

I'm Burnt Out on Life

What is Up Daddy Gang It is your founding father Alex Cooper with Doctor Puja Lukman Welcome to Call her Daddy It's such a pleasure to be here with you Alex I am so happy to have you here Your work focuses on women's mental health and your new book Real self care highlights the problematic ways The wellness industry promises a quick fix Your message is that real self care is not a thing to buy or to do It's a way to be when it comes to self care Why aren't the essential oils and the bath bombs and the juice cleanses actually working There's two reasons and we can kind of dive into them and I'm excited to sort of really go super deep here The first reason is because we are using methods right So the massages the crystals whatever the thing is that's a method that you can buy or that you can do But real self care you know I'm a psychiatrist real self care is an internal process It's something that you have to give yourself and it comes from your decision making It's not actually stepping out of your day to meditate for 15 minutes Real self care is actually bringing your internal values to every single decision that you make over the course of your life So whether that's like what kind of career you you have whether you go back to grad school who your partner is you know how you interact with your friends Real self-care is actually threaded through all of the roles that we embody and all of the decisions that we make So that's kind of the first piece The second piece is again I'm a psychiatrist I specialize in women's mental health I've been in practice since 2016 Um And you know I went to medical school you know did all the things that you do to become a psychiatrist And I'm a clinical assistant professor at George Washington University even though I work with people one on one What I have come to realize in my work is that the problem doesn't lie inside of us as women The problem lies in the systems of oppression that are keeping us down So that is why I wrote this book Real Self Care to redefine especially for us as women I in my practice I only work with women and I think for so long you know we've been sold these solutions and frankly I just I find it completely descending and infuriating that we're told a bubble bath and a glass of wine is going to fix everything I appreciate you going into that much detail and we're going to get so much more in detail Espe especially with the you know you talking about like it's not really just what's inside of us like the world that we have been born into There's so many systemic issues that I do think people think if I go to the gym and if I drink my green juice I'm gonna feel better But it is really

interesting to hear you be like well why were you feeling bad in the first place And if you actually are getting underneath it the little things like a bubble bath are not actually going to solve these huge issues that are deep rooted Um Before we continue on that topic I'm curious to just know a little bit more about you of like what is your personal experience with turning to a wellness practice as a cure during a stressful time in your life Yeah absolutely I write about this in the introduction of real self care because I wanted to put it front and center You know I'm a psychiatrist I have all the credentials but I wrote this book from a place of really deep compassion um for myself and also for the women who have been there So you know I'm 39 now Um and I have a little son who's just nine months old Um but about a decade ago when I was in my late twenties um at that point I had sort of done all the things that I was supposed to do You know I'm South Asian My parents are immigrants So you know I went to the Ivy League schools I became a doctor I got married I checked all the boxes off and then I found myself at you know a really prestigious training program in psychiatry Sort of being like ok I did everything I was supposed to and so now I'm allowed to be happy let me figure out how to be happy You know it's like this very sort of like I will figure it out And um and I didn't know how and the reason that I didn't know how was because I had built my life up until that point I was 28 I built my life using all of these external measuring sticks and on the inside I was really empty and confused and I was super destructive and I basically just blew up my life at age 28 So I left my marriage I moved into a commune in San Francisco that was focused on female orgasm and sexuality Um And then pretty quickly after that I dropped out of my residency program Um And so you know my Indian parents were like really thrilled with me at that point I can imagine And all my friends were just like you know up until that point I'd been like straight a student And you know and so they're just like what happened to Puja And you know I spent two years with this group and you know sort of went down what I call like the woo woo rabbit hole Like I did all the things I got really into meditation and the crystals and the spiritual stuff At the end of that two year journey I realized there is no magic practice there is no magic wellness solution in the same way that there's no magic pill that you can take that will fix your life You know and I thought that I could just sort of like throw away my old life and just like dive deep into wellness and that everything would be ok when in fact all of my problems still came with me Um And so this was a decade ago and so that deeply informs real self care and is why you know what I came to

