

Podcast transcription for episode 30 Lorena Salazar on Anxiety

You know who your friends are, So don't try to be somebody else. Welcome to the Teenage Kicks podcast, where we take the fear out of parenting, all becoming a teenager today I've got with me. I think that's the right way to say it. Lorraine. A Cylon? Yes. Is that right? Now that is a big thank you so much. I was a Spanish student once all the time, So I get the pronunciation right. Although my kids hate me for ordering Spanish food with the Spanish accent, they say it's really too much off. May that should do it with Lorraine A. No, it's come back, and I, you know, I can remember that age is a teenager like I will be on my mom all the time, said Obama. Didn't say this right? You didn't do this right? Trying to hard Mom. Well, Lorna is a wellness coach from Massachusetts. I've looked at some of her tips, and she talks about life as a journey where it's not possible to be on top of your game all of the time and you will have down times. The ringer talks a lot about anxiety, and that's what she's here to chat with us about on how mental health management is important for all of us, not just people who recognise that they are struggling with anxiety. Lorraine is also a mom of two, so she gets it. She understands it for my mom's point of view. But she's here to talk to us today about how much she gets it as a teenager, because Lorraine, as a teenager, really struggled with anxiety. And she's going to tell us that Storey to the point where she developed chronic gastritis as a symptom leading Teo gastric ulcer at the age of 14. Lorena will get into that in more detail further into the pod. Casper, can you tell me first, What is a wellness coach? Sure, So a wellness coach, What I do is really work on goals that a person has in regards of, like health, just becoming healthier, improving. Let's say it could be like a wide topic. We all have different it start points. The healthy means different for different people, but essentially we work in becoming a healthier version ofthe ourselves, right? So in my own case, mental health is one of the things that I am constantly working on. So I focused on a lot of leg during it meditations and exercising that it's helping me with, like my mental energy, my stamina. I work with all the women who would just want to be. They want to lose some weight, right? So the focus is more in nutrition, also exercising. But then, as a coach, my work is to kind of like walk the path with them and help them understand where to start, how to break it down in achievable steps that they can take on a daily basis that is not overwhelming and that it can also get those results whatever that is to become healthier, right? Just like leave a more balanced life like you're more like this wellbeing in their lives. You know that they can help. You're more joyful, more full field. Yeah, so it sounds like it's a mixture of kind of everything. Physical health on DH, emotional and mental health. Is that right? It combines pieces off them all. The approach I feel just from what I have learned and for my own experience. Also dealing within society is that it is really the combination off different basic things that we need to have in our life that really works. We cannot just exercise and exercise and eat crappy. You know, it doesn't help you at all. Like, if you Yeah, it doesn't really help in terms of health and wellness. Yeah, and there is a really tight core relation between the brains and how it works. You know, like in terms of mental health and what we feed ourselves. Like what we put in your body also with the activities that we do with the books that would read with the people that we a share space with, Everything comes into one thing which is ourselves, right? Yeah. Yeah, I totally get that taken May many, many, many, many guests to realise that our physical health is connected and tied up with our mental health on our emotions. And everything in our world says a little bit of everything on I'm thinking that this is

probably how things manifested for you originally because you had physical symptoms off anxiety, which is a mental emotional issue. So I want to just get into that with you. I will ask you how how it all started for you But can you first tell us a little bit about your family life when you were growing up And what what life was like for you as you came into those teenagers? Absolutely. So my family, I am a single daughter off a separated couple. Okay, right. I think that it's kind of like the most remarkable thing off, Like my life growing up? Yes, just all like that family separation, you know, like I was living with my mother and I was always visiting my father and my father's family every weekend and we will go on vacations together is like they had a OK relationship. They made it work. Okay, right. But I will see, I will think that behind the scenes, the communication was not great. In a lot of times, I was just in the middle of, like, a lot of sarcasm or a lot of like fears or a lot of like, you know, tell your dad this message for me instead of intellect or and they actually have different approaches as to how to communicate eso at some point, actually. Remember years later when I started my own journey. When they start to go to therapy. I had to talk to my mom and say, Hey, you know, I am not the messenger in this relationship. You go tell my dad whatever it is, I feel like the separation of my parents really played a really important role in leg my anxiety and like how they managed it at some point. Also, I was kind of taking a lot of the insecurities from what was all happening and also conversations that my father's family were having about my mom and their related. He was very much, you know, like and those are messy as teenagers or as Children. We are in those rooms listening to those