

Episode 77 - How We Get Through Tough Days
***Barb Knows Best*[™]**
Episode Transcripts

Michelle Maros: [00:00:11] Hello, everyone. Hi, friends. Welcome back to Barb Knows Best, the podcast. I'm your co-host, Michelle Maros, and I'm here with my mom. Barb. Welcome, Barb. Welcome back to Barb Knows Best.

Barb Schmidt: [00:00:23] Thank you Michelle. Nice to see you. Hello, everyone.

Michelle Maros: [00:00:25] It's such a treat to be sitting across the table from you today.

Barb Schmidt: [00:00:29] It always is. I love it.

Michelle Maros: [00:00:30] How are you doing?

Barb Schmidt: [00:00:32] I'm good. I'm very, very good. I'm excited to be here. Excited to be with you. Excited that we have the opportunity to be with all of the people around the world. I'm feeling really good today. Really energized.

Michelle Maros: [00:00:44] You do seem to have some extra pep in your step today.

Barb Schmidt: [00:00:48] Well, we'll have a nice conversation today about yesterday.

Michelle Maros: [00:00:51] So, yeah, it's interesting because as you all know, if you've been listening to the show, we have chats about topics that we want to talk about and I usually present you with options of things. And the other day I was going over some ideas that I had and you said, Nope, nope, nope, nope. And I said, Okay, well, why don't you give me an idea? And so this is Barb's show today.

Barb Schmidt: [00:01:20] Well, I think what I love so I mean, I love so many things about this podcast and all of the things that we have the beautiful privilege of doing. But one of the things that I really, really love is that we are authentically sharing everything that we talk about on this podcast. Every episode is some version, some form, some time of our life experience. We're

always sharing our own personal experiences. And so yesterday was one of those upside down days for me. It was just from the minute I got out of bed. I just wasn't feeling it, wasn't feeling the day. It wasn't feeling grounded. All the things, you know, did my meditation, did all the things, but still just wasn't feeling comfortable in my own skin or comfortable even just being in the day. It was a very odd feeling for me and we were doing a lot of. Recording and filming and doing a lot of things yesterday.

Michelle Maros: [00:02:20] A lot of stuff to do.

Barb Schmidt: [00:02:20] For our work. We had a whole lot of stuff to do for the entire day. So with the whole team. So when we concluded the day which we'll go into with this episode, but when we concluded the day, I remember thinking, This is what we need to talk about tomorrow on the podcast, This idea of that we are not always, you know, gung ho to I guess not gung ho, but we're not always feeling up for the day or feeling like we got it together or feeling like, well, this is going to be one fantastic day. Sometimes we feel upside down or we just feel like, you know, this is just a hard day right now.

Michelle Maros: [00:03:00] Yeah. And I'm super interested to hear all of your insights about it, because what I've gathered from listening to you talk a bit and just. You today is, and I think everybody else will love to hear about, you know, you can have your practices and do all of the things and have the self care and be mindful and just still have like off days. And that's not meaning like you're doing something wrong or that you've messed up or that you didn't meditate well enough that day. You know, life is always going to just be unpredictable and some days are going to be off. So it's what can we do and how can we, you know, living from that present moment. Tackle those off days so that we don't get totally taken out or so how we can know how to care for ourselves. Like maybe in a different situation you might have needed to just cancel the day if you needed like extra rest or something, but really being in tune with yourself to know what you need to do and having that. Like radical acceptance of what's happening for you in the moment.

Barb Schmidt: [00:04:19] And yesterday was one of those days. And it's really I love that you just said that because what we are is we're being human because this is what being human means, that not every day are we going to feel our best or not. Every day are we going to feel

like we're just ready to, you know, raring to go and let's go? So I think it's being human. And for yesterday, you know, we always ask each other and this is something I think we've used on the podcast as well in some of the episodes. You know, how is it going being you today? That's something that we always do. And I actually asked myself that in the morning, How is it going being you today? Barb? And yesterday when I got out of bed and I said, Wow. How's it going? Being you today and I, the first word that came to my mind is it's difficult. It's really difficult being me today. It's really. I'm just not with it. I'm just not in the in the groove of it. I just I felt just off. I think you said it beautifully now, Michelle. It's like not that it was difficult, but it was difficult. But. But that's not the main word. The main words. I just felt off.

Michelle Maros: [00:05:19] You were out of sorts.

Barb Schmidt: [00:05:20] And I remember saying halfway through the day yesterday that I don't feel grounded. Even when I was driving, I felt like I was traveling to another universe or something. I just didn't even feel grounded in the place of driving. So it's very this is going to be a really interesting conversation. I agree. Because it's I don't know if I've necessarily really ever felt like I felt yesterday. It was a very odd place. Well, you were there all day.

Michelle Maros: [00:05:50] Yeah. I can't wait to hear. Because I mean, and this is another interesting aspect of this conversation is. As an outsider... Well, first, two things. When I saw you in the morning, I could tell you were a little out of sorts. And I think I even said to you, did you sleep last night? You seem a little tired. So I could pick up on that. That you were not maybe your. Fullest self. But I mean, we all are tired. We all you know, I feel like all week this week I've been dragging and groggy and kind of disoriented and whatever, So that's not anything to be like, Oh, something's up. So from the outside are looking in on you. I'm like, okay, she's just a little tired today. So you clearly were having a different experience. And it was affecting you. Even though us from the outside, we knew that maybe you weren't 100%, but it wasn't like, oh my gosh, something's wrong with her. What's going on? So. It's just. Like we talk about with so many different things, like the relationship that you have with yourself and the knowing of yourself is so important because you can identify different patterns or feelings or things that are off and know how to kind of approach it.