learn is that again real self-care real wellness has to happen within your own life And it's not something that a guru can tell you or you know airdrop into your phone right It's something that it's hard work And and the other thing too is is just to say that you know after I left that group I was I was really depressed and nearly they're nearly suicidal And you know I had privilege and resources to be able to get mental health treatment and and get into therapy And I've been in psychoanalysis now for about seven years Um and so you know it's sort of like I don't want to pretend that any of this stuff is easy because it's not right It's real it is actually really hard and really difficult But the good news is that once you start learning these skills for yourself you take them with you Right And you don't have to be dependent on anyone else Yeah When you get on a path growing up of trying to get all these benchmarks right Like I have to get into a college I have to go to college or I need to get a scholarship to go to college or whatever it is And then you're like ok I did that now I need to do this This is like our whole life we're working towards something but it's almost like we don't even know what we're working towards because either our parents told us we had to do it or society told us we had to do it And so a lot of times I feel like people have that quarter life crisis in their twenties of like wait my whole life I've just been going through the motions of something that I think I'm supposed to be doing and I hear what you're saying of like you then kind of you said you know blew up your life and you left and you went to do something else But I do think it's pretty common for people to have that moment of like do I want to be doing any of this The issue Is that a lot of times we think it has to be one or the other and we can't find that middle ground because we're not taught to find the middle ground It's like get the straight A's get the job Be a doctor Be perfect And it's like well what about my mental health What about how I'm feeling about myself What about the systemic issues What about me You know being a woman of color and being a woman in a society that is extremely um obviously hetero and patriarchal So like there's so many interwoven issues that you caught up that I think a lot of women will probably be listening nodding their head of like oh shit Either I'm about to go through this puja or I've gone through that I'm sure like women often come into your office with the same message of like I am burnt out My attempts at self care aren't working and I need help How do you make sense of this burnout epidemic that women are facing Yeah So the first thing I want to say is that step one is recognizing that it's not your fault The reason that it feels so hard to take care of your mental health is because you're constantly

swimming upstream especially if you know I'll say to Alex your audience which is mostly young women who are in their you know twenties And you're kind of like in this really confusing time in life like that you just spoke to where you're trying to figure out who you are and you're in this um economy where it's hard everything's really expensive Right And you're kind of trying to figure out how do I make ends meet How do I do all this stuff and then oh wait all my friends are getting married and I feel like the only one that's not engaged right Like there's just like so much stuff to keep up with And so I just want to say like it's not your fault that you feel this way there's powerful systemic forces That's why real self care is so powerful because again yes it's not your fault And the way to find true well-being is actually to understand that these are personal choices that you can make We know that the system is rigged We know that everything is a shit show right To be completely technical about it And so what can I do to buffer myself And how can I actually look inside my own life and figure out like what really matters to me and then what choices are actually available And again like this is the type of thing that you especially if you're in your twenties Like I just I'm so glad that we're talking about this because like I wish I could be on a soapbox at age 39 talking to all the 20 year old women Like this is the time to actually really think about Who is that person I'm dating And is that really the right person for me And like is this career actually something that really feeds me I do think a lot a lot of people are feeling that burnout and burn out naturally Like we were talking about it was like you're blaming yourself you're blaming yourself of like what am I doing Why am I so tired Why can't I do this I feel hopeless Whereas betrayal of the system is like it does feel a little daunting of like ok so we're in a rigged system It's a shit show like what the hell do we do though But if you at least acknowledge it and you take the blame off of yourself then you do put then the responsibility on yourself to recognize what's happening around us But now it's like hey it is your life and now it's your decision whether you want to do something with it and it has to be mindful right You mentioned that one principle of self care that you teach is boundaries and it does really sound simple I feel like the word is thrown out a lot It's like set your boundaries girl But why is it so difficult to set boundaries Um Couple things on boundaries So yes it is everywhere and the reason that everybody talks about it is because it's so fucking hard Um It's so hard especially for women And what I found in my practice is that it's not that the boundary bit is hard right It's not that necessarily the communicating and the knowing what you want or

