You'll be fine. You'll be fine. And, and lo and behold, wow.

It was a great experience for him. So I think we need more of that. Right. We need more of that positivity.

STACIE: Yeah. And even the children that, what do they say? **As long as you have one person, even if it isn't a family member, if it's a teacher, if it's one person that sees something in you, you're gonna be okay.**

Yeah. But I also, another thing sometimes I do with clients is **sometimes it's interesting to think about what is the worst** I'm just thinking about the story you just said with yourself. Yeah. Okay. **Let's pretend that worst thing happens. Okay? Then what? Then this happens. Okay, now that horrible thing happens.**

And then what? And so what they figure out is that worse, worse, worse, worse thing? Like really isn't that bad? And they have the capability to figure it out and be okay anyway. Yes. Sometimes it's okay to sit with that anxiety and kind of think about it. And with the teens and, and younger kids, maybe even giving anxiety a name, making a picture of a monster that is their anxiety.

And then that somehow helps certain people as well, but going to that worst place and when they realize the worst place really isn't that bad and they have the capacity to figure it out, is kind of empowering too.

MERYL: Yes, absolutely. So, I like you include the reframing negative thoughts, which we just talked about, but the breath work.

Yeah. Right. So, so where, how did that make its way into the book?

STACIE: Well, that is also scientifically based. The, **the vagus nerve, if you breathe and it, it calms you down.** And what's interesting about breathing is so many people will say, oh, take a deep breath. And that's kind of condescending and make you feel even more anxious.

And **people don't know the proper way to breathe, which sounds silly. So it's not breathing into your chest cuz that makes you more anxious. It's taking that breath, getting it down to your stomach, puffing your stomach out, holding it there.** Maybe having an affirmation or a mantra perhaps, **and then blowing slower even than the, that you got the air in through your mouth** and doing that.

And like we said before, **doing that in a calm state. So when you're in a stress state, you can easily draw upon it.** Yeah. So again, it's getting that stomach out, puffing it out. Nobody's looking, nobody cares. Getting the air in there and then breathing out slowly, which is really important. And if, like I had said before, if, **if they would teach that to kindergartners, maybe that would help a lot with the anger.**

The fear, the stress, the anxiety, you know? Okay. Let's take our deep breath. Along with grounding and a whole bunch of other things.

MERYL: Oh, absolutely. You know, we talk about, so I talk a lot about breath work and the work that we do, because again, it goes back to, if you think about it, **if you're in fight or flight and fear, right?**

You're in that shallow breath, that shallow breath. Triggers the sympathetic nervous system, and that sympathetic nervous system is that nervous system that's wired for fight and flight and fear, right? It's those, those that adrenaline, that epinephrine, those, those neurotransmitters that keep us going, going, going right, and if, **if that system is turned on all the time.**

And we don't feel like there's a safe space, then that's where that anxiety and that fear and that anger really come from. So the breath work is rooted in the science because when you take those deep breaths in and you and it, and it does, and the vagus nerve is able to say, Oh, wait a minute. **If she's breathing slow or he's breathing slow, then things must be safe and we can calm down and we can take a minute.**

And if we're doing that and I'm in a safe space, oh, all right, now everything is okay. And that parasympathetic nervous system gets triggered, and that's where the calm and the collectiveness and, and that safety comes in. But you gotta trigger it. And that's what the breath work does. Yeah.

STACIE: And that's a perfect example of not believing every thought that you have.

So our mind is telling you one thing, but in actuality, we are safe. So your mind is telling you fight, flight, freeze, or fawn, that's maybe like a new one. So some people can't do anything, they're like a deer in the headlights and they're not whatever. So you're right, **telling the brain by doing the deep breathing that you're okay is huge.**

Right. And. So important. So important. Yes.

MERYL: So, so talk about grounding. Not a lot of people know what that is, and I feel like, again, if we wanna go back to that place, that brings us back to nature, back to connectedness. Because I think one thing that we didn't talk about in the first section and, and what the book does is it reconnects.

What I feel is a very disconnected society. **We're all disconnected because we're all connected to something else other than ourselves. And I know that grounding work allows us to reconnect.** So how do you, how do you incorporate that into your, into you, because there is a chapter on that

STACIE: I talk a bunch of times about grounding and Yeah.

Using nature to get us back into, and there's, there's a new nature bathing is a huge thing there on Yes. Maybe some of your listeners have heard of it and it's, it is so important.

So grounding is using your five senses to pull yourself in. So, Like we talked about before, being in the present is really where happiness lies.

Yes, we have to think about the future a little bit and whatever, but mainly to be in the present is really where we need to be, to be happy. So grounding, using our five senses

to get us right back in the moment. So when we're feeling stressed and overwhelmed and you know, all those things, what can we do?

What are five things I can see right now and name them. What are four things that I hear right now? Name them. What are three things I can smell right at this moment? Name them. What are two things I can touch right now? Name them and what's one thing I could taste or wanna taste and name them? So using all of our five senses to bring us in and bring us in the present.