conversations, right? We're listening to what are around thinks off our mother. That is not part of the family anymore. And I'm like, Who? I don't say anything, but I'm like, right? They actually, they will call her out. She's crazy, right? And like words that were not necessarily like the most positive. Yeah, and I internalise a lot of those things. When I think about it in perspective, I'm like how that's right. Like I feel like there was not a lot of approval off my mother in this family that I actually spend most. I will say that causes that I share the most now are my father's family side cousins. So it's like I spend a lot of loving memories with my father's family. But I was living with my mom, you know, like so it's like And they were completely kind of like opposite directions. And I felt like there was it didn't really have, like, a sense of the longing that was really rooted or like my identity. Who am I and the approval off myself? You know, I was constantly in doubt. Yeah, later on, I understood that, but yeah, how old were you when they separated? I was very young, and I think it was an age two or three years old. I was. Maybe you were always a popular OK, I think it's probably quite common when couples separate that parents. Although they may have the best intentions off keeping their own personal disputes out off their child's life. It must be incredibly difficult to do that, and people are human and they slip even the best off them. But then, if yeah, if you've got that kind ofthe antagonistic relationship that must be very difficult to be in the middle ofthe. Yeah, I You know, I I also even though I think he has, it is everything has an impact. Great. And of course, like parents, we are doing the best we can with what we know with what we have, you know is not to blame on any parent off course. And I also know, and I believe this is the truth, that we also leave those moments the way we need to leave them. And it's on us to, you know, be to be responsible to make the best out of them. And, of course, like when we were Children or teenagers, it may feel like life is not bay or like, why is all of this happening? But I do do believe now as an adult that has healed, you know, anxiety for most of my life that just taking ownership and responsibility off those emotions. And it's starting to Dean and find a path ghetto today. Yeah, well, I want you to talk

us through how you how you found that path. Eventually, But can you first just talk a little bit about how the anxiety. Well, we know how the anxiety started. But how did you first realise that you were suffering with something? How did the anxiety show itself to you and when How old were you? I wass. I remember I was 14 years old. I was still in high school. It was I don't know how it is and in the UK, but was I think in, like, two years before finishing high school. My parents actually had made this decision of changing my school Lytle at that time when we are getting kind of closer to graduation. And so my entire friends were somewhere else. I came into this news cold. You know, people that disruption. Yeah, totally. And social life for a teenage is it's very important, you know, so important, so important. And I was just constantly I remember it was just constantly just writing letters to my old friends. It was also a school for like that said it was like more of a high end private school where there were families with a lot more money than my family. So there were some like, let's say, social disparities. And when the school bus was going to drop me off like Children will make comments about me, Nick. Teens like my castmates will make comments about Oh, where do I even I no like, Oh, those things just continuously just were crippled down my under my skin. I'm also a woman who has loved sports, you know, like I have known every sport I could possibly dio and bullies are bullies, you know, like there were kids that were bullying me because I will be stronger than other boys from my class. You know, like it feels like that change of school, the oldest new environment with kids that were not necessarily that friendly. I do remember that completely like the other school was, like, more welcoming. And this one was like, kind of like you need to fit in to your thing. Oh, yes. Oh, that's a huge disruption. Did you start to feel symptoms, physical symptoms of anxiety of then absolutely. Even though I didn't recognise them as insanity. But that year I remember like at 1/14 I had to go to the hospital a couple times because my stomach will hurt so much, you know, like it was constantly they're feeling this pain in my stomach. And then when they made some testing, they found out I had gastritis. So there's prescribed, you know, some drugs for it and to help with ASIC, gastric fluids, et cetera. But also, like they I had to do like more deep studies. And through endoscopy, they found I had this ulcer. Amazing. How long did they think it had bean there? At that point, I don't remember. He told me that because I guess Owen also develops gradually. So you must have been experiencing these symptoms for some time. Probably probably. I was also, you know, in my family, just recognised by crying a lot, you know, and I will cry in my family's. Some of them will be like, Oh, well, you know, just crying again. Like he was not a big deal. It's right. And I think that was one of those symptoms off the anxiety. Like not knowing how to really express how I was feeling. I will just shut down and cry, right? And I actually did that since I was a kid. I do remember that vividly, like just crying was a really important symptom of my anxiety. You know, like I would just get so frustrated that I couldn't express those emotions that I will just cry for no apparent reason. You know, I would prefer, like, the smallest things, but they were not, you know, like there was a pain there that I didn't know how to Yeah, identify or how to express. But then the gastritis was the most physical consequence. Yeah, so that that actually was your body saying, we can't ignore this any more. We've got to do something about this, right? Exactly. That was the first major call my my God. For me. Yeah. And did you had you asked anybody for help? Will tried to explain that things were not right for you before these physical symptoms began. Absolutely. No, I had no idea. In fact, I actually learned or not learned, but realised that what I had was called in society a few years ago. Right? So as a teenager, I really didn't know my mom. Actually, I was

