



EPISODE 31: ANXIETY IN ADJUSTMENTS

- Speaker 1: [00:00](#) What's up real quick, I have to give a medical disclaimer. The information in this program is not intended or implied to be a substitute for medical diagnosis, treatment, or advice. You are encouraged to confirm any information obtained from this program or through this program regarding any medical condition or any treatments with your physician. Never disregard professional medical advice or delay seeking treatment because of something you have heard or accessed through this program.
- Speaker 1: [00:35](#) Your listening to the bipolar now podcast, episode 31 welcome to bipolar now the weekly podcast for doing life on your terms, not the illness. And now here's the host of your show. Well, Hey, what's up? It's Mike here with you. Pleased to be joining you as always for another episode. I have been traveling these mountain parts looking for different places to photograph the nature as it changes and I'm just having fun with it. This year I just decided I'm going to join in with everybody else and not be so bummed that summer's over and I'm just going to enjoy this season. And so, you know, Halloween is coming up. Um, I've got to gear up here at my place. I've got to get ready for hordes and hordes of children in the neighborhood. This is the, the neighborhood in the mountains that is known for trick or treating. So I gotta ante up and do my part this year.
- Speaker 1: [01:35](#) And actually looking forward to that. It's pretty cool. You know, I've never really gotten into Halloween fully and I don't have kids, so, you know, not really any reason to, but it's just exciting. And also what's exciting is I'm actually going to be leaving in a few days. I'm heading down to San Diego. I'm going to be in a sunny San Diego. I will be at a special business conference. Uh, the woman who teaches me everything I know about online businesses putting this on and it's going to be a big old learning session and time to, uh, get to know other people who are doing similar things online and teaching all kinds of interesting topics. And so I'll be joining them and also get to meet a guy who taught me everything I know about, uh, doing a good membership online. And so, uh, I'll be able to actually meet these people, talk, hang out.
- Speaker 1: [02:24](#) It's a, it's a smaller event. So I'm really loving this and I love that for me like my, my episodes of this illness, like when I think about living, you know, out my bipolar disorder and how that went for me in the past. And, San Diego is one of those places that I would love to forget. So you know, going down there is, it's like, it's strange because if that seems like a lifetime ago during my first series of manic episodes just seen, it just seems like so much time has passed and yet it's only been maybe 15 years and I'm going to be down in the same area where I would have been running around not knowing what I was doing just at

EPISODE 31: ANXIETY IN ADJUSTMENTS

the whims of the illness. You know, a bipolar mania makes it so hard to concentrate on anything that's actually like useful and real and important, right?

Speaker 1: [03:15](#) Like once our brain goes off in that direction, starts to fixate and obsess on things that don't even matter. And so I did some really wacky wild stuff down there. And uh, for the longest, longest time I could not go to San Diego even though it's only two hours from here. So I'm only two hours North. And if that gives you any idea of where I'm at in California and, and I just, I'm so thrilled to finally be distanced enough from what happened down there from the people that saw me do that and all of the trauma that went along with me like wrecking somebody else's car and that seems like a lifetime ago. And I've healed so much and so thoroughly that now I can go down there and it's like, I feel like I've come full circle with this illness. It took some time and we're going to talk about that today.

Speaker 1: [04:09](#) Things just take time. But I'm finally going to be able to go to a place that for so long held an area of shame in my mind. So today we're going to be diving into the topic, uh, once again of patience and taking it slow and growing and developing slowly and how we mature with this illness. And how we treat ourselves and how we handle our management style. And so today's topic, you know, it's funny, I'm reopening the most unpopular episode that I've ever done and that was the episode, I believe it was number 10 the episode on patience and Daniel and I got on there and we talked about having patients for a vision for our life, like where, where we would like to take ourselves in the next 10 to 20 years. And so we talked about having patients for that and we worked through the ways you can do that and why it's so important to let that really fully mature.

Speaker 1: [05:03](#) And this notion of patience was so unpopular and I thought, wow, how sad is it that like the, the most critical thing that you need to possess, you know, in life in general, you know, his patients. And that's the one thing people don't want to hear about, right? Like they don't want to know about it, hear about it, think about it, don't tell me to be patient. And so because there's still a ton of meat left on this thing and nobody's eating it. Oh my gosh, did I just say that? That there's a lot of material here. That's what I wanted to say. There's a lot of material on taking it easy, taking it slow, going at your own pace and acquiring skills little by little and increasing your proficiency in this illness. Little by little, making small advances, you know, not, not being afraid that things aren't growing leaps and bounds for you.