Michelle Maros: [00:07:13] And being okay and not like I think for you, this is also like a perfectionistic thing. Like I wake up, I do my things, I do my practices, I meditate. I should and, you know, should is that word that we all use that I really think is kind of it does us all a disservice because what is should but like I should be calm, I should be peaceful, I should be patient. I should be energized. I should be ready to go. And I feel like if nothing else, for this episode, releasing yourself from these "shoulds" of how you think your life should be or how your day should go, or how you should wake up and be, and just allowing what is knowing that like. I mean, if you're listening to this podcast, I can probably make this assumption that you're showing up doing the best that you can. You're trying your best and that's enough. And not everyone is perfect. You're not perfect. I'm not perfect. And we have off days. I mean, I remember hopefully you don't mind me saying this. I remember one day, a long, long time ago.

Barb Schmidt: [00:08:20] Let me hold my breath.

Michelle Maros: [00:08:20] It's not.

Michelle Maros: [00:08:21] I'm kidding. Go ahead. Of course I don't. We share everything.

Michelle Maros: [00:08:24] We had made these peaceful mind, peaceful life t shirts years and years and years ago, like our original merch, which they were very cute, actually, like.

Barb Schmidt: [00:08:31] I think like 2012, 2013.

Michelle Maros: [00:08:35] Maybe when your book came out, I think. Anyways, And we were, I think in a Starbucks and you were wearing the shirt and I think something was wrong with your coffee and you said something to me like. I don't know. You got a little frustrated.

Barb Schmidt: [00:08:51] My patience, level was the max.

Michelle Maros: [00:08:53] And you weren't saying it to, like, the barista, but you said it to me, but you were, like, visibly irritated and frustrated.

Barb Schmidt: [00:09:00] Irritated I remember.

Michelle Maros: [00:09:01] And I was like, Mom, like you're in our merch. And what would they say if someone saw a Peaceful Barb getting feisty about a coffee? And I joke with her because obviously everybody does. Yeah.

Barb Schmidt: [00:09:19] And I think I said something like, well, they would think that I was normal that I'm human.

Michelle Maros: [00:09:23] But I think sometimes you put that pressure on yourself of being perfect. And so I say that. We all get have off days and like lose it when our coffee isn't right or, you know, we get a red light when we're in a hurry. All of that to say, I think this is very normal.

Barb Schmidt: [00:09:43] Well, it's so normal. And I feel like you hit it exactly in the truth department. I yesterday my perfectionism was really I am a recovering perfectionist people pleasing person. And yesterday it.

Michelle Maros: [00:09:59] I would say someone with an eating disorder would have perfectionist tendencies.

Barb Schmidt: [00:10:04] Definitely. And, you know, I've talked about this before and maybe we can have another episode on that. I'd love to get into more details about eating disorders in general, because we really haven't had a really full on conversation about that. But yes, and having an eating disorder but not being symptomatic because I've been in recovery for 39 years now. It doesn't mean that some of those tendencies and some of those ways of viewing my body or ways of viewing my life or ways of viewing things are all going to magically go away. And I think that's why having a practice and having the kind of life that we talk about so much on this podcast is important. So yes, for whatever reason, I was not comfortable being.... I was not okay with how I was feeling yesterday morning. And then they added. Weight of knowing that the four of us are our peace of mind peaceful life team. Four of us of the five, we were actually going to be filming and doing things all day long. So knowing that that and it really was not going to be in anyone's best interest to cancel that would have been a not a great thing.

Barb Schmidt: [00:11:11] There are some times when you have to just suck it up and do it. You can't. Yes, you are to put your own welfare first and your own self care first. But sometimes we just have to do what we have to do. And I knew that we could not cancel. So those two things were weighing so hard on me that it turned into for me on the inside, turned into I didn't feel grounded in my own body and my own skin. And so then I started to mentally the chatter that was going on in my brain started to attack my body. Oh, my gosh, I don't feel good. I don't look at my face. I have all these big circles and bags underneath my eyes and oh, my gosh, look, I must have slept wrong on my face because look at my chin. I mean, I was saying some of the most ridiculous things yesterday because I could see your face like you didn't even know what I was talking about. And our other two colleagues, Lauren and Rebeca, are like, looking at me like, are you from planet Mars or What are you talking about?

Michelle Maros: [00:12:07] And I was clearly a spiral to me.

Barb Schmidt: [00:12:09] Yes. And I think what was so important about it, though, why and we got so much more to talk about, but it really matters. I think the first thing I want to share with all of this, when you're when you're going through a rough time, especially if it's at work or especially if it's at a place where you have to kind of keep it together or you have to you have to show up regardless of how you're feeling on the inside. It's so important to have people around you that support you, that are you know, we always say that you are the company you keep. We are influenced by the people that we spend the most time with. And as I look back on the day yesterday, how it started, what isn't there like a tick tock thing or something? Like how it's how it began and how it ended or I forget.

Michelle Maros: [00:12:51] How it started. How it's going.