trying to help me, But then the relationship was between us was not necessarily easy either. You know, I wasn't a part of my life when everything that my mom tried to say was Ha ha. Oh, my God. It was like she wanted to put me in a box. Like I was trying to go out with friends. And she didn't like my friends. I was doing I don't know, just like a ce the mother of a teenager right now on DH for any parents of teenagers listening. I know. They're all nodding now. Yeah, totally. Totally understand why you couldn't talk to your mom and your mom couldn't tell Teo. Exactly. So my mom was constantly saying they k like, Do you want to go to therapy to talk about this? But I also let me let me be very honest, too, is like she will put it like, go to therapy. So you talk to your problems about your mom. You know, you have serious issues with your mom. Go. You know, you know that it was not necessarily very appealing, you know, but not to blame. Off course is like, at some point, I did accept it that help from her, you know? But I remember at first it was like, Oh, right, like I have problems. You don't have any problems between Lana. You know, it was not necessarily, like the easiest transition into really understand that you needed a space for to work off what was happening inside of me. And it probably took me, like, five more years, you know, for when I was like, Oh, my twenties. But I actually decided myself that I wanted to go to therapy, and I talked to my mom and say, Mom, I think I want to do this. What do you think? There is a timing issue, and you just have to be ready to talk. Yeah, well, any any work that you that you will do in terms of the mental health requires a decision. You need to be ready to accept help, for sure. Like if you decide to go the therapy because your parents tell you bubble like you want, you're not going to talk about what's really going through your mind. You're probably just gonna say things that are not even truth. I have no idea. It is so important that we make that decision, you know also know is like when the person is so sake of, you know, being fat and finally decides to go for a run. And I know, like be consistent with exercising and from the cookie and the burger. Yeah, a decision is important. We we need to know we are ready, even though we don't know how it's gonna look like. Yeah, totally. You cannot whatever health decisions. Well, anything in your life, you have to feel comfortable with that decision before you get the most out of your plan of action. Do you think, though, that as teenagers it's actually really, really difficult to put into words? Eh? How you're feeling and be what you need to get out there. I think you kind of have to be quite mature and educated to even contemplate therapy. He has Yes, I let me see. Like I'm just trying to picture in my head, for example, the friends I hot in in school even like we will hang out in the hallway that led into the into the counselor's office. And when somebody will go into that room like, well, actually not see it as something good is like, you know, you know, just who has a problem. She has to talk about it. So just being eat, we don't want to feel exposed, right? Yeah, Well, there's a stigma. I think amongst kids on the teenagers who have to go and have that that support like they're special, they're different. Therefore, we don't hang out with them. Is that Was that how it was then? Absolutely. It was very stigmatised. A And so therefore, again, just talking about those emotions was not necessarily the topic of conversation for us. I do remember I had really good friends that we will just like at least be able to talk in a generally in a general way and not be judged. And this friends also, we're positive role models, you know, they wouldn't lead me into trouble, you know, like way. We're not like consuming drugs or, you know, you're doing other type of activities that were actually making things worst. It was really more like friends that I loved spending time with. And they actually are my friends to the you know, it's the best friends in life that's so good, good. So I think, really like finding positive environments where there is good friends. Even those good friends

may not know the answer. A space where you was teenage can, you know, express your emotions. I think that's helpful. Yeah, totally. So what would you say to those kids that do need Teo get some extra support, but our feeling stigmatised and don't want to do it? Because of how their cut their peers might see it. How would you help them get past that? That concern, the first thing that came to my mind, I must trying to just think on what? What would I do back then? Right? As a teenage, if I didn't want it to get stigmatised, probably not necessarily talk, too. My immediate network there is ah, fine line, you know, because it's also important to be safe, but their ease a lot of resources online, you know, like you can I find lots of, like, really important, like conferences in Ted talks, you know, like go to two sources that have, like, more, like, clean information, you know, like, has its support of Teo to all the good and bad as well. Yeah, there