EPISODE 31: ANXIETY IN ADJUSTMENTS

- Speaker 1: [05:57](#) It's, it's happening little by little, you know, it's, it's just, it's a truth. It's like nobody wants to be told to wait and nobody wants to be told to be patient. And in one of the things I've decided I'm gonna land on for today's episode when it comes to patients is waiting out our anxiety and how we do business with our brain when that part of it is just going nuts. You know, we don't like to be told to be patient in our anxiety like we want it to be over with right away. And what I'm telling you is that this is just like anything else. I mean, anxiety is no different than like if you're single and you're looking for love and you're like, I can't be patient. I have to know right now. Like does she like me? I'll come. She's not returning my texts.
- Speaker 1: [06:45](#) Right? We need patients for love. We need patients for graduation to come when we're in college, right? We have to wait out the work that we do in each class as we take one micro step towards that degree. You know, and if you're like me, it takes you three times and you just drop out, drop out, drop out, and you keep trying, trying, trying. And this is an illness that just loves to jump in the way of our plans. And you've gotta be patient, especially gotta be patient when graduation's over and you're looking for a job, you know, you're out there grinding, hustling, like waiting for the right job to come along and you gotta have some patience. And I know that there's like so much anxiety that goes along with that. Just like there's anxiety, like I was saying with, with waiting for love and a is she gonna text me back and she gonna call back.
- Speaker 1: [07:32](#) Am I going to call her today? Like, um, or him, whoever, you know, whoever it is for you. And there's just, there's just anxiety. You know what? We know what's so silly is I actually have anxiety when I know, um, you know, like a, an album is gonna come out that I've been waiting for, for a certain artist because I know that once that album drops, I'm going to listen to it nonstop for weeks and I get anxious. I'm like, Oh my gosh. They teased one track out right? Or one or two checks. There it is. It's amazing. I've got that on repeat. I want the whole album. I want it right now. I don't want to wait until I feel anxious. I know a lot of people feel anxious over movies coming out. You know? They're like, Oh, I just can't wait for that movie to come out and I'm just dying to go see it.
- Speaker 1: [08:18](#) You know, payday, right. If it's, if, if it's not Friday, you're waiting for the next Friday or the Friday in two weeks when you get your paycheck and you know how work is, it's like when you're broke Friday, can't come too soon. And so you're anxious for that. I know a lot of people are anxious in their spiritual life. I've been there, I've been anxious for God to answer a prayer, you know, just answer this prayer. I'm dying, I'm dying to know if this prayer will be answered. Like there's, there's just anxiety that

EPISODE 31: ANXIETY IN ADJUSTMENTS

goes along with that. And so this real feeling of anxiety is something that it didn't go away from me, uh, easily or quickly. And I'm still like, I'm still basically living in a low state of anxiety right now recording this podcast. But like for the last five days, it's been just wave after wave after wave.

Speaker 1: [09:12](#) And honestly, if I backtrack, like I don't keep a mood journal anymore. Um, I've, I've just kinda grown out of doing that. But you know, if I was to keep a mood journal, I would say for the last three weeks, maybe even in the last month, there's been a real sensation of anxiety that just washes over me every day and makes it very difficult to get out of bed in the morning and start your day and do the things that you have, you know, put on the agenda and that you have to get done and, or the work that you have to go do. You know, in my case, you know, anxiety is one of those real things like I, and, and people ask me, you know, well, well how do you get through it? Like, what cuts through all of those like symptoms and the different things that go through your brain.

Speaker 1: [09:54](#) And I say, you know, I don't really have the answer to that. And one of the things that, that really drives me, you know, in my handling of how I live with not only bipolar disorder, but anxiety, you know, I don't have a, a generalized anxiety disorder. I'm just extremely sensitive. And so my, my anxiety is just kind of a chronic thing, you know, in, in certain seasons of my life. Um, especially as I'm like leveling up and trying to do something new and trying to push myself to grow in some certain areas. So, you know, today we're going to talk about how good it is to grow, but how also that presents so many problems. But one of my favorite things is I love just discovering. So like now that anxiety has like factored itself back into my life and going, okay, great, what am I going to do about it?