what you don't want The thing that's hard is the guilt right Those bad feelings that come when you know you're letting somebody down or you're disappointing someone And so I when I think about guilt and when I talk about it with my patients I again point to these systems of oppression because you know especially women we live in this culture that is constantly feeding us all these contradictory expectations you know be a girl boss be a CEO climb the corporate ladder But then on the other hand like make sure you are like getting married and you know you have the right guy and like ok you probably you're almost 30 you should probably have a baby soon right And like those different lanes or those different rules are contradictory and women are more likely psychologically to internalize conflict So instead of seeing like hey wait these rules are in conflict I'm gonna make myself to blame and I'm gonna feel guilty like I'm not doing enough So I think of guilt as like a faulty check engine light So it's sort of like you know on your dash when you've gotten your car checked and you know everything's fine but it's like so blinking like it's there but you don't need to use it as your moral compass And especially if you've never set boundaries before You should expect yourself to feel guilty But that doesn't mean that you've made the wrong choice So I'll give you an example You know when I first started on the faculty in 2016 at GW my um the mentor took me out for lunch and her piece of advice was that I didn't need to answer my phone She's like just let it go to voicemail and see what the person wants And for me like as a young doctor that was like a little bit revolutionary because before this was like I'm really aging myself we had pagers beepers where you know um but you know the the thing was like let it go to voicemail and see what the person wants and then you get to respond you get to say yes you get to say no or you get to negotiate And I think as women we spend so much of our time reacting and just yes yes yes Yes You're just so caught up in pleasing everybody else that we rarely actually step back and realize your boundary is in the pause It's that space that you take to actually think and then and you might still say yes Right And that's OK But it's actually that pause That is the important bit there's so many things to unpack there because one I just establishing and I love how you wrote Like boundaries are not common skill they're taughtt So anyone that's struggling and I'm talking about myself also with setting boundaries It's like if you're getting frustrated with yourself which I do all the time of like why can't I just do that Why is it so hard for me It's also like be easy on ourselves Like this is not something that just comes naturally And again society pushes back and definitely as women it's

like we're supposed to just like please the man and like go with the flow and like be easy going and don't get angry especially for women of color It's like don't get angry like be pleasant And so it's like there's so many undertones of issues we're dealing with So I love that you're just establishing boundaries are not a common skill you have to teach yourself and also to maintain them That's also a whole other conversation that I'm working on in therapy And then I also love that you're talking about like this technique to tolerate guilt this shame and this guilt that comes with like the uncomfortability of wanting to set a boundary But being so terrified that if we set that boundary oh my God I would rather not set it than deal with the guilt and what I'm feeling of like maybe I shouldn't have done it The person's going to be mad at me as women How has society conditioned us to feel guilty for setting boundaries Oh that's a good question You know I think that really this comes down to time is sort of the benchmark that you use and white male time right is valued so much higher than the time of women and women of color And you know from the early days women's value was in making babies right And so we're still fighting that fight It's actually deeply radical to think about your value as a woman and to think about your time and your emotional energy as something that deserves respect that deserves compensation right If we're talking about paid work I think also you know coming back to the fact that I'm a psychiatrist you know one of the things that we talk about at Gemma my women's mental health community is like this idea of like what is visible and what's invisible and so much of the emotional labor that women do whether it is you know in our friend groups like that we do as you know girls and women or whether it's in the workplace like so much of it is invisible And again like that's unpaid labor right And that we're taught is like oh all of that is supposed to come out of the goodness of your heart I think what you've touched on also is like again there's so many layers but it's talking about women and as girls the way that we're raised like boundaries are really that reflection of us wanting to advocate for ourselves and wanting to advocate for the life that we're trying to achieve But that's not what we've ever been taught We should be doing It's always a piece someone else before ourselves So it kind of goes against the grain of what we're we've been taught what if someone's worried that their partner might break up with them or a friend might be annoyed if they are going to try and set boundaries How do we go from there And also how is that problematic if you are getting so worried about a partner or a friend being mad at you for setting boundaries Yeah that's a great question question So here I want to emphasize that

boundaries aren't a brick wall right A healthy boundary is not a brick wall a healthy boundary is actually you know those trampolines that people have in their backyard that have like the mesh when you're jumping So like that the mesh around a trampoline that is a healthy boundary right It's flexible things can pass through the nets So I'm not saying like that you're I'm not suggesting we all just like go off into the woods all walled in and like you know never see anybody or talk to anybody right But it's like it's a negotiation trying to understand what your own needs are in a relationship Um So whether that is you know is this a situation where you actually it's really important for your own mental health that you understand what's going on And is there a label and kind of knowing strongly inside yourself that I need that And so I'm gonna ask for that and if the other person isn't able to provide it right Or can't give you the answer that you want to hear then you are able to take responsibility for the fact that this was your need right Or you know what you're describing as kind of like a friend that you're worried that somebody is gonna blow up on you I think a couple of things to ask ask yourself is one are you coming from a family of origin where there was trauma addiction you know emotional dysregulation or do you come from a culture where boundaries typically aren't modeled So you know my family is South Asian and Asian culture there tends not to be it's more communal culture right So asking yourself like is that one of the reasons that the boundary feels more difficult You should also ask yourself like whether there's a history of this person blowing up on others So maybe it is totally reality based and maybe you do have reason to be worried and in that case then you have to make some hard choices about like is this person really somebody that I want in my life You know like is this good for me Or maybe I need to have a little distance from this relationship you know our friendship right And so again it's kind of like coming back to your own decision making capacity right Like you need to feel like you can make that choice and it's ok to make that choice and you're allowed to make that choice Yeah I love that because again there's so many different ways that it can affect different people But I do appreciate you saying like hey if you're trying to set a boundary and you're so afraid to bring this up with someone there's probably a pretty clear answer If you look in word of like maybe you're in a really unhealthy relationship Like if you're trying to set a boundary with your partner and your partner loves you then they should be like willing to listen and I understand those conversations come with time and you get better at them in a couple But like your partner should want to work with you to make