Barb Schmidt: [00:12:53] Yeah, how it started, how it's going. When I think about that, I literally drove home yesterday at about five, I think, or something. I literally drove home yesterday happy. I drove home thinking, Wow, this day was not so bad after all. And it had a very rough start for me. I hadn't felt like that in a very, very, very long time. So I think having you and Lauren and Rebeca and just having that support of every time I said something, you know, look at these wrinkles in my eyes or look at this or look at that. One of you would say, you look really good. But if you want to put a little bit more blush on, maybe that'll be better. So you didn't

negate what I was feeling because I could see what I was saying. But you also didn't buy into it at the same time, you know what I mean? It was kind of a good balance all of you did of okay, She's clearly really down on herself today. She's clearly really finding all the things that she thinks is wrong with herself, especially physically. And so instead of telling me, oh, come on, you're not, you know, what about your practice, Don't you know that you're already beautiful? Don't you know that you look fine. What is up with you today? What is happening?

Michelle Maros: [00:14:02] Haven't you practiced self love enough to not talk to yourself that way.

Barb Schmidt: [00:14:06] None of you did any of that stuff. You kind of found that middle way or that middle path of, okay, I remember one of you said, Yeah, here. You know what? Michelle has a lot of blush here. Let's try one of them. Because I just look, I felt like I looked like I was, you know, like washed out. And so little by little, I think that we did all all the things that were happening by the time 3:00 rolled around. So it was a long it was a long time. By the time 3:00 rolled around, we were in our groove of how we usually are when we're recording or when we're filming or when we're doing things for social media or for the community. And by 5:00 I was feeling like that was a really good day. And I think it really matters how you I know you talk about this a lot in the blogs, Michelle, and it really matters how you frame, how you frame what's happening to you in the day. It really matters that you feel it fully. Don't ignore it. Like I didn't ignore it. I walked in the in the room yesterday and you especially you said, oh, mom, you're, you know, you seem a little bit out of sorts or you seem really tired, so don't ignore it. Allow yourself the permission to feel your feelings. And allow yourself the grace also to the people that you're surrounded by can really be there to help you and can really be there to support you. In allowing you to feel what you're feeling. I remember one of you said, you know, you're just feeling off today. It's okay. You know, we can just film maybe two things. You know, it's just like every time I would say something, Oh, well, we could do this instead. It was never a well, you know, we got to get this together or What is wrong with you?

Michelle Maros: [00:15:47] Well, I say that, but I do that lovingly.

Barb Schmidt: [00:15:50] But you didn't at all yesterday. You didn't at all yesterday. So that, I think is is huge. And it's really taught me something. About how how much it truly does matter.

The people that you surround yourself with and work with and having at least one other person is so critical. But then it also matters that you don't deny what is happening for you in the moment and giving yourself permission to feel it and to just be. To just be with it. Knowing and don't claim it. Don't. Oh, this is who I am and don't go down that rabbit hole of, well, what's the matter with me? What's wrong with me? What is going on here? I did all of that in the morning, but every time I would say something like that, once I got to all of you, you came back with the perfect. Well, perfect. You came back with the exact thing that needed to be said. So, you know, that's a lot. I hope it made sense.

Michelle Maros: [00:16:44] We're going to make sense of it. Don't worry. It did.

Barb Schmidt: [00:16:46] You going to clean it all up?

Michelle Maros: [00:16:49] Well We're going to. We're going to clean it up. But let's take a break first. And we're back. So. I feel like our whole intention with this episode is to. I hopefully I would assume because I can relate to what you're saying and how you were feeling. And I think we all at some point can resonate with having those off days of just nothing's going right, or I don't know what's wrong with me, but I just feel off or being extra hard on yourself or nitpicky about your looks or just having one thing go wrong, but then allowing it to spiral to where everything is wrong. We all have those days. And I think especially for people who are in this personal development, self-help wellness space tend to hold themselves to some sort of higher standard of like, well, because I work on myself and I'm doing the work and having the tools and making an effort that somehow I should be better in some way or somehow like these things shouldn't happen to me, or haven't I done enough to where I wouldn't feel this way and this, hopefully this episode, can just serve as an example of the fact that this is the human existence of of life. And having these days is normal and having these feelings is normal. And the point of of this show in its entirety of self care practices, of mindfulness of all of it, isn't to eradicate these days.

Michelle Maros: [00:18:23] It's not to make like life perfect. Because as we talk about so often, it's not possible. Perfectionism isn't real. It's to assist along the ride and to help us. Maybe. You know, if we veer off course, not get totally taken out or not. I mean I think it's amazing that, considering how you detailed your experience yesterday and how I saw how just mentally and

physically affected you were by how you were feeling, how you're able to even like record today. I think that's like a testament to your practice. Like it's not the bad day, it's the next day because I think it's your practice that has allowed you to recover and be in the present moment and not carry those feelings past their time and not letting it define you like you always say to where you're not like. Am I going to feel like that again today or, you know, yesterday was so weird and I felt so awful. I something's wrong. I need to figure myself out or whatever. I think it's the practice that said that was yesterday. Today is today. And I'm not going to let my mind get carried away with it.

Barb Schmidt: [00:19:52] Beautifully said.

Michelle Maros: [00:19:53] It's like we think that the practice is to make something perfect, but the practice is really to get us through the difficulty so that come the next moment or the next day or the next chapter, we can still show up as ourselves.

Barb Schmidt: [00:20:10] Exactly. It's it really is all about how can we move through life with all of the ups and downs, all of the changes that happen within our bodies or that happen within the mind or what happened in the outside world? How can we move through these things as gracefully as possible, but also as. I think being in the for whatever reason, the word fluidity is coming up in my brain today. It's like that fluid motion and not not taking on the things that aren't you. So I think it's so important to have some of these affirmations or some of these quotes or some of the things that we talk about all the time. Yesterday, you know, I was thinking, you know, feelings aren't facts, as my title says it. No feeling is ever final. Nothing ever has the power to name who you are. And I think Maya Angelou, every storm runs out of rain. So it's it's knowing that all of those things are true and then being surrounded by the people in your life that that support you and that say the things that need to be said or are not not are always willing to speak truth.