Speaker 1: [10:41](#) Like I, I've almost forgotten what I used to do in the past to like to get through it. And our brains are not terribly accurate in recalling the details of how we got through a day when that day started off with some intense anxiety. And so what I been doing over the last several days is I've whipped out my journal again and I've said, all right, it's time to do justice to anxiety. And part of my joy is in discovering what the answer is going to be. Like what cuts through all of the chaos, Mike? Like if you were to sit down and like think through what are the things that you are doing that provide relief? Now I'm starting to write that stuff down and it's fun. Like it's not fun to live with anxiety. It's not fun. All these symptoms that I have, but it's like I want to give myself, I always want to give myself that one thing, right?

Speaker 1: [11:34](#) I want it. I want to know what one thing is going to cut through the noise and cut through the chaos. Right? Like give me that

EPISODE 31: ANXIETY IN ADJUSTMENTS

one power move. That's what I want. And that's what I want to give to you. And all I'm saying is this is one of those episodes where I actually don't have the answer. I'm working through it myself and I want to share with you is hopefully that you could discover that joy in finding out the answer and the solution for yourself. Like I want to find it and then I want to share it. But right now I'm just not there. So what is anxiety? Like? What are the symptoms, right? Like you say it and you kind of feel it and you say, all right, I know what that is. I've been through that. That's, that's something that I want to avoid.

Speaker 1: [12:17](#) And yet it's like if I don't sit down and write down what the symptoms feel like and I'm putting this in my journal. So all the things you hear me talking about right now, I'm literally staring at my journal. So I'm looking at the symptoms and I said, I've got some physical symptoms, I've got some mental symptoms and I've got some emotional symptoms of anxiety. And this is just my experience over the last five days as it's been pretty evident that this is what's going on in response to all the different stressors in my life and all the things that are on my plate in the physical sense. I just notice my heart rate, so my heart rates up, my heart rates thumping. I just, I feel the physical sensation of my heart in motion. I also feel my head space is like working over time.

Speaker 1: [13:08](#) So in that sense, my brain, I can literally feel there's like a pressure on my brain and it kinda hurts a little bit, you know, inside my noggin, like my, my head. It's not a headache, it's just there's a physical sensation of pressure on my brain. Then I notice a physical sensation, particularly in my limbs, mostly my arms actually, so from, I can feel it right now from the edges of my shoulders down through my biceps and down into my forearms. All of the muscles have a slight sense of soreness to them, and this is not from me working out. This is just the muscles are sore, everything is tense and tight, and my arms in particular, they just feel that sensation is a physical discomfort in my arms and that's anxiety for me. The other thing I noticed physically is that my skin, particularly on my back, my middle to my lower back, my skin feels itchy and Crawley and my skin.

Speaker 1: [14:15](#) This is a weird thing to say, but this is just what I feel my skin like my muscles, my skin actually feels sore. So that's how I know that I'm having chronic anxiety. Like these things don't really alleviate all day, so that's the physical sensation. But the, what about the mental in the mental, I'm basically thinking like, Oh my gosh, there's no end. There is literally no end to this. No end in sight. There's no way out for me. That's a mental sensation that I have to shrug off. I have to fight it after wrestle it back, but it says there's no way out. It also does this. I see. Or I fantasize about failure and my fantasize, I'm not talking in the romantic sense, of course, I'm talking about like a nightmarish fantasy of

EPISODE 31: ANXIETY IN ADJUSTMENTS

failing. You know, people are like, well, what are you worried about failing at?