sure that this is a healthy relationship So number one you could be in a bad healthy relationship also past trauma family lineage But then so like I love how you wrote in the book You were like the way that someone reacts to your boundary tells more about them than it does about you Because most of the time a boundary is something that you're trying to do in order to produce a more positive situation and outcome for yourself But also that's probably going to be for the other person as well because something doesn't feel good that's happening in the current moment And you're trying to mediate the situation and make some adjustments in order to be happier and feel healthier I think oftentimes though we want to set a boundary but after mentally calculating the effort required to have the conversation we decide sometimes it's easier if we just continue to do whatever the task is ourselves or to keep going with whatever is happening rather than have the conversation Why is this problematic Yeah You know I think I would say I have two thoughts on this I do think that there are some relationships and friendships where like quiet quitting is OK Right Because in some situations trying to set an outward boundary that is ex you know that's verbalized and external is only going to enmesh you more in a dysfunctional dynamic So you know I'm not like advocating for like ghosting you know but like there's some particular situations and you have to kind of like gauge your situation and the other person on the other side But I think sometimes it's OK to say I've made this decision internally and I'm not going to respond to this I'm not going to be as responsive to this person's texts anymore Maybe I will respond in a couple of days and I will say like hey things have been really busy you know or like so it's like you have to sort of like gauge how direct you're going to be depending on to be quite frank like the mental health of the other person on the other side and what they're capable of That's what I was going to say Like is it almost kind of though like at some point you were able to gauge that you tried somewhat to at one point set the boundary and it didn't work So then the silent quitting is actually not just because one day you've never even asked the person you can gauge from someone if they are capable of meeting you where you need to be And so in a way like you already kind of tested a boundary in some capacity whether it was just it could be the way that someone interacts with you But like there's I feel like from my past experience like the silent quitting comes from because maybe I'm not dealing with a rational person or maybe I'm aware of that like mental health wise they would never be able to see maybe like the healthy dynamic I'm trying to like reset because I observe that all the relationships in their life

are pretty unhealthy And so for me to try to take on that task may not be worth the time and it may actually be more beneficial for me and my mental health instead of trying to constantly be fitting a circle into a square It's like maybe being more silent about something Yes Yeah No I think you're right I agree with you And I think the way the label that I would put on this is that you know really all relationships are about data collection Right And and that's friendships too Right And you're kind of sussing out you're getting an understanding over time of where this person is and what their emotion regulation like is like and what their capacity to receive a boundary is So a boundary for you internally like coming back to someone who's listening the internal part that internal work that you do of deciding how to think about this person in your life Think about how much energy to give this person where they fall in the scale of like your social networks that's the work And then you to decide like how do you communicate that if you communicate it in what way aside from the silent quitting boundary you do give specific tips in your book to help with boundary setting and one tip is use clear and direct language Can you give us an example All of us are struggling with boundary setting of how we can implement this tip of being clear and direct Yeah So let's take something that's just sort of like really relatable of like the friend who's sort of like in crisis say I say like crisis you know who's like in a crappy relationship and sort of like every week just texting you with drama about the terrible guy that she's dating you know Um and you as a friend are like you've told her a million times like hey this guy's bad news you know and you're just like I don't have the energy to be on the phone with this person like having the same conversation for like the third week in a row right So the boundary would be to text them back and to say hey um I'm so sorry that you're going through this again I unfortunately like I don't have the mental bandwidth to be here for you on this anymore And you could even be really direct and say like I really do think that seeing a therapist might be helpful in this situation But kind of like as we talked about being clear and sort of saying specifically I'm sorry like I can't talk on the phone today like I don't have space in my schedule and I'm really sorry that like you're hurting right now and I see that happening Um and I'm sorry that I can't be there for you Yeah that's so difficult because I think it's like the the social aspect of it is like I feel like people get so hurt if you're like I can't do this but that is a boundary of like but this has now been going on for months that you're dating the same asshole And we can we keep having the same conversation I feel like that's very relatable And I guess you're right of like giving like a