Barb Schmidt: [00:21:18] But there's a reason you say truth to power because it is very powerful. All of those things working together yesterday. Came out the end at 5:00 where I actually felt happy and thought it was a great day. Whoo! And there is no planet where I would have thought at 6:00 in the morning I was going to think that this was a great day. So it's really exactly what you said. Michelle It's true. It's a true testament that we, we we get stuck in things

if we think what's happening is real, if we think there's something wrong with it, if I think that there's something wrong with the way I look, if I if we just keep going down that rabbit hole, like all of these things that I'm feeling right now are true. When most of the things I was feeling yesterday, they're my feelings because feelings aren't true or false, they just are. But the thoughts following the feelings were untrue. And so I think it's really, really crucial. I love this episode because I think it's just allowing it's that whole Jill Bolte Taylor quote that we talk about to that whole thing.

Michelle Maros: [00:22:24] IU alum Jill Bolte Taylor?

Barb Schmidt: [00:22:25] Yes,

Michelle Maros: [00:22:26] I just learned that. Hello, Hoosier.

Barb Schmidt: [00:22:28] Yes, it's that Jill Bolte Taylor that feelings take 90s. You know, she had that massive stroke and this is the research because she was she's a neuroanatomist and feelings take 90s to come into the body and work their way out of the body. Unless we fuel the feelings with thoughts. If we feel the feelings with thoughts, then we carry them around and then they last a whole lot longer than they're meant to because we're not really feeling the feelings, we're believing the thoughts, and we're fueling the thoughts instead of feeling the feelings. And I think yesterday what happened is I'm so comfortable with you all. We're all so comfortable together and so feeling trustworthy together that I was just saying whatever I was thinking, I was saying it. Which was really weird too, because that's not usually like me either. I can be very quiet when I'm in a mood like yesterday. I can be very quiet and kind of to myself. Everything I was thinking was coming right out of my mouth. It was like raw footage coming right out. And I think what was so great about that was, I would say, a thought that I was thinking that was pretty irrational or Oh, I think I slept wrong.

Barb Schmidt: [00:23:33] I think I need a new pillow or Lauren went on when she went on the Internet and we're looking at new pillows. So it was really I think it was a testament to to feeling the feelings, not being afraid to to share them. And then you three coming back with the middle path answer that needed to be said. And I think the most important thing was I never got the feeling once that you all thought I was crazy or that we needed to abort the day, or that

you weren't worried about me. You know, those feelings that sometimes people can have when you're feeling out of sorts that make you even feel worse or that make you feel like, Oh my gosh, there is something wrong with me. Now, look, I'm ruining their day. Oh, now look, now I'm impacting everything. And I think that didn't happen yesterday either. So it was really the perfect it was set up for the perfect episode today.

Michelle Maros: [00:24:24] Absolutely. And it's truly an example of how you always talk about being the scientist of your life, because I think. That yesterday was an interesting laboratory and today is a whole report on your findings.

Barb Schmidt: [00:24:42] It's true.

Michelle Maros: [00:24:43] And I, as your, I guess, assistant scientist, can also give my findings as well.

Barb Schmidt: [00:24:51] It's so funny.

Michelle Maros: [00:24:53] Because I think I've kind of. Noted some different aspects of kind of your process yesterday and it really makes sense to how you worked through it. And I think it could be helpful for people. So do you want to go through it?

Barb Schmidt: [00:25:12] Okay yes, I want to say one more thing.

Michelle Maros: [00:25:14] My hypothesis.

Barb Schmidt: [00:25:15] I love it. That's it, Michelle. I love it. Yes. I would love for you now to make sense for everyone of all of this. But I want to say one more thing that I feel that I've been doing for all of my practice ever since I got out of treatment for bulimia. When my therapist said to me, she talked about giving yourself a time limit with your, you know, when you're and feeling your feelings and doing all of that. And one of the things that I got out of that and I've been practicing ever since and I've heard different teachers talk about it a little bit along the way is recovery time like allowing yourself permission to be? And having that middle path, I'm going to allow myself to have permission to be. I'm going to feel my feelings so they can go

through my body in 90s and and look at the thoughts and try and really do my best when I'm in this place that I was in yesterday to not believe the thoughts and not allow them to take hold and define who I am. And then that shortens the recovery time. I when I when I say that I was really happy driving home yesterday at 5:00, it's pretty remarkable that that happened given the state that I was in in the morning. So that's a shorter recovery time sometimes maybe something like that would take, you know, two days or two weeks or one month or whatever it is really thinking about. The power that we have in choosing how we're going to view and how we're going to see what's happening in our lives and from the inside out. Yeah. So it makes sense of all this.

Michelle Maros: [00:26:45] All right. So my scientific hypothesis, my findings.

Barb Schmidt: [00:26:48] Okay.

Michelle Maros: [00:26:49] So I think. As some as all of us who are. Having the intention to cultivate awareness and, you know, be our own best friend, I think, and treat ourselves with kindness and care and respect. That's kind of like, I think, the baseline for how we all probably approach life. So this is. I think, as we start to. Incorporate these practices and have that mindset. The kinds of, not knee jerk reaction, but the natural reaction to how these days like this was how it happened for you. And it's because you're so like rooted in yourself and care that I think that it unfolded in this way. And so I think, you know, to kind of go through it over again, you did start the day when you brought me coffee, which was so nice. And I just could tell that you were like off.