- Speaker 1: [15:17](#) And it's like, what am I not worried about failing? I'm worried about failing at everything. Like that's, that's anxiety. Like everything feels like it's about to end in failure. And then mentally, if I don't stay on top of this, I've, I don't stay on top of my work. And my routine, which is extremely hard to do. By the way today, yesterday, last several days, has been extremely hard to stay in my work routine and to exercise and to walk and to take time out for myself spiritually. All these things that I do on a daily basis has been extremely hard to do that. You know, some days I don't even feel like eating, but it's all of this like fantasizing about failure and my brain, if I don't, I'm not careful. My brain has actually started shutting down. It feels like it's about to just, you know, we're wear itself out.
- Speaker 1: [16:08](#) It's, it's all worn out. My, my mind literally can't do any more work. It's been running full throttle and I'm just done. I'm could put, so that's the mental space of anxiety for me. And then one thing I just noticed emotionally is that beyond the worry and the failure and the fantasizing about things just collapsing. Like emotionally, I just, everything is blunted. Like I'm shutting down emotionally. I'm not able to feel things. I don't feel excitement. I don't feel joy, I don't feel contentment. I don't feel satisfaction. I don't feel, you know, urgency to do something about what I'm doing. It just shutting down emotionally. And the thing I want to know is like what's going to cut through all of that? Like all those physical, mental, emotional symptoms. I just asked myself, I literally wrote the question down what is the one thing that's going to cut through all of these things?
- Speaker 1: [17:08](#) And I started just to search in more of a psychological direction. Like one of the things I do, one of the things I teach my students, especially right out of the gate in the peace plan for bipolar is I teach like the art of questions and how to consistently like level up your quality of life through the quality of the questions that you ask yourself every day. And so this is no different, you know, with anxiety. I want to start asking some questions. I want to start thinking some statements that I want to make that are going to help me process my situation in a better way. And so one of the things I started thinking about is it's like, okay, I'm, I'm worried that I'm not cut out for the vision, but what's causing me to think that way? There's no real reason for it, so why even care about that?
- Speaker 1: [18:00](#) I also ask, who is going to be disappointed with me if I fail? Who is it? Who am I going to disappoint? And I ask things like, what if I can't teach my students what they want to know? Okay, that's a legitimate worry. That's a legitimate source of anxiety. I also

EPISODE 31: ANXIETY IN ADJUSTMENTS

got to ask, how do I stay focused so that this doesn't get worse? I'm just writing these things down and they don't need answers right away. You know, my, my energy level for answering these questions in a wise and thoughtful manner. It's not entirely developed when I have anxiety, so I'm just writing it down. I'm gearing up my brain to start getting creative again, right? Instead of just reacting to the feelings, I'm getting creative in my wisdom. So I'm putting these things down. I just want to log them and say, all right, and then all eventually land on the question that's going to cut through all the chaos. So how do I stay focused? How will I focus so that this doesn't get worse? I also asked what is a realistic turnaround today? Like how am I going to work around the things that I'm feeling? What's what's realistic there? What can I do today?

Speaker 1: [19:16](#) I asked myself, can I be okay with doing B minus work? Can I be okay with that? Like that's, that's one of the things that I struggle with is I always feel like I have to put out solid A or a plus, knock it out of the park kind of work. And the reality is most people are going to be okay with me giving a B minus. Like I know that goes against my values, but I asked myself today, can I just let myself do B minus work? Yeah, that's a pretty good one. You know, for someone like me, I also ask who do I want to high five at the end of this difficult day? So who could I call and say, Hey, I'm having a hard day. I'm just determined to push through it. It's not going to be easy, but when I call you at the end of the day, I want some serious encouragement, right?

Speaker 1: [20:12](#) Like I can call Daniel for something like that. I could call my sister for something like that. I could call any of my lifers, my family, you know, my boss. Even like I could call all of them and say, Hey, I tried him, I did it. And they'll guilt, literally give me an emotional high five. So I'm looking for that. Who do I want? High five at the end of my day. And then I want to ask myself, this is the last, this is not the only last question that I asked, but it's just one thing that I want to keep about, keep in front of me as I go about my day is what is the story that I wanna tell here? How would I encourage somebody, right? Like I've got a new wave of students coming into the peace plan. Like, what's the story I want to talk to them about as we do our coaching time together?

Speaker 1: [20:55](#) What do I want to say? There's also, there's this amazing precious couple and they are a huge source of encouragement to me. I just went out to dinner with them last night, so that's why I jotted their names down right here. But it's like they are such an encouragement, but they're encouraged by me. So what is the story I want to tell them? What do I want to have come out of today that I could tell them a story of and have it just be something that delights them, right? I want their names are

EPISODE 31: ANXIETY IN ADJUSTMENTS

Dale and Cheryl. When I go to dinner with Daylan Cheryl, like what is it that I want to tell them how I'm, how am I going to be able to share my story with them? You guys, one thing I gotta just keep in mind with all of this stuff like this is in my journal and I'm not like, I'm not fully developed here.