is, But I love a good Ted talk. As you say. There's nothing bad in a ted talk. So that was one of them. My beginnings, you know, like in really finding what What was the type of information that actually clicked with me. They started to listen to conferences to out of books to self help books. Even like I remember, I had a lot of stigma and ah, bias. That word some help Lee territory, right? Yeah, with my friends, Like, it will be in the store, just shopping. And they were like fashion magazines. And there were, like, self help books right next to them. Of course, we'll get the fashion magazine, And I remember there were some times that I was like, Oh, this sounds interesting, but I wouldn't say no to get it in front of my friends. But, you know, like if there is anything that this teenage that nose needs, some type of hail, even just get a good out a book. If you don't like to read, listen to conferences because those are actually really helpful. I do remember us how much eye opening it was for me. And one of the things that I enjoy it the most. I think it was like this understanding that there was a way out that it was so simple. Tell me about that. Was that like a dawning realisation? What happened to make you realise that you could actually get past this? Well, just actually, after years of just watching coaches, mentors, speakers talk about the topic and their own personal experience. And they were all talking at the time when they were already passed. Dad, Darkness. At some point, I realised, I'm like, Wait a minute. I am listening to them. I'm looking for inspiration. I'm looking for an answer for what I'm feeling now. But then at some point I started to ask a different question. And and it's like way, way. But how did they do it? And then I change it to what if they were able to do it? Then I can do it too. You know, it's also a decision, you know, like from we go through the front faces off realisation, and at some point I was like, Wait a minute is like if anybody else can do it, why can I know? I am going to start doing what I need to do, So I meant reached out for help also. Now I was not liking therapy. Then I reached out to my coach to my one, this coach. I also have a wellness coach. Okay, right. Yeah. So, I mean, that's a therapy of a kind as well, isn't it? Because it's just keeping you focusing on the things that you need to do for your own mental wellbeing and tell and tell us about different strategies that you've used then to get on top of your anxiety. Is that the right way to say it? I don't even know Tio. I think so. I think it's right to say it to manage it, to cope with it, Tio, alleviate it because we have wonderful days. And then there are some days that is like, Okay, this is and I think it happens to all of us. But for people who I understand that we're actually anxious that say, overall, yeah, these days can be very daunting to the point that we we will, like, drop important things. You know, like you feel like anxiety is not as just regular stress. A society is not as regular bad day oven average person that say anxiety actually makes you make you make decisions that will actually throw away months of work. Rain. Oh, no, I totally get it. I literally this week just posted on Instagram about how I've had days in the past, but I've had

days where I felt so drained and exhausted on DH. No able to contemplate any of my plans that I've shut myself in front of Netflix on the sofa, in the living room with a box of chocolates on eating the whole damn thing on, then felt terrible afterwards because of all the things I didn't do that I wanted to do that day. And I said, You know, it's totally normal to have those days. It's what you do about those days, that is, I destructive or productive. That's right, that well, that's a really good inside about it, because at the end of the day is what we do with those bad days way we can let it continue spiral down because it's not about not having it. But then, once we are aware, you know, we always way may not be aware that the beginning. But then we are actually aware that we are having a bad day, right? What do we do with it? What do we decide? We decide to after two chuckleheads. Go get the ice cream. Yeah, and call the friend, that is, You know, the negative Nancy friend, that is You know, you're just gonna go to this path of complaining and talking about negative stuff, Or are you going to talk to this person? That is your rock and support that's gonna tell you your okay, You're going to make it happen in Yeah, Yeah, change it slightly because I think that's what I did eventually, after the chocolate instead of the ice cream on then the wine and everything else that comes with a day when I've decided that I'm going to swallow in how bad My days I went for a walk on that total you She did the direction of the rest of my day. So I just said to myself, The reason for that instagram post is really to tell myself next time I need to Just remember that walk a bit earlier in the day were rather than going for the chocolate. But actually, what you were saying about just a minute ago really stuck with me that it's actually okay, So have those bad days. Because I used to right myself. When I woke up in that mood, I used to tell myself off. I used to think of myself as less than other people because I was feeling like that and really couldn't cope with the prospect off something productive of work off. Seeing someone. I used to really give myself a hard time for it. And actually, as you say, you know, everyone has those days. And if you have anxiety, you're gonna have those days worse than other people. And that's all right. Yes, absolutely. And there is a reason for why do we take it so hard on us? You know, we live in a culture of success. We leave in a culture off. Being competitive, you know, constantly need to demonstrate