Michelle Maros: [00:27:58] And I made that comment to you. I was like, Are you tired? Did you not get enough sleep? Is everything okay? And usually if you had not slept, you would have been like, oh, Michelle, you're not going to like this. But like, I woke up at 3 a.m. again and I would be like, Why do you do this? Because that's what she does, that whole eyeroll conversation. But that wasn't the conversation. You were like, No, I slept fine. I just I don't know. I'm just not really feeling like myself. And I said, okay, well, we have a little bit of time before we're meeting like for work. Why don't you go like, rest? I think I said, Right.

Barb Schmidt: [00:28:30] You did.

Michelle Maros: [00:28:30] So like you had that awareness that something was off. And I think probably that was the pinpoint of you tapping into like, your feelings for the day with that.

Barb Schmidt: [00:28:40] Yes.

Michelle Maros: [00:28:41] Is that an accurate.

Barb Schmidt: [00:28:42] Yes, Because I couldn't quite make sense of it. It just felt so weird. I the best way I can describe it is I didn't feel like I was in my body. It was so weird. So I didn't feel like I was in my I didn't feel grounded at all in the day in my body. And so, yes, it our interaction, your questions and me thinking about it and saying to you, yeah, I'm off. I'm not myself. I don't know what I am, but I don't feel like myself. So that was the beginning of.

Michelle Maros: [00:29:09] But I do think because I know you so well that I know how you are on days where we have a lot to do and that we have to film and that there's a lot of other people kind of counting on us to show up in a certain way to get things done. I know your mindset of like. I gotta get ready. I got to show up. I got to be in my best. I got to be able to speak clearly and look right and all of that stuff. So I feel like you probably then kind of started to feel that pressure within yourself of I'm not feeling great, but I have to show up, I have to perform and I have to be kind of on.

Barb Schmidt: [00:29:54] Just hearing you say that, that would usually be my line of thinking. But yesterday was not so much like that. I knew that we couldn't cancel, but I also didn't. I think it's why I showed up with all those thoughts in my mind about my eyes and my chin and my...

Speaker3: [00:30:11] Well, that's what I was going to say. Because you showed up.

Michelle Maros: [00:30:12] You're like, My makeup looks bad. And even when you and, you were just letting any thought that came into your mind come through, which is so funny. And I have a point too.

Barb Schmidt: [00:30:21] I was unfiltered.

Michelle Maros: [00:30:22] I have a point of this is you were like, Oh, did I sleep on my face weird? And now my face is misshapen, like you said that. And I looked at you, I was like, I don't think that's how anatomy works, you know, outside of, like, you know, getting the little indentations from the pillow or whatever. You're like, I think my face is now misshapen. I think that my skin is as extra white today. My eyes are super puffy and I look exhausted. And like every thought that came probably into your mind was coming out. And while I was the witness to it and kind of experiencing it and being like. What are you talking about? This is crazy talk. I do think it was good because otherwise you would have internalized it and stewed and it would have come out sideways.

Barb Schmidt: [00:31:11] Exactly. And I don't think that it did yesterday.

Michelle Maros: [00:31:13] No, that's what I'm saying even though the things that you were saying were not true and weird, I think the the purging of those thoughts, you weren't pushing them down. You were giving them a home, which was, you know, out into the universe.

Barb Schmidt: [00:31:28] Out to the three of you

Michelle Maros: [00:31:29] Yeah. You weren't internalizing it. And so you expressing it allowed for us to then be a witness to it to say, hey, look, that's not true. Hey, look, if you're feeling like a little washed out, go and try some of my makeup. And I even remember saying to you like, look, you know, if you're feeling so out of sorts and like, not grounded, why don't you go into my bedroom, take off your outside jeans and put on some of my pajamas and hop into my bed and maybe, like, take a little nap or do a quick meditation with my cat. So we were giving you some hopefully constructive suggestions of how to tackle it. And I think. It went from a situation where you could have been internalizing and then spiraling to vocalizing, feeling, and then switching your mind from spiraling to then like problem solving mode of like, yeah, something's off. What do I want to do right now to help myself?

Barb Schmidt: [00:32:35] It's beautifully said Michelle. It's exactly. And it wasn't. You're right. This conversation is so helpful because I do believe this is going to help. I hope all of you. Because I didn't I didn't once all day yesterday feel the pressure that I need to get myself

together because we're filming or we're going to be doing all this work today, not once. And that's not me. As you said, not once. And I think I think it's so important to to as you're as you're making sense of all this, for everyone listening, I think it's also important to remember that. Being in a safe environment like I was yesterday. And for whatever reason, doing I don't know if I've ever done that. I mean, I do try to practice feeling my feelings and not hopefully they don't they don't come out sideways often, but I don't remember ever just every thought that I had just saying it to you guys. And it was so as I think about it, it was like just how you said it. It was so random, even. Do you remember the tooth?

Michelle Maros: [00:33:33] Oh Yeah. She's like, Look at my tooth. My tooth has a mark on it. And I'm like it's a tooth.

Barb Schmidt: [00:33:38] It was so...

Michelle Maros: [00:33:40] You were very hypercritical of every single aspect of yourself. And I think it's because you were feeling so out of sorts. So your thought process, the patterns and the habits in your mind picked up of, All right, let's nitpick every single part of myself.