Speaker 1: [21:41](#) I'm still working on this, but you know, it's just key to be able to look at specific thoughts, actions and like you can be the person who diagnosis your own problem. Like this is what they teach you in therapy or this is definitely what you should request to learn if you are in therapy right now is how can you like diagnose solutions to your own problems. That's, that's where you're really gonna make a ton of progress. And so when I'm sharing with you is just a process that I go through in my journal and the next time anxiety comes around, I'm starting to look through all this stuff and beyond this I've got some things written down that I just gave like a plus or minus next to as far as like I did this. Did it help? Yes. Did it not matter? No. Like I'm just going through like plus and minus with everything that I did today to, you know, alleviate and relieve my anxiety.

Speaker 1: [22:36](#) And so that's another like little log that you can keep, but it's just like this is just a work in progress, right? Like, here I am, I'm making a podcast, I'm spending time with you and I had some serious anxiety today and it hasn't gone away in this moment. Like I'm able to focus and think through and present, but it's only because I stick with this. I stay on top of my stuff until it works for me. And you know, living with a mental disorder and maybe potentially for me, I have some sort of generalized anxiety disorder. I don't know. I haven't ever sought out diagnosis for that. I just know that I've always been sensitive, but now I have become a relentless person in my own solutions. Like I'm a relentless practitioner of my own life. Does that make any sense? I don't give up.

Speaker 1: [23:30](#) This is my life. I got to practice it. Well, and the one of the ways I calm myself down is by observing things. Just like I showed you here, I made observations, I wrote down questions. I'm looking for solutions, I'm trying things out. I'm dialing in what's working and I'm letting go. What's not, you know, I'm journaling also, I'm staying in routine now. This is incredibly difficult to do when you wake up and you know, Oh my gosh, today feels overwhelming and it's like you're paralyzed, you're lying in bed, it's getting later and later and you're getting more unconfident of your ability to do what you know or what you said you know you need to do today. But staying in that routine, getting back to it as quickly as possible, that is going to help so much with giving you the momentum you need to finish the things that are on your plate.

EPISODE 31: ANXIETY IN ADJUSTMENTS

- Speaker 1: [24:37](#) So stay in that routine. You know what you do every day that works. If you have a routine that works for you, when your anxiety is revving, you got to stay as much as you can. You gotta stay in that lane. You got to stay in that routine. And one of the things that I love to do when the morning is just, it is just brutal, right? Like those sensations of I can't get it done today. I might as well just shut down. Like I got to break that as quickly as I can. So what I like to do is I just like to go socialize and I'll go visit, you know, my parents for coffee in the morning and I have the luxury of having my parents nearby and I have the double luxury of having a great relationship with them. And so I socialize.
- Speaker 1: [25:21](#) But one of the cool things that happened today was I just went into town and I got myself around the energy of people going to work and starting their day. So I went into town, you know, I got a doughnut, I got some gas and lucky for me, I ran into a buddy and we chatted for like 10 minutes. And that in and of itself, it didn't kill the anxiety, but I was able to forget about it, focus on the moment and feel confident all over again that I could do all the things I needed to do. That by the time I got home, there was momentum in socializing. So I just wanted to share that with you. Observe yourself, journal sticking to a routine and then try, try this out. Like go have coffee with somebody, you know, everybody knows that one person that you can find at the coffee shop cause they're always there, right?
- Speaker 1: [26:11](#) You know that person. So go talk to them and you don't have to talk about the things you're worried about. But just by getting into like their day and sharing time with them, it really helps get some momentum for you know when you have to head off to work or when you have to come back home and get things done at home. And I do work from home so I have that extra challenge of like I don't have a boss over me telling me what to do so I have to be in charge of myself. And I found through the last week or so that the socializing really does help. So you're just asking how can I log this stuff? Where can I improve and what's worked before that I can recruit one more time. Because anxiety is a challenge. It is a fully recognized challenge. Medically, it's recognized, those of us who've always known this as part of our life, you know, this kind of sensitivity, anxiety is a challenge.
- Speaker 1: [27:15](#) It's always going to be a challenge, but we need to do is equip ourselves so that we can tackle that challenge and wrestle it out so that the next time it pops up, it doesn't take us down so hard or out for so long. You know, sometimes we can't always avoid these things, but if we learned to wrestle it out, we stand a lot better chance of having a normal day and we stand a lot better chance of pushing that anxiety away and sending it back to

EPISODE 31: ANXIETY IN ADJUSTMENTS

where it came from. Be a relentless practitioner in your own life. It's gonna be a slow process. You know, if I'm relentless, if I stick with the things I'm doing, if I grow, you know, at this rate that I've been growing over the last year, then maybe I'll get there in like 20 years. I'll get to that person that I know I want to be, but that's 20 years away.

