WEBVTT

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00:00:13.620 --> 00:00:24.690

Cameron E Lindsay: Hello everybody and welcome back to the i'm doing fine podcast this is Cameron and amanda and we're just going to talk to you guys about you know the beginning of the Semester and like a few tips that we have.

2

00:00:25.080 --> 00:00:35.370

Cameron E Lindsay: But the main part of our conversation today is more about because you know we're entering in that month of self of love with February and so we're just going to talk to you all about.

3

00:00:36.120 --> 00:00:49.380

Cameron E Lindsay: Some self love and how that might look with both physical and mental census of the love of love and so amanda do you have any new semester tips for Dr everybody oh.

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00:00:49.530 --> 00:00:55.860

Alonda Smith: When the Semester starts off I like to print out all of my syllabus and go through it and highlight all of the important dates.

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00:00:56.100 --> 00:01:00.300

Alonda Smith: and try to get them in my planner just before I do anything else, before I get distracted with the assignments.

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00:01:00.660 --> 00:01:05.490

Alonda Smith: Because I feel like it's so much more helpful when you already know everything that's popping up.

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00:01:05.760 --> 00:01:14.070

Alonda Smith: Because you know how like everybody has been through a where they'll look at their cell by a very late in the game and they realize that some things do in a couple of days, because we didn't get ahead of it.

8

00:01:14.370 --> 00:01:23.400

Alonda Smith: And I just feel like that's like inviting stress into your life like it's just so important to just get ahead of it, like the very beginning, so I would say that that's my main one, at least.

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00:01:23.520 --> 00:01:30.600

Cameron E Lindsay: What about 100% like for me it's about getting organized like I learned that the hard way my first semester.

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00:01:31.110 --> 00:01:41.730

Cameron E Lindsay: Was the importance of organization, because that very thing happened to me where I had like I think it was a paper do and I had like three days to do it because.

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00:01:42.120 --> 00:01:56.370

Cameron E Lindsay: I just didn't write it down and I forgot about it and the sheer panic was just something that I never wanted to repeat again, so I just from that point on, I just decided organization was the way to go.

12

00:01:56.820 --> 00:01:57.630

Cameron E Lindsay: So I have.

13

00:01:57.690 --> 00:02:02.190

Cameron E Lindsay: My planner I write down all all the schedules for every single one of my classes.

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00:02:02.730 --> 00:02:03.300

Cameron E Lindsay: Plus.

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00:02:03.660 --> 00:02:07.650

Cameron E Lindsay: I do a daily like my to do list of everything that I need to get done.

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00:02:08.130 --> 00:02:08.910

Alonda Smith: Right yeah.

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00:02:09.630 --> 00:02:15.630

Cameron E Lindsay: I like I just really try to stay organized and so that would be my new semester tip for everybody.

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00:02:15.990 --> 00:02:21.510

Alonda Smith: mm hmm I really do feel like that's helpful because we are getting to the point where a lot of professionals won't even remind you.

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00:02:21.750 --> 00:02:31.350

Alonda Smith: you'll just like have to know you'll just have to keep up with it because they do look at it like while you're all adults now, and even though your students, you still have to be prepared for the real world, you have to like know everything that's coming up.

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00:02:31.620 --> 00:02:33.330

Alonda Smith: And the same way we're at your job, like your.

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00:02:33.330 --> 00:02:34.710

Cameron E Lindsay: bosses wouldn't remind you.

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00:02:34.800 --> 00:02:42.150

Alonda Smith: So it's a good already getting the headset that you are organized on your own you can manage your time on your own and you already have it so planned out, you know.

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00:02:42.570 --> 00:02:49.980

Alonda Smith: Because I do feel like developing that routine and getting organized is a great way to take care of yourself and make sure you don't get too stressed out during the Semester, or just.

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00:02:50.250 --> 00:03:00.630

Alonda Smith: In life it's good to already have these practices in place and taking care of yourself, is a great way of showing yourself self love, as you were saying earlier, how what's the main topic for today, so we can get you.

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00:03:03.060 --> 00:03:10.770

Cameron E Lindsay: know for sure is like organization like really kind of is a form of self love just because it's like being willing to tell yourself like.

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00:03:11.220 --> 00:03:18.120

Cameron E Lindsay: it's okay you're gonna be okay you got everything organized and it's ready to go like it's good I reassurance kind of thing.

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00:03:18.840 --> 00:03:37.500

Cameron E Lindsay: But ya know first today we're really going to try to talk to you all about you know different forms of self love and how that might impact because primary the love is just editable like every time you go to the grocery store, you know there's the valentine's day candy out.

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00:03:37.860 --> 00:03:39.990

Cameron E Lindsay: And you just are reminded by love.

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00:03:40.620 --> 00:03:54.780

Cameron E Lindsay: And so I suppose our challenge for all of you that are listening is in the month of February, like what does self love look for you, and how can you grow upon that and we're gonna dive into that a little bit deeper with.

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00:03:55.230 --> 00:04:03.150

Cameron E Lindsay: You know, like what is love and when I think about love I think about it being both external and internal force where.