Barb Schmidt: [00:33:55] And what was so good about that is that every time I said something, you all one of you, whoever I was saying it to at the time or whoever spoke up at the time would say, Not really. You said, Mom, it's just you have a little gap between your teeth. I said, No, Michelle. I saw a mark and I can't get it off. I know this must sound crazy, but none of you, none of you made me feel crazy. I think that's. There's so much here. I never felt like something was. I never took on the ownership of all those. All those thoughts that were so. Oh my gosh I don't random. And so you're right and so critical. I never took them on. You said, no, mom, that's your that's the little gap between your teeth. And I said, are you sure? Take them one more look. And you said, Yeah, I'm sure you didn't get worried about me. And I think that this is kind of a teaching here. I think I think it's really important. Like there's this balance, there's this beautiful middle path balance of saying something that's very supportive but not letting the person think that there's something wrong with them. You know what I mean? Because if you start getting worried about me, then that makes me even more hypervigilant about, Oh my gosh, there's something wrong with me. I got to fix this. I don't want her worried about me.

Michelle Maros: [00:35:15] Yeah. So I think that next piece is being able to. Share or speak with people who you can trust, who will help bring you out of it, or help remind you of what's real or what's true in the moment, and then help you to problem solve. And I think this is maybe where a lot of us get stuck because like, if we're at work, maybe we don't always have safe spaces to talk to somebody or even at home or wherever we are. I think a lot of us feel like maybe we don't have supportive people in our lives who can be a sounding board or hold space for us. So, you know, even if you're, you know, alone at work and you feel like you can't talk to someone, even just maybe writing down what you're feeling or taking a moment to process those feelings and getting them out of your brain, like giving your thoughts at home. Like I say, with journaling. You can experience that same benefit of speaking of it to people who you can trust and really just. Releasing those thoughts so that you can have space in your brain for that problem solving. Mode, because then after that, I was like, you know what? Why don't you go get us coffee? Like, I could just tell when you said, I'm not grounded, I'm like, Well, then you need to go outside.

Barb Schmidt: [00:36:48] Yeah.

Michelle Maros: [00:36:49] I'm like, Why don't you go get us coffee? We could all we would all love a coffee. You go do a little errand. We'll get some stuff done while you're gone. And you go take your time. And that's what I think about that. Now, when we often talk about managing just difficult situations in life, especially with family, especially with in-laws, we get so many questions about in-laws and how to deal with difficult people like that. Holiday situations. Your number one tool or tip is, you know, take a break. Get yourself out of the situation and offer to run an errand or go do something for someone else to get you out of the situation for a moment so that you can reset. And that really worked for you because you came back. And you might still have felt a little off because, you know, that was the day, but you were in a better place.

Barb Schmidt: [00:37:45] Completely, just being able to give yourself a break. The Starbucks that we go to is in a park. So to be able to be in nature and go get a coffee. But I think also what was so magical about that, me taking the break and going to the park to get our Starbucks or get our coffee was do you realize the coffees we all ordered? It was the most fun, childlike thing I think we've ever done. The four of us. We all ordered coffee.

Michelle Maros: [00:38:14] We all got ourselves a little treat.

Barb Schmidt: [00:38:16] Yeah, It wasn't just a coffee. We all ordered independently. We all ordered coffees that had whipped cream on top, every one of them. When she handed me the tray, all four of them had the rounded lid because they all had whipped cream on top. And I'm like, Wow, this has never happened.

Speaker3: [00:38:32] I do love whipped cream.

Barb Schmidt: [00:38:33] And so it was really fun and I remember laughing. And so that's why taking the break or being in nature for me is always important.

Michelle Maros: [00:38:43] It's the tiny joys that we talk about.

Barb Schmidt: [00:38:45] It's the tiny joys. And I remember laughing when she handed me the tray of our four drinks and I thought, Oh my gosh, wait till I walk in the door. They are all going to be so, so elated at what this looks like because it was really pretty. So that alone, you're right, that alone was the shifting. And I got back and you guys had everything set up and we bought new lights and you had playing with the new lights and there was just some really beautiful energy happening in the place. And I show up with the four coffees with whipped cream, and it. It shifted the whole day. And it truly was a fun it was a very fun light rest of the day.

Michelle Maros: [00:39:21] Yeah because you were open to a different solution, which I think in some other situations when you get to in your mind about being a perfectionist and just getting things done, you would have been like, No, let's just let's just get things done. Let's let's just do what we need to do and then we'll maybe we'll end early.

Barb Schmidt: [00:39:37] We don't have time for coffee.

Michelle Maros: [00:39:38] Yeah. Or like, let's just go. I'll, I'll, I'll get over it. Let's just start. You know, you were open to a different. Path to a solution. And it brought up the tiny joys. Going

outside, being in the park, seeing the whipped cream coffees. Having, like, a little tiny treat. It's those little things that are like the life rafts that we talk about in the difficult days. It's not all of a sudden, like magically your day, you know, you didn't all of a sudden in your whole body feel better. You weren't like, Oh, I did this thing and now everything's perfect. But those little tiny things throughout that we do for ourselves are the things that keep us afloat to get us through the day or the moment or the situation that's so difficult. And I think that's where we can make the effort because we know that we can't control the stuff that happens in our lives and we can't control other people, but we can be open to different solutions and we can be open to. Cultivating those tiny joys or those breaks even that we need to bring us back to at least a place of quasi equilibrium of like, All right, I feel a little better. This was really helpful. You know, it's like that. We often talk about the 1% rule of. Committing 1% of your day in to mindfulness, which is there's 1440 minutes in a day, 1% of 1440 would be 14. And so even that, you know, a minute here, a minute there, a minute of being present with the whipped cream coffee is joy a minute of being in your car, you know, taking a breath before you go into the meet with us, joy, whatever that might be.