Speaker 1: [28:15](#) And that's a lot of hard work between now and then and it's a slow process and that's why I have to be consistent. I have to be relentless. I have to practice life like it's a high stakes game and when bipolar disorder is in a life, it is definitely a high stakes game, but I'm adjusting so I just have to keep that in mind. Right. Like I am adjusting. Maybe wherever you're at, as you're going through anxiety, maybe if you pulled back and zoomed out a little bit and looked at your situation, maybe you would see that you're adjusting, maybe you're adjusting to a job or some part of the job that changed or maybe you moved. Like I had a major adjustment period when I moved to this year. Most people, they're like, all right, I'm packing my stuff up, going to a new place suite.

Speaker 1: [29:12](#) And I'm like, Oh my gosh, I have so much stuff that I don't want to take over there and I got to move and I got to get furniture. You know? It's like I'm being dramatic of course, but like it dragged on like my move dragged on for two months and so I was in an adjustment period. Like whatever it is that's causing your anxiety right now, maybe you're in an adjustment, maybe you're trying to do something on a new level. Like me, like I'm working on this mission where I'm doing something new, I'm taking on a role that had never taken on before. Like I'm in a different part of my work life now. It's different like it's, it's on a whole new level and so I'm adjusting to it and I have to remember there's always going to be anxiety inside the adjustment and it's a slow process.

Speaker 1: [30:07](#) You know, I, I tell people this sometimes just because it's like the, they don't ever see how hard it's been, right? Like nobody sees how hard your life is except for you. And I have told people like my life, you know, as exciting as it's been, is just been a series of failures. Maybe they're beautiful failures. I don't know. I'd like to think so. But my life has been a series of failures. And you know what's funny, like if you tell that to somebody, like I tell this to my insiders, I tell my lifers, you know, it's like my life is a series of failures guys. Like I know you don't see it that way, but it's just, that's what I've experienced. You know, I look at my life and I look at where I could be right now it's just obvious that this illness got in the way and this is what I'm like dealing with.

Speaker 1: [31:01](#) And so I'm like, I'm, I'm trying so hard to take away the sentences out of my mouth that say I'm a failure. Like I'm

EPISODE 31: ANXIETY IN ADJUSTMENTS

stripping that stuff out of my vocabulary. I'm not a failure. But it seems like my life has been a series of them. And when you tell this to people, they never really get it. Like nobody ever really sees your failures, but you, and I think that's an important thing to know. Nobody ever sees it, but you, because if you know that and you recognize that and you actually internalize that, that nobody ever really sees your failures, it's just you, then that's gonna eliminate, I don't know, 50% of the problem of anxiety, like anxiety loves to make you feel like you're facing failure. Here's another failure coming your way. There's another failure after that. It's a never ending series of failures.

Speaker 1: [32:02](#) And when you realize that nobody is even looking at your track record as a failure, you're the one doing that. If you can own that reality, which is not easy to do, right? When when you've experienced failure, it just has ripple effects throughout your mind and your memory and all of these things are impacted. But if you can own the fact that you are the one that sees your failures and not others, that's gonna eliminate at least half. And I'm just guessing here. All right, this is not science. Michael RD is not giving like research here, but I want to say that at least 50% of the problem of anxiety is going to just evaporate. Like just like that. Like you recognizing that you're the only one that sees it. I'm just imagining like as I dig into the fact that only I see my failures and that helps me not be worried about what other people think, like that's gonna move me on to triumph and I am.

Speaker 1: [33:02](#) I am slowly beginning to triumph and it is incredible. I'm just reminding myself like it's a slow process. Mike, what you are doing, the work you're doing with people, the work you're doing on yourself. Like I have to constantly remind myself that it's a slow thing and it's okay to grow slow. I'm, I am slowly growing into something incredible like I'm becoming a highly capable human being and that's worth taking it slow. It's worth being able to say I'm becoming highly capable and I don't blame my mental illness for the reason why I'm not where I want to be and I know that this resonates with you. Otherwise you wouldn't listen to this podcast because I basically get on here every week and tell you some version of that. Like, we're not where we want to be, but we're not going to blame our illness any longer.