we are doing something productive. Productivity became a huge word. So if you're not doing something productive than you're seeing us a lazy person, then you're are lazy mother. Oh, I don't want to be a lazy mother. I'm a terrible, you know, like E. I feel like the culture around us, and that's why I'm so passionate about talking about this topic is because, yes, it's not about becoming well. It's a quote unquote him. Let's find a better word, but lazy or unproductive, Mohr I think we are all in some way. We are all always looking for ways to be ourselves and get the best out of ourselves. But culturally, I feel like and I am going to call myself out because I catch myself in that moment sometimes with people around me, when they were trying to express emotions with them off overwhelmed. I remember this. I don't know if I'm going off topic, but this friend from work came to my office in two years to talk about the burden off all of the things that she was going through, And I was, Of course, BZ was probably not a great moment for me anyways. But I I was like, Wait a minute now, like it's okay. You know, I remember in my head it was like, No, you need to be, You know, you need to make this happen. You are strong. I was trying to kind of push her, too. No, no, no, no, no. Don't cry. It is okay. Could happen running. We can. We can do this right instead of actually acknowledging what was happening and that it is okay to sit down an hour and talk, Have water, Take a walk. Just, you know, be productive in that emotion too is like not taking it down to the darkness, but yeah, let's I'm wine a little bit, like slow

down. That's take two steps back. What's happening? Be more like listening to this friend who was in tears in front of me, You know, I didn't allow that to happen. And now I am like, yes, we And then we don't allow that to happen to ourselves, right? Yes. Absolutely. Yeah, Well, you said a really good word there. I thought that you have to acknowledge how you're feeling because actually, how feeling is really is really important and true. And if you don't technology than you feel ignored and I'm hurt even by himself listen to me. I'm being expert here when you're the expert, but I feel they say strongly and I grew up with a mom. She was brilliant. But my mom any time I was What? I would do it with our kids any time they hurt. Okay, We're just distracted. Everything's fine. You don't need to cry on. Then we move on. Teo, you're crying. Well, you know, cheer up. let's get out and something to cheer you up. And there is no it's very difficult to sit down with someone and say Girls, I can see that you're really upset and I acknowledge that that is okay. It's okay to be really upset family, and you move on and then you find the thing that will move you away from the distress. But you have to acknowledge the distress fast. Yes, and for any teenage who is listening to this, what I will definitely say, or just because it was what really help me is if we feel we need to let it out in some way. Definitely. You know your friends. So you go to those that you know are going to be a please good listeners and are not going to ask you to get distracted with a party or with something that's not that's not necessarily the best way to go to cheer up or Teo, you know, is not such a big deal. Cheer up, get over it, you know? Yeah. Another thing. That I do do it even today. Hey, started back then and we was just writing writing how I felt some of those writings. I still have some of those writings. I actually burned them down because it was like those type of things that I wanted to let go. So there's retools. If you don't feel like you will can talk to anybody about it, you can. The whole experience of writing it down is letting it out. And when you burned it, when you throw it into the trash when you put it, you know, downstream in the river, don't pollute the river. I'm sorry, that's a terrible example. But when you know what you mean, literally just burn it down. You're also manifesting That's letting go. You know that letting go the stark emotions. It's also so uplifting, and it brings a benefit to you. Physical. Yeah, it's really weird how just writing everything down can be so therapeutic and Aiken see teenagers rolling their eyes. My daughter would say that journaling was just totally unnecessary and not needed. But actually, if you're scared or worried or stressed, still anxious about something, just writing it down is good. It physically allows you to let it go a little bit. Is it tested so strange, but it really works. I hear you, I just because now we are. We have walk the path. That was also a realisation that I understood, probably not not too long ago, and it was like, right, It's like when we start even today, Like when I'm going to start something new, You know, I'm about to launch my own business. In all the work that I'm doing, I'm only gosh, this doesn't feel like it's going anywhere. I don't have any clients coming through my door. I don't see any benefits off all of the work that I'm doing, and I'm doing all of the right things going to trainings and I'm building this funnels and I'm building this and I'm not working and I'm doing and I don't feel anything is happening. But I know it's happening, you know, like I know it's happening. Let's say tomorrow at the beginning it feels like you turn. Greeley enjoy the benefits of the readings, the podcasts. The conference is the writing, but it's like a seed. We need to think about this process as a let's say, I'd like to think about it as a seed when you planted in the ground and you start putting some water in it. You don't see anything happening yet, but underneath the air, you know, you keep putting water in it and the water is the readings. Talking to your positive network, listening to those other books and writing,