And that really, really helps with anxiety. Again, it's something that needs to be practiced when you're not feeling anxious, so you can drop on it when you're anxious. But so that's one kind of grounding tool. Yes. Yeah, no, go ahead. No, I was gonna say **meditation is a biggie and sometimes that scares people.**

They don't wanna meditate and how do I do this? And my mind is going, blah, blah. So a na we talked about nature bathing, but **nature meditation, going outside and try to meditate while walking. And when you find your thoughts going to someplace yucky oh, I see a bird, focus on the bird.** You know, and then your thoughts are going, let me focus on something else.

Anxious. Let me focus on that tree. How many leaves do I see? So pulling yourself in using nature is a biggie and can be Helpful.

MERYL: I love that. I love it. I love how you're incorporating all this and yeah. You talk about muscle relaxation and the rainbow breathing. I mean, there's a ton of amazing analogies in here.

Amazing references and, and tools. And so I think this is, this is so, so important for people and so gifts and bubbles. What are gifts and bubbles?

STACIE: bubbles? Oh gosh, which one was that? I know, I'm trying to, oh, that's

MERYL: chapter 15. Right? **It's important to not allow another person's perception of you to dictate your behavior, shape your thoughts,** right?

So you had said, visualize a bottle of bubbles. How long. You know how a long lawn catches the bubbles entering the bottle. Right. So I guess it's, it is just really like finding the largest in, I, I dunno, I just love how Yeah. Visualization, I guess is really what I like. Right.

STACIE: It's, that is a biggie. Yes. And there's a lot of visualization tips in there, and I think the, the bubble one was **really picturing yourself in a bubble.**

And you know nothing from the, and this was probably done during Covid too. Like, you are safe, you are safe inside this bubble. It's a visualization. What can I bring in this bubble to make myself feel even better, feel even safer. Is it a friend? Is it a toy? Is it, what is it? A notebook. And then ultimately the bubble pops and you're putting out all that goodness and kindness into the universe, which you're paying it forward kind of thing.

But yeah, so there's, there's tons of, of kind of cute little visualizations, which is hard for some people, and it needs to be practiced.

MERYL: Well, and I think that's what I love about this is that I think it is **it's not complicated. I think it's relatable** and it becomes something almost like right.

You're like your Bible. Go back to this and remember what you wrote and if you need to add to it. And because some people don't know how to journal. **I feel like this is a great. Prompt for people who, like, where do I even start to journal and how do I start organizing these thoughts?** And I love how you do it as this really comprehensive approach that's not intimidating.

I think a lot of people are intimidated by, by some of this work, and I think this really allows people to get into it in a way that is relatable. It's easy and it's doable.

STACIE: Thank you so much. I so appreciate that. And I do, **I think journaling is so important and some people don't like journal prompts and that's okay too.**

There's some pages on the end where you could journal about anything you want. And I sometimes tell people even a gratitude journal and that helps with depression and anxiety too. **Waking up in the morning, maybe you don't wanna journal right away, but saying something you're grateful for and that somehow changes our day and changes our thought process.**

So a gratitude journal is a really kind of helpful.

MERYL: Yep. Yes. I it's funny, I, I I had made a commitment. I was, **I had journaled in my life on and off and on and off, and then I made a commitment to myself in the beginning of the year to really be consistent. And I, and I have been, and I will tell you, it really does allow me to set my day up in a very intentional way** and kind of set myself up of, all right, here's what I want.

Here's what I like my how I want my data unfold and right in the most positive way. And kind of going back to that like, oh yeah, let me remind myself. So, yeah, I think the journaling is so important because it does, it's like that cathartic feeling, right? That catharsism just getting your thoughts and your feelings out on paper and wow, I feel so much better doing that.

STACIE: Right.

And that reminds me almost of lists. **I think with teens too, they get so overwhelmed. I have, I have this test and I have this, and I have this game and, and it's like they think of everything and it's incredibly anxiety producing and overwhelming, but if you can write it down like you said, and make a list and literally physically cross things out, somehow that kind of tricks the mind and it makes it not so bad.**

MERYL: Right, right. We just don't want them to have lists after list because that becomes Right. One of my closest friends is like, she has a list and a list and a list, and she's like, okay. And I looked at her and I'm like, you realize your to-do list will be there when you're dead. Like that's not you don't have to write everything on a list or accomplish everything in a day, but.

No, but this is great. And we will also have the link to your book. You're not the boss of me you know, this great journal almost, or roadmap, right? To really helping people and, and, and, and Having more people who can have access to practitioners like you who are doing this work that is so needed now.

And so thank you for helping our teens and our young adults and all these people who are in desperate need of this work.

STACIE: So, and thank you for putting this out there.

MERYL: Absolutely. Absolutely. So yeah, I think, look, we could probably spend another half hour on all this, but I think everybody has gotten the point of, of why this work is so important and beneficial, and **if you're a parent listening help your teen or your young adult out by empowering them with this kind of work and knowledge and all that kind of stuff because it's so important.**

to their future selves, right, to their future success, to their future wellbeing. And that's really what it's all about. So thank you Stacie. Thank you. And I look forward to future conversations. I know you've got some other things in the work, so we will definitely keep this dialogue going.

And anything else you wanna tell our listeners?

STACIE: **Sometimes the hardest thing is making that phone call to find a therapist. So I say just do it. Make that phone call. You will be glad you did.**

MERYL: Absolutely. Absolutely. All right, everybody I think that's all we got for today. So make it a great day.

This is your Rebel Nutritionist signing off.