Speaker 1: [34:01](#) You haven't thrown in the towel. This is what I love about you. You have not thrown in the towel. And I picture my towels as dirty and greasy, like the restaurant where I used to work or the gym that I used to work at. It's like you clean and these towels get so dirty and you throw them on the floor, you throw them in the hamper. You know, any of you guys ever worked in a restaurant or worked somewhere where you gotta physically clean the place? It's, it's you, it's not a cleaning crew. And, um, I just imagine that even though I didn't throw in the towel, um, I

EPISODE 31: ANXIETY IN ADJUSTMENTS

wanted to, but like I didn't throw in the towel and even though my towel was greasy and dirty, like I knew that if it just went through the wash, it would come back and I could use it again.

Speaker 1: [34:48](#) I would get to the, like the level that I want to be on as far as like, you know if we're talking about cleaning up our lives, like that's been the major project of these last eight years for me is like continually cleaning out my life, throwing that dirty towel in the laundry and it comes back clean after the laundry. Like I haven't given up and I know you haven't given up either. Remember, there's always going to be anxiety when you're going through an adjustment always. You can't change that. But here's the thing I encourage you to do. You can celebrate, you can celebrate that you're the kind of person who's making these cleanups. You're making these adjustments, you're doing all of these tweaks and revisions to your mental health. Every time we get together on this show, I want to give you one thing that you can focus on and you know today it was definitely not looking at your failures and eliminating, you know, half the problem is you worrying about what other people think about you and the failures you're sensing.

Speaker 1: [35:55](#) Like that's a major adjustment in your mental health. And taking it slow and growing into the person that you know you can be. Once you dial in your method of management, which is what I'm sharing today like I've got, I've got a similar page on all these different pages in my journal for all of these different issues that are related to my mental illness and what I'm getting good at. And what I'm urging you to do is just to continuously adopt the things that work and then tweak them to work even better. And that way you're not wasting energy. You're not wasting creativity, you're not wasting time. It doesn't seem like a mystery. Like every time another one of those pops up, you can just attack it with the same stuff and that totally changes the game. Totally changes the game of mental health. You know, we're all about moving forward.

Speaker 1: [36:53](#) We're not about taking steps backwards and you're definitely taking a step backwards when you don't remember what worked with you last time. Like for me, I'm trying to recall the last time I had anxiety and that was months ago and I recall the sensation of almost having a panic attack. But you know what, I didn't write too much down and I didn't log anything in my memory. So now that I've had the last few weeks to write it down and to look at it and to start asking myself better questions, like I'm not going backwards to this time, I'm definitely not going backwards. And so, you know, as you work through your own plan of development, you know, if you've ever checked out the growth plan for bipolar that I released weeks ago, it's at mikelardi.com/growthplan. If you haven't

EPISODE 31: ANXIETY IN ADJUSTMENTS

downloaded that, it definitely shows you like, okay, once you get on the path, there's no going back.

Speaker 1: [37:47](#) Like you work things out and you take another step forward and maybe you have to revisit things from time to time. I know that I've had students take the peace plan and they're like, you know what? It was so good that I went back into that. Like the sleep module. I went right back into that and learned a few more things to dial in my sleep one step further. And so you can always look back and go back and make tweaks. But we're taking steps forward. Like anytime you walk with me, you're walking forward and I love this, I love this. So that's gonna do it for this episode. Keep in mind slow is the way to go. Slow is always the way to go when it comes to you putting together the lifelong plan that you're gonna have to battle it out with anxiety and whatever else life can cook up for you.

Speaker 1: [38:39](#) When you have a mental illness, you got a plan and I love sharing my plan so keep looking forward to it. Okay, so next week, next week I'll be coming back from my conference and I usually have something planned for the next episode, but I have a hunch, I just have a feeling that when I go down there I'm going to learn something, at least one thing that is going to be mind blowing and I don't want to hold that back from you when I come back. So on the next episode, look forward to some special surprise and I will see you here. Same time, same place. Adios.

Speaker 2: [39:21](#) [inaudible]

Speaker 3: [39:26](#) thanks for listening to the bipolar now podcast at www.mikelardi.com

Speaker 2: [39:32](#) [inaudible].