Barb Schmidt: [00:41:41] I love what you just said. I love it all. You're doing a really good job of wrapping this up in a way that hopefully it makes sense for all of you. I think you say often Michelle. How can we see this differently? I think you've written about that a lot and giving your thoughts a home and allowing yourself to feel your feelings is a little piece of opening that window, like giving yourself some space. I think it might have been Eckhart Tolle that said something like things when you're having your toughest days or when things are going, you know, not the way that you want them to be, can you can you kind of look at it differently and think, wow, maybe, maybe life is creating space for me to see it differently? And I think that's what I was feeling yesterday. You're right. Usually I have my mind set on, oh, this is what we need to do or this is what I need to do. Yesterday, I don't know. It's almost like I felt like. I think I said to you today, I think the alien left my body because I woke up a new person this morning.

Barb Schmidt: [00:42:40] But I think it's so like somebody from outer space kind of inhabited my body yesterday because not to feel grounded or not to feel in any way, shape or form. Like I like I have experienced tough days. It was just so totally different. And for me to be open to like automatically open to doing different things, I think is a testament to understanding that. Life was presenting me an opportunity. To create life was presented me, I think with an opportunity

yesterday with the way that I woke up in the morning and how it progressed throughout the day to actually take a step back to new possibilities, new ways of functioning, new ways of thinking about things or new ways of choosing what it is I'm going to do in the moment so that I could create the space. For something different to emerge maybe, or for something different to happen, which is what happened. So hopefully this makes sense, but it's like a whole new thing emerged and I'm so consumed with it because I'm thinking it's just so different than than the way I've ever been or the way I've ever felt.

Michelle Maros: [00:43:54] Yeah. And I think that that's exactly it. And I think why you're having why you're hoping that it makes sense or maybe why you're having a difficult time maybe fully explaining or expressing the power of it is because it's so simple and it's at its core, all of these things that you did to help yourself and understand and accept and feel are simple. But when put together and truly practiced, you can really experience powerful results. And that's kind of the crux of everything that we talk about. Everything is simple. But powerful, but not always easy. We all have. We all in each moment have choices that we can make. And in those moments yesterday, you made specific choices that that led to this outcome that you feel really good about. And I think it's because of your practice, of course. But you were open.

Barb Schmidt: [00:44:48] And let me just add something. You're right. No, because it's it just light bulb went off. I didn't resist anything yesterday. There was no resistance. Every time you or one of our colleagues would say something. I wasn't. I wasn't. Oh, that. I can't do that, or, Oh, no, let's just do this. I'm fine. I allowed all the feelings to come out. I allowed the thoughts to come out. I did not resist. And that that saying what you resist persists. Is so true. I mean, I actually experienced that. Yes. I didn't resist anything. I was open, as you keep saying, I was open to all the new possibilities and doing things differently because I wasn't resisting anything yesterday.

Michelle Maros: [00:45:29] Yes. And I think you were also being vulnerable. I think it's you were accepting. You were feeling and then you were being vulnerable to us to show that you weren't totally okay and you were expressing your vulnerabilities and you created a space for us to help you. I think so often perfectionists don't want to admit when maybe something's wrong or that they're not at their best because they don't want to come off as not with it. But when you are vulnerable and say like, Look, this is happening for me, you allow other people in your life to

show up for you. So you created the space for us to support you in that way. You had people in your life that could help you work through it, come up with creative solutions, you know, giving you the space to take a break when you needed it and allowing you that time with yourself to think about that recovery time. To that you talk about of, all right, this is how I am today, but it's not going to be how I am tomorrow. I'm not going to let how I felt today name who I am in this moment. And I think those are the things that we all can take away from this.

Michelle Maros: [00:46:36] And I like what you said of being open to a different solution, because I often think about when you said that your therapist in treatment was like, you think that you have options A or B, but you have options A to Z. And I think that that's true for every in every single situation. We always think, well, it's this or that, but there's a plethora of different solutions or opportunities or decisions that we can make when we become open to like going outside the box of what we are usually doing. Of course, though, that's not always easy. Our minds are really powerful and tricky and work really hard when we're in those moments to kind of take us out and keep us stuck in that rabbit hole spiraling thinking. So, you know. Is there anything that was going through your mind yesterday that maybe. Prevented you from, like totally spiraling out. Was there a thought or like an affirmation or something that kept you from? Taking you out completely. Or was it just that because you were being so open, it created this space?

Barb Schmidt: [00:47:48] I think the synergy of all of it working together, you all were being so supportive. Life was creating space. I mean, I wasn't thinking this yesterday, but now, as I've reflected back on it, life was because I wasn't resisting anything. Usually I'm a control person.

Michelle Maros: [00:48:07] You were just going with the flow.