and you keep water and water with consistency. Even the seed sprouts roots and you still don't see it. And then you keep putting wire and the sun comes and is like your nurturing this heat and eventually something speed or that you see this needle leave that's coming from the air and it's like, Oh, it's so tiny I still don't necessarily feel the benefit of it is like I can see something's happening, but I still feel like it's I'm doing all this. Was this work for this tiny leadoff mayor? Yeah, And then what happens? Like it's just like in a moment when you keep with consistency. This little thing just becomes this huge tree that's providing you with shade and fruits and beautiful flowers in this praying, and we need to think about it. A za process. Yeah, I'm just loving that image you're creating. I'm just smiling away to myself. I'm thinking I want to be under that tree. But it's true. It is. It's an investment in yourself on early stage that it takes time. It took time to get to the point where you had a gastric ulcer because of anxiety, I'm thinking. So it's going to take time to get to the point where you feel violence and calm again. Absolutely, Absolutely. And as you mentioned earlier, acknowledging where we're at it is important to, you know Oh, my goodness. You know, we all have different types of personality, but I'm always like I want to say happenings. I want to see everything. I want to see the results today. I constantly have to remind myself, Yeah, it is a process. Yes, that one more time you are going to get there, you know? Yeah, yeah, It's quite a hard thing, isn't it? To remind yourself, even as an adult, what do you say to a teenager is impatient for results and actually has a whole lot of other priorities. I will say died. You're not alone because I was probably the B s saying that I felt as a teenager in my early twenties, I felt very lonely in this in this emotion in the Indies that I didn't even know how to call it back then. But I just felt very lonely. I felt like I didn't belong and I said it and isolated. That's a perfect word as well. So I will say to them, You are not alone and I'm not telling that it's a quick Che. Word is the truth. Keep again. They keep stepping one more time. I remember also there was another second major moment on my physical health. But when it was in college of seeming very similar time to, I think when I got the diagnosed the ulcer and dig a stride is then in college, I was working part time, and it was a student full time again. There was a lot of like social pressure in school, but I wanted to keep up with friends and parties and things that actually today I'm not even friends of any of those folks that I was trying to keep up with. But I wanted to, you know, belong to this group of friends that we're the cool, cool kids off the class. Oh my goodness, it's not worth it. That was that is going to You know who your friends are. You know who your friends are, So don't try to be somebody else. Oh, gosh, I love that advice. That is just the best line on all of these podcasts recordings. It's Don't try to pay somebody that you'll know. I love that it is so truth because, like hanging out where you put your attention than you keep getting more and more that I was trying to hang out with this group of people that I didn't like And it was the Rustom sort of energy there that it was always so with a lot of tension. But I kept e I end up doing my all the work for school with them. So I end up in this terrible group that was so toxic. And then I was studying. I was working. I was trying to keep up with them in the stress was I make high to the moon. And then at the end of that year, I actually crashed in the hospital, you know, like it was really a the most serious experience that I had, because then I realised later on what I learned is that that amount off stress. I was carrying all the time, the lack of nutrition because I was eating poorly. Barham is sleeping, so I was able to keep up with work class friends. It Sarah in procrastinating a lot anyways. Just might. What happened at the hospital? What made you go to the hospital? Exactly. So all of that, you know, that lowers your defences. You know what you're in? You're in stress. Your defences go low. The

poor nutrition created a constipation that the two combined just gave me terrible infection. Well, and this infection just like it because I was not sure I thought it was biggest tried is, you know, because it was this pain in my my God, I thought it was a regular castrated I It took me a while before I actually want to the hospital and I almost die. The infection was in a really bad moment, and they were able to cut it, you know, to get it at one time, he got tonnes of antibiotics. I was like, two weeks in the hospital and they were going to operate me of one thing the one day, another thing, the other because they didn't really know what was happening. Well, no. And after all the tests and after old doctors that went through my room, they told me you were stress and I was like, Wow, I think what go she's doesn't make real sense to me like, how am I going to end up in the hospital because of stress that would make no sense to make. So I think it's It's quite well known that stress can cause physical symptoms like stomach pains like headaches like muscle tension. But I didn't know that it could actually cause an infection. Exactly. And then when I learned when the doctors were explaining to me and now that I'm a wellness coach and I do a little research in into, like what health, you know into healthy stuff. You know, when you're in anger, when you're in sadness, when you are in constrain or when you get frustrated, you know our differences go down way are leaving those emotions for one day for two weeks for three months. Just imagine what's happening inside of your body, right? So your your defence