therapist as a way of like I also do think a therapist would be really helpful So you're also providing a solution not that you even needed to do that for them Again a lot of this depends on sort of like the dynamic of how long it's been going on and how burdensome it feels for you But I think thinking of it as a snapshot in time of especially if it's the type of thing where you're getting like reams and reams of texts which can happen sometimes in these situations So it does require a firm boundary for you And you could even say this doesn't mean that I can't talk about this forever But right now this is how I'm feeling and I wanted to be honest with you Another tip for boundary setting that you talk about is don't ask for permission Let's say that your boss tries to call you while you are on approved vacation time What should we respond to our boss instead of saying is it ok if we talk later Like how do we approach that situation Yeah In that situation the best response is no response If you are on vacation you should not be And if you have your email away up and it's been planned right Then my advice would be to actually not respond and let that speak for itself especially if you work in sort of like corporate America right Like if it takes someone like two or three hours and you don't get a response back like they're gonna understand right Like you're off they know that you're off Um and then what you can do when you come back from your leave is you can send an email you know the next that morning on Monday morning or whatever And you could say hey like I'm happy to touch base on anything that you wanted to discuss I saw that note that came in while I was out That made me immediately think everyone listening don't start the email with sorry because I do that all the time where everyone's like why are you apologizing And I'm like I don't know Um but it's like a knee jerk reaction I think especially for women to be like sorry And it's like wait why are you sorry You were on vacation time You did not need to be working and that was appropriate for you to not respond when we are boundary setting Why should we try not to over explain ourselves Like I feel like that's a constant habit of mine and I know a lot of people like you almost word vomit trying to like over explain in situations where it's like we don't need to do that But why should we not And how do we not Yeah Well I just I want to say that it takes time to learn these skills too You know I think that it's tough again Like we were talking about at the beginning of this conversation All of this is socially conditioned So it's ok for folks who are listening or just like oh gosh I start every email with sorry like it's ok you know when you over explain it makes somebody else feel like you have something to feel bad about right So it's sort of like in opening an invitation

for them to either ask you for more or when you're anxious and when you're kind of in that place of wanting to get approval from somebody who has power over you the normal human tendency is to want to say more so that you can try and you know influence how they feel about you But paradoxically coming from a position of confidence and power of sort of knowing I was off I didn't do anything wrong It was totally reasonable for me not to respond And I can still be helpful when I come back and just say like happy to chat I just saw that come in right with boundaries Really What we're doing is we're training people in our lives what to expect of us and how to treat us And so if you think of it more as like I'm teaching this person what is OK For me that's another helpful reframe as well especially in the context of managing up which we all know is definitely more anxiety provoking Absolutely Another practice of self care that you teach is having self compassion What tools can someone implement in order to cultivate more self compassion Yeah So self compassion I'll just say even for me like that's probably my hardest one You know my I'm on this book launch tour right now And you know it's it's that you know the pressure that we put on ourselves can be really really rough Um even for so-called experts right And in the past you know I used to really roll my eyes at self compassion because I thought it was just like very woo woo crystals and I was kind of like oh God But as I was writing real self care and sort of thinking through like well what are the four principles I kept coming back to self compassion and the way that I frame it is using the principle of psychological flexibility and psychological flexibility is a skill from acceptance and commitment therapy which is a type of therapy It basically just says that we're trying to develop a new relationship with our mind So it's not about like mantras and affirmations instead it's about So like for example as we were just talking about the setting the boundaries if you let's say you don't respond to the email from your boss and then you start beating yourself up Right And you're just like oh my gosh I should have responded He's gonna hate me I'm gonna get fired Self compassion would be saying to yourself like well wait like why am I berating myself right now Like what where did I get the idea that I constantly needed to be responsive to every single email that comes in even when I'm on vacation You know and sort of like questioning those self critical thoughts as a as opposed to just staying in that loop That's always going I love that because it's something I've been working on in therapy a lot lately It's like my therapist was like last year was the year of setting boundaries for you Um This year is we're gonna work on maintaining them