Barb Schmidt: [00:48:08] I was going with the flow because it felt so odd. I had I just couldn't it kind of I guess in a little way you could say maybe life brought me to my knees yesterday a little bit because I never I don't even know if I've ever felt like that, but I certainly don't remember feeling like that for a very, very long time and being going with the flow and allowing life to kind of be in charge. You all being so gracious and supportive and saying the things that needed to be said in just the right way. And I never felt judged or I never felt like I was doing something wrong or I never felt like I needed to shape up or I never felt like, oh my gosh, what's the matter

with you? None of that was happening yesterday. So I think it as I reflect back on it, it truly is remarkable that life has a way of presenting us with what it presented me with yesterday morning when I got out of bed. Life has a way of presenting us with some changes or with some things that might look negative. I think I have a tendency to look at things like what happened yesterday, like what's wrong with me? Or this is not okay. And I didn't do that. And so maybe one of the messages of this episode today is that, you know, on the surface that it can seem like something like the whole. Day is falling apart or I can't handle this or this isn't okay that I feel this way or I got to I got to fix myself or whatever it is that we're thinking that sometimes life will send us opportunities where on the surface it might look like it's negative or it might look like there's something wrong with us.

Barb Schmidt: [00:49:43] We need to fix ourselves. But then as the day progressed yesterday and then going to the park and getting the coffees and seeing all the whipped cream on all the coffees and walking in the door and you all were setting all the lights up and doing all the things. It was just it was just a joyous feeling that I had. And so as I reflect on it, you know, life was creating space for me truly, this whole day yesterday, creating space for me. I think for something new to emerge and there's something new that's emerging I think is still emerging as we're having this conversation. And that is that all of the things that we do in life and all of the things that we read or the things that we're practicing, like those quotes that I said earlier, yes, every storm runs out of rain. I was I was not naming I was not allowing my feelings to name who I was. I wasn't allowing my thoughts to be final thoughts, to have the power to name who I was. And I remember this one thing that you and I say to each other often, We've survived 100% of our bad days, you know, So just I don't I don't necessarily remember repeating those, but I just remember all of that stuff being a part of my existence yesterday.

Michelle Maros: [00:50:54] I love that.

Barb Schmidt: [00:50:56] I think it's just really a testament to life gives us everything that we need. And if we can kind of just be in the flow of it. It's not often that we are probably, but when that does happen, it can have a profound effect on us. And really help us really see that we are enough. We are worthy even though we have difficult, tough days. And really knowing that. And I think having that that feeling like you talk about a lot of being our own best friend. I

wasn't really down on myself like I usually am, even though I was spewing out all those. Crazy, physical, negative things. It was a weird it was a weird combination yesterday.

Michelle Maros: [00:51:38] That's so interesting. And and lastly to it just kind of really highlights and reminds for me that we don't ever really know what somebody else is going through in their lives. And even if they're presenting to us like everything is fine and they have everything together, you know, you don't know the battles that people are fighting inside of their minds day in and day out. And we all can have tough days where we are having that internal struggle, but have to show up and kind of look like things are okay on the outside. And and, you know, we just never know. So it's also just kind of that reminder to be kind to people, be kind to ourselves and just remember that we're all fighting different battles that nobody else knows about and. That's okay. And that's normal.

Barb Schmidt: [00:52:33] Yeah. I wonder what it would have been like yesterday had I not had a whole full day where I actually had to show up. It just it just makes me feel very grateful today that life. Can really be our teacher. Like having that affirmation one more time that life can be our teacher, that we are enough. Exactly how we are in this moment, and that it's okay not to be perfect. It's okay not to even feel like we're grounded in our body if we don't feel it in that moment. And that we're worthy no matter what. We are already worthy by by being a human being, we are worthy.

Michelle Maros: [00:53:14] Yeah. And picking up in each experience, something new to to do in the next time when it comes around. Like I think that's what the difficulties are for you learn something new that works for you or that doesn't work for you, and you use that knowledge when life throws you something again, which it will at some point.

Barb Schmidt: [00:53:35] Yes.

Michelle Maros: [00:53:36] End thesis and our I think scientific discovery.

Barb Schmidt: [00:53:41] I think you did a good job wrapping this up. Sweetie. I love you.

Michelle Maros: [00:53:44] I love You.

Barb Schmidt: [00:53:45] And I love all of you listening to this today. It's very comforting to know that we have a community out there worldwide where we could actually be vulnerable and we can talk about all the things that are happening. And so knowing that you can be your true self and knowing that you are worthy and knowing that you are always enough being a part of this. Part podcast is very joyful.

Michelle Maros: [00:54:08] It is very joyful. And thank you so much for letting us use your life as a as content and as an experiment. And as a teaching.

Barb Schmidt: [00:54:19] Anytime. Happy, Happy to be of service.

Michelle Maros: [00:54:23] You are one of a kind, ma'am. Well, yeah. Thank you. And thank you so much to everyone for being a part of this community and listening to the show and being so supportive. As always, we're so grateful for all of you, for the support, for listening, for sharing, for commenting, for giving us reviews, request topics, all of the things. It's none of it goes unnoticed and we are very grateful. And don't take it for granted. If you are enjoying the show and would like to support us, please make sure you are liked and subscribed to the podcast wherever you listen to podcasts. Apple, Google, Spotify so that you're always up to date on each and every episode. If you haven't yet, give us a five star rating on iTunes or Spotify and leave us a review that's really helpful for the show. And then lastly, share your love of the show with your friends. You know, I really love that we have such a great community that is so kind and supportive and that it grows through word of mouth of like, Oh, hey, I listened to this and I liked it. So if you're liking the show and you think someone else could benefit from it. Let them know. We would love it and make sure you're following us on social media at Peaceful_Barb, at Michelle Maros, at Barb Knows Best Pod. Lastly, we still do have some Barb Knows Best merch available through the link in our show notes and that is all. Thank you so much again for listening and we will chat with you next week because as we know, Barb knows best. Bye.