system, which is the shield that we have two of the outside world and to bacteria. And all of those things is not there anymore. So the smallest things can affect us deeply, you know? So I got you know, also, it was the combination, not eating, right. So not drinking water at all. And also, I was smoking this group of friends, right? Like I was the social smoker with them because I was so silly, you know, I didn't I didn't want it to belong there, but he still wanted to be there. For some reason. I was I was doing all of the wrong day was I did. Yeah. So not eating well, just combining with the low differences. And then it was just a buyer. Yeah, Amazing goes up. That's it makes so much sense now. You've described it that way. I understand completely why you can get seriously, seriously ill just from stress. And that's why no matter what age you are, but it's especially if you're very young because that's the start of it. You need to get a handle on it. So what would you say, Teo moms or dads who have a child who's struggling with some form of anxiety or stress on DH realises that they might need some input to help with that home. But it's possibly the parent of a teenager who really doesn't want their parents help. What would you say to that parent, right, that he's actually the hard question of the day for me? It's all right. I think about my mom back then, right? I didn't wanted help from her. Anyways. I ended up accepting it at some point. So one of the things that I will say is, if you know your child needs help, there's, you know, be resourceful. Ask for, you know, for good references because there's good, there's wonderful therapists and there is a terrible therapist. So when we're the first thing I will say is really dig deep and amongst your network, ask for people who have experienced and work with therapists that are good in your area. And, you know, just generally try to just over that to your child the best way you can. My mom did, and it didn't work at first, and then I end up saying, Mom, I'm ready. I think I need this right so it may not be comfortable on the main May end up in a discussion about whatever. But you're planting the seed. Remember? I always like that concept is your planting. You're putting it in the table saying for whatever you need, it is gonna be there is, like, re parents, you know, like, well, I may be upset with my four year old sometimes because it was like, Oh, I got this. You listen to me. But I'm here for her. I know that. You know, we're parents. I feel like it's like if my child comes and she

asked me for something, I'm like, Yeah, let's you're ready then, yeah, just put it on the table. Let them know that they're not alone in that you are willing to walk with them because you love them so much, you know, for offer them all options. I will also say I know how much of a relationship they may have with friends of your kids, but one of my mentors and coaches, actually she I talked to one of her daughter's friends like, Hey, you know, I feel there's something going on, like if you can just like, don't tell me anything because it's not like getting into the relationship trying to get information from their friends, but it's more like if you can just, like support her a little bit. I think you know, my daughter is not going through a good moment because they listen to their friends dearly more than they do parents. So that was that totally of on advised that a friend of mine who's a mentor, she gave that advice to me. And what else would I say to a parent? Is be the light in the road we need to do like our Children, for instance. They never do whatever we tell them to do. They do what they see us, too. And there is a lot of sub conscious that behind it. We did not realise it, but parents are our biggest heroes, you know, today, even today, when I look back, I'm like, Oh my goodness, I end up doing everything my parents have done in life. My dad is a community organiser. My mom is an educator and everything I actually do is a professional woman. It goes around communities and education. It's unbelievable and my mom has have this society or her lying Ding a ling Oh my God is like we just walk our parents steps. We need to be the light. So we need to start her own. Do you want to be? Ah, healthy pair and yes, except yourself And show them the way. Are you telling them to eat? Whatever. Hey, how are you eating at home? What are you reading? What? The TV problems that you're watching anyways, what are the positive you need to be the light? That is the biggest thing I will definitely say, Even though it's not easy, you know, we're always trying to find what's what it is this saying that it is our purpose. I get it totally well. I'd call it role modelling, isn't it? But do if you can't make your child listen to what you think they should do, which, let's face it is is a nonstarter. And most parents and teenagers, you can show them that you're doing what's right for you as a person and getting help when you need it and taking time out for yourself to do things that are happy and fun and relaxing on No on. This is really hard, but not showing them that you constantly stressed and constantly busy, and you're constantly trying to pack too many things into your schedule, actually get a grip on your own life. First of all, it's easier said than done, but it's definitely worth remembering, especially if your child's not listening to you. Absolutely. The wrong model is is that is demonstrating how it is possible to right? And even if you parent, you know, like if we as a parent, I do it with my four year old and you feel like sometimes is like it doesn't make a lot of sense, but I know it doesn't make sense just because I have been doing so much work into it and make some days, I I sit down and I talked to her and it's a sweetie. I really apologise. I feel