

Live Well, Be Well

“Let’s Talk Resilience”

Introduction:

Daryl: Welcome to Live Well, Be Well. A podcast where we speak candidly about all things health and well-being. My name is Daryl

Vanessa: and my name is Vanessa and we’re students and Well-being Peer Educators here at UC San

Diego. And on this episode of Live Well, Be Well, we’ll be discussing honoring your resilience. So we hope you get inspired, we hope you feel connected and we hope you discover new ways to live your best life. Let’s get started!

Content:

Daryl: So if you're listening out there we'd like you to take a moment to reflect over the past year. What

life lessons have you learned that you plan to carry with you into the present and the future? And with

that, what have you learned about yourself and your resilience? We asked some Wellness Pierce to also

respond to these prompts and here are the responses that resonated most with Vanessa and I.

Vanessa: The first one that really resonated with me is your brain is wired to keep you alive, not happy

and this resonated with me so much because I often overwhelmed myself with anxiety and overthinking.

My brain just starts like losing its grip on reality and I really psyched myself out by overthinking things

and thinking that's going to be the end of the world if I don't get this or thinking of all the worst-case

scenarios that can happen. But taking a step back, I can understand that my brain is going into fight or

flight mode and it's just trying to protect me. But, sometimes, you know, your own body and your brain, what's meant to help you is actually hurting you. So I think this response really stuck with me as somebody who often over thinks and deals with a lot of anxious, long nights and thinking about all the worst-case things that could happen. It was really great to understand from a biological lens what's happening to my brain and why my body is doing that.

Daryl: Yeah, I completely agree and I just really like the perspective that this response had in kind of honoring just all your emotions and it made me think about not labeling my emotions as good or bad and not giving my emotions that much power and everything I feel is valid and one feeling isn't better than the other. We're human and we're going to experience an array of emotions and feelings throughout our day. And I just really liked how this response just kind of that into perspective that our brain sometimes isn't going to want us to be happy all the time it's just trying to survive but with hard work and mindfulness we can make a stronger brain that will help protect us from obtrusive thoughts that can kind of throw us off our day.

Vanessa: Yeah, absolutely! Another response that I really liked was, "You have all the answers and knowledge you need already within yourself." And I feel like that goes hand-in-hand with the previous response because sometimes we might have our brain throw you off, like you said, Daryl. Your brain might throw you off you might start feeling these emotions that you perceive to be negative: stress and

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anxiety and concern or sadness. In the end, despite all the uncertainty and ambiguity in the world, you always will have yourself. You'll always know within you. You might just not be able to see it at the moment. I think a lot of people, not just college students but us in particular we're going through it. we might not know what we want to do after we graduate. We might not know next year looks for us. Even right now, in a pandemic, what next month looks like for us. But being able to know that you have everything within you and you just have to channel that energy really resonated with me. It's really comforting just to hear those words

Daryl: Yea same and I loved your response to the prompt Vanessa I totally agree. And I think sometimes since we're so young we always look at other people to guide us - people are wiser or have more experience and we think that other people be able to tell us what we should do with their own lives but at the end of the day I think it's just we have to trust ourselves and trust our gut and know that we're on the right path even if there's going to be some twists and turns we just know that everything's a part of a bigger plan.

Vanessa: Yeah, I really love that. Going back to how you said there's no right or wrong emotions, there are no right or wrong paths in life. Sometimes you just have to go where life takes you and learn from wherever you are. Everyone comes in different phases in life as well so that's definitely something that has

resonated with me. Daryl, were there any responses that stuck out with you?

Daryl: Yes so one that really resonated with me was someone wrote self-care extends beyond just doing

leisurely things for ourselves but it also means putting an uncomfortable hard work for long-term well-being such as exercising setting boundaries, being introspective, and working towards our goals and having those uncomfortable conversations. And this one really stuck out to me because I think there's a tendency to idealize self-care and self-growth I just this amazing period of your life when you become a better person but that transformation takes hard work, it takes uncomfortable conversations, it takes messing up, and I think that's part of the whole process and why it's the journey and I think having those uncomfortable conversations as someone that was a people pleaser and still is was definitely very new and very challenging for me and it felt like I was being a bad person or I was doing the wrong thing cuz I just wasn't used to putting myself first in my relationships, my friendships and just how I interacted with people day-to-day so I really liked that response. Yeah, what do you think Vanessa?

Vanessa: I totally agree with you! Sometimes self-care is just leaning into the discomfort and doing what's best for you in the long run, even if you can't see the benefits in the short term. That's something that I'm still working on and, you know, the biggest room is the room for improvement. So I'm sure everybody has different ways that they can improve on their self care and there is no right or wrong answer in self-care either. What works for you might not work for somebody else so I think that's really important to keep in mind. I also want to touch on how self-care is really romanticized now. Sometimes we

think of self-care as like putting on a face mask and doing a bubble bath, but self-care is sometimes those hard, ugly things are things or things that seem ugly... things that make us uncomfortable, things that we are afraid of, but I feel that self-care is such an interesting definition, what that person had provided in their response. It could just be overcoming your fears with confidence and being able to challenge all the Live Well, Be Well obstacles in your life like that definitely is a form of self-care. That's part of the process of growing as a person. I really appreciate this person's response and how you put that, Daryl. Daryl: Yeah and I loved your response that too. I think like what you mentioned with trusting the process topo that definitely resonated with me too. And then another response I really liked was what you focus on is what you manifest that means what you fear has control over you you create your own environment you attract what you radiate. And that one really struck a chord with me cuz I think as someone that overthinks I can let something pop into my head and then I just ruminate over it so I've been trying to not let my emotions control me and when I have stressful emotions or thoughts like that I try to just take a moment and just be mindful and observe that the thoughts happening but then I let it go by and it's not going to control me so I just really like this response cuz I just think this is something that I'm working on right now in like my self-growth journey. I'm just really focusing on my positive mindset and how my thoughts create my reality so that's why I really liked this response. Vanessa: Yeah that is such a great point and I think it goes back to the first point that we had talked

about: about how your brain is wiring itself for survival and not necessarily happiness. And so going back to what you said about overthinking and like having these intrusive thoughts, I think one thing that I do to cope with that is meditation. Sometimes if you use a guided meditation, the person will say acknowledge the thoughts that are coming. It's not meant to completely ignore them or avoid them we actually encourage meditators to think about it in a sense and like understand that they're there and take it in. But we also want to channel in calmness and peace and balance in our life. And so there is like this difficult journey of navigating, "How can I, you know, I still control my emotions and my thoughts?" because they might always be a part of you. But it's something in the way that we learn how to cope with it, whether it is through meditation, journaling, or whatever you see fit. I think meditation for me has really taught me that, you know, your thoughts will always be a part of you and they're actually really important. We should acknowledge them but we can't let it consume us.

Daryl: No, I totally agree that us such a good point thank you for adding that and I remembered I listen to one meditation where they said if it was as easy as not focusing on the negative thoughts like we would have done that by now but there's a reason we're having those I mean quote-unquote negative thoughts they're just thoughts and not giving them power to them I think it's the first step where we can just like you said acknowledge them and let them pass.

Closing:

Daryl: And with that, we hope that these responses also resonated with you as well and you took away

something from this episode so with this we will conclude this episode of Live Well Be Well. If you like what you heard and would like to learn more about topics related to health and well-being there's much more to come.

Vanessa: Be sure to check out our website healthpromotionservices.ucsd.edu and follow us on Instagram and Facebook under @ucsdhps. Stay tuned for next week's episode of Live Well, Be Well. Until next time, be kind, be true, be you. And remember, to be well is to live well.