because you think you can set a boundary And then the next week I'm like wait Alex what happened to maintaining it You can't just set a boundary and then let it fall on its face So I think self compassion does come up from a place of when you are setting boundaries in your life it can be really uncomfortable again going back to everything we've discussed So it's like having compassion for yourself to know that a lot of times going against the grain of what you've been doing takes a lot of critical thinking to be like wait why am I uncomfortable doing something where I'm like standing up for myself or why am I so uncomfortable receiving help and trying to do everything on my own and take it like there's so many different elements but it's like just being aware of it is the first step in my mind to just being like we've been so conditioned from such a young age and with society that in order to just at all begin to take control of your own life um and actually take care of yourself is to recognize like well what have I been doing around me that I didn't even notice I was doing And it's just because I thought I had to do it I wanted to make sure for folks that are listening that I touched a little bit on values just because I think once you start setting these boundaries and once you start talking to yourself a little bit more kindly One thing I see really commonly in my practice is that's when your women are kind of just like well I don't even know what I want Like how am I even supposed to know Right Because I've just spent my whole you know early adulthood focused on what everybody else wants And so I wanna just kind of quickly say that one it's normal not to know what your values are Two You know when you ask people what are my what are your values Usually people kind of freeze up or they give you like the really canned response Like it's sort of like oh well I really value my family you know It's like ok great thanks That's like not that helpful So in real self care the way that I've come to it and the way that we talk about it at Gemma too is like you need to make it really low stakes when we're talking about values So like one of the thought exercises in the book is like imagine you have \$200 to plan a dinner party for yourself What what kind of dinner party will you throw And it's like really easy with that to just know right from the get go that every single person on the planet is going to have a completely different \$200 dinner party right And if you're somebody who really values let's just say like silliness and fun maybe for you that party like you want to look around and see everybody just like laugh laughing and having the time of their life or but maybe for you your value is really around like intimacy and like really deep connection And so maybe for you you wanna like look around and like see that people

are like really engaged in like one on one conversations So the real self care work then is that you reflect on that sort of imaginary dinner party you come up with some values words and then you think about well like how do I thread those values into my life Like if I'm somebody that really needs silliness like maybe I shouldn't become an eye banker Right Maybe I should like want to work in an industry where people don't take themselves so seriously Right Or if like you know for you know you're somebody who really really values um beauty Right And like every you want everything around you to have this sort of like aesthetic quality How do you incorporate that Like how do you think about that as you're decorating your apartment Um So again it's like it's not this isn't meditation right Like this isn't yoga and I'm not like demonizing those things like they're great right But can you even bring the value of silliness to your yoga practice Right Like that's the real self care I guess my last question is like what does it change change that you hope to see regarding the way women's mental health is viewed by our society You know my goal with real self care and with Gemma is like I just want women to know like this isn't our fault right And like all this stuff is hard and it's hard because there are powerful systemic forces working against us and it's not hopeless There actually are evidence based tools that you can use to help yourself make new types of decisions And that's why community also is so important So whether it's with Gemma or whether it's in your community Alex Right It's like we need to be having different conversations right And with real self care you'll notice I'm not like spouting a lot of rules It's really just about asking yourself different questions about your life and giving yourself the space to think about how you spend your time differently I can't thank you enough for talking with me because I agree Like sometimes some of the things online or podcasts or books can feel a little overwhelming because there's just we're already in a situation I think as women that it's like how do we even begin to do this uphill battle Like is it even worth it Like should we just wait for like the next next next generations to solve this And I really appreciate how everything that you talk about is very tangible and very realistically able to be implemented immediately into your life because it starts with you And it's also acknowledging the uphill battle that's in front of us but it's and it's so it's like a perfect combination that you've put together Like I recognize the shit storm we're living in But you also can take control of your life by setting values having your values setting boundaries and recognizing like the life that you want to live within the chaos and just recognizing what real self care is I think is good to differentiate your book is

amazing because we are cluttered with a lot of green juices A lot of yoga practices a lot of crystals and it can become kind of exhausting to be like I don't even want to take care of myself at this point because that hasn't worked for me Well that's not actually what self care is So Doctor Puja thank you so much for coming and call her daddy This has been truly so helpful I can't Thank you enough It's been such a pleasure Thanks for having me out