like I have, you know, being kind of like, just like cranky and very upset all day. I feel this, you know, I'm feeling I think I'm feeling a stress. I feel like the house is not done, and I just described to her How am I feeling? You know, like I'm like, I want to make things happen. I want to clean this room, but you you keep throwing things in the room, and that's why you're upset Reno, Alec and in the conversations with her are not like, of course, like an adult. But I have noticed that this times when I talk to her, sometimes she gets back to me and say, Hey, Mom, you know I picked up the rooms, the toys, right in the store for you. I did this little thing like you. Feeling better now. Yeah. Oh, she's listening. Do you think that maybe she ever tell you how she's feeling when she's being angry? Difficult yet? Yeah, she tells me. And she uses to say more. But I and and then I'm like, Well, she's really repeating what I'm saying

and I do try to Well, we should feeling something similar. I tried to help, but yes, she's definitely expressing herself, and she puts her unrefined. There are a lot more exaggerated, probably or maybe not. Maybe that that's my angry face when I'm like upset. But she's like and my my brother, he came and she did this to me and and I am so upset and she will go like this, and I'm like, Yes, I think I get you. It's not fun that your little brother comes and takes your point. Yeah, right. Yeah. I love that you're demonstrating. Talking about how you feel and that being the reason for your behaviour. I think it's a really important Teenagers as well, really don't often talk about how they feel. They just talk about what they wanted, What's making them and unhappy. Know how they feel about that, why they feel that way about it. And so that's a really good That's really good being a lie. I love that. Be the light. We found your light for sure. So, Laura, if people want to find you, I know you're setting up your own wellness coaching websites. So which we can add, Teo the show notes as and when that's ready, where can people find you if they want more from you on these these fantastic tips. Right now I am definitely mostly on Facebook. It's like I'm not a social media guru, so I don't have, like, all those accounts instagram, whatever but Facebook. I think most moms are on Facebook, so I think that Facebook's fine. Wonderful, Yeah, right, because it's like when it was my time for social media. Facebook was the only thing around with me, too. So you'll Where are you? On Facebook? It's Lauren a Sal aside. Madonna. Oh, my goodness. It should be shorter, too. Okay, well, we'll put the link in the show notes. So when you finish listening, just drop down into the show notes and you'll find the links Will put it aptly. I'll get some nice nickname for next time. But yes, I'm on Facebook and I'm just, like posting when my next workshops are gonna be. Or like, I do group coaching. Yeah, and I do one on one coaching. I also dio have a isn't this is more like in a field a thing. But I used this online platform with exercises that is just so wonderful. And one of the accountability groups that I brought with Mother's days around fitness we exercise. We work on nutrition because again is like the body we need to have a strong body in a strong, healthy mind in here goes together so much. Yeah. Yeah. Well, as you said, your mental health landed you in hospital twice. Exactly. On nearly killed you. So that's actually such a revelation for May and another big reason to take care of mental health and not push it to one side for later. Exactly. So that's pretty much what I do. So I have yes, like group coaching sums that around fitness and nutrition, but also if the person is not necessarily that much into exercising anyways, I do a lot of like one on one coaching and just like general group coaching, and I just love it. And the focus I actually have is for moms in the reason I loved the topic when you were putting out the call for a speaker is because now that I am a mother, you know that has a deal within society. You know, I worked with moms with society in particular because I know we make such an impact in her Children's health and mental hill. It is not perfect, But then, as you are better, you know your anxiety decreases, your stress decreases European energy increases, and your child is going to get the best out of you. You set it off when I left. So that's why I'm so passionate about working, especially with Mom's Yeah, especially with Mom's within society. Yeah, perfect. I love on them. Llorona was telling me that she's going to be working more with moms with anxiety and maybe setting up her own podcast. So as and when that happens, we'll add the links. That would be amazing. Thank you so much for joining me today. This has been such a great chat. I think there might be quite a lot of moms out there right now thinking I need to sort out my own stress levels as well as my child. So thank you. Thank you for being a guess. Thank you for the invite telling this has been such a wonderful experience. I love it. Fantastic.

Thank you so much for listening. If you like the podcast, please hit the subscribe button. And if you think this episode might help someone else that you know, please do share it with them. There are lots more episodes off the teenage kicks podcast. Do you have a browse and see if I've covered anything else you might try and useful. And if you have a suggestion of something you'd like to see talked about on the podcast, please email me on teenage kicks podcast at gmail dot com or send me a message on Instagram Twitter at I Am Helen Wills. I love to hear from my listeners, and I'm always keen to hear how I could help more families cope with what can be some of the most complicated but also the most wonderful years of parenting. Bye for now. And see you next week,