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00:04:03.480 --> 00:04:11.910

Cameron E Lindsay: You know, you can show people that you love them, and you can love for things that are outside of you, but then you can also love yourself on the inside, and that can look like.

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00:04:12.360 --> 00:04:26.400

Cameron E Lindsay: how you treat yourself and how you think and how you like mentally handle all of those things like and how you hold yourself can all be different forms of like self love and so.

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00:04:27.420 --> 00:04:32.760

Cameron E Lindsay: i'm kind of diving into you know, like what buffets in general.

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00:04:32.910 --> 00:04:39.000

Alonda Smith: yeah i'm really glad you said that about how it's both internal and external because I feel like when people think about love.

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00:04:39.420 --> 00:04:47.430

Alonda Smith: They I mean no no i'm ready when they think about loving confidence they're only thinking about like the outside, like your physical body they're only thinking about.

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00:04:47.940 --> 00:04:58.200

Alonda Smith: Their body image and our body positivity and all that, but people kind of forget how important mental health is they forget that you should think about that, just as much as you think about your physical health, if not more.

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00:04:58.590 --> 00:05:04.230

Alonda Smith: it's just so important to make sure that you're taking care of yourself mentally and that your mind is okay, and that you're doing all those things.

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00:05:04.620 --> 00:05:06.780

Alonda Smith: To show yourself some self love you know.

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00:05:08.040 --> 00:05:15.150

Cameron E Lindsay: Which like even diving off to that a little bit deeper is you know, like there's negative self talk and that's not.

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00:05:15.690 --> 00:05:25.470

Cameron E Lindsay: There you're not performing self love if you're constantly beating down on yourself in your own head like you can really treat your body, and you can be very confident in what.

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00:05:26.010 --> 00:05:36.690

Cameron E Lindsay: In the way you are and how you're built like and you can walk down the hallways feeling absolutely gorgeous but if you're beating yourself up in your head that's not.

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00:05:37.590 --> 00:05:55.350

Cameron E Lindsay: Real like self love because self love takes both avenues like it's a two way street, of being able to both kind of love your brain and love your mind and be confident in who you are and how you're built and how everything goes, because it really is like.

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00:05:56.070 --> 00:06:02.190

Cameron E Lindsay: it's a two way avenue and kind of diving off of that going into more of like the physical sense of.

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00:06:03.210 --> 00:06:04.290

Cameron E Lindsay: Self love with.

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00:06:04.320 --> 00:06:07.680

Cameron E Lindsay: Like you know basit body positivity and body image.

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00:06:08.940 --> 00:06:11.070

Cameron E Lindsay: It how like easy it is to nitpick.

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00:06:12.210 --> 00:06:18.870

Alonda Smith: so easy to nitpick I mean because everybody always says how like your your biggest critic like every single time.

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00:06:19.110 --> 00:06:28.410

Alonda Smith: That i'm beating up on myself that's something that somebody always says, because nobody is looking at you, the way that you're looking at yourself, nobody is paying attention that often I would hope, at least, and I would say.

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00:06:29.040 --> 00:06:30.750

Alonda Smith: so easy to like look in the mirror like.

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00:06:30.870 --> 00:06:34.770

Alonda Smith: pick apart your body and like look for certain flaws it's just like.

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00:06:35.430 --> 00:06:42.420

Alonda Smith: I don't know like a sort of like set to like think about that everybody is always doing that to themselves it's so much easier to find little insecurities rather than like little.

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00:06:42.660 --> 00:06:49.380

Alonda Smith: Things to think about that are like good about your body and things that you love about yourself so it's important to like get into that routine of like.

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00:06:50.100 --> 00:07:00.630

Alonda Smith: consciously doing that because it doesn't always come naturally for everybody, I don't even think it does, but the majority of people so it's good to like make sure you're giving yourself that self love and like make a point of doing that and put in that effort.

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00:07:01.170 --> 00:07:07.080

Cameron E Lindsay: yeah oh no and the other aspect of that too is it's kind of socially normal to do that.

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00:07:07.650 --> 00:07:13.860

Cameron E Lindsay: yeah and like I just think about how many times i've had a conversation with somebody about an insecurity of mine.

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00:07:14.280 --> 00:07:25.530

Cameron E Lindsay: And then I kind of leave that conversation, and I feel really connected with that person like I walk away, and I feel lighter I got like a little bit of a different like step going on.

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00:07:26.100 --> 00:07:33.060

Cameron E Lindsay: And it's like it's really interesting and i've like kind of like thought about this a lot because it's like this interesting phenomena within people.

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00:07:33.690 --> 00:07:43.950

Cameron E Lindsay: And I think it's ultimately down to you know you're really making a deep connection when you're talking about something as vulnerable as your insecurities.

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00:07:44.370 --> 00:07:46.770

Alonda Smith: And it's like a weird bond that you get with people.

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00:07:46.800 --> 00:08:00.030

Cameron E Lindsay: yeah and I know a lot of people who will be like search for that and, like in other people like there is a level of like there's healthiness about talking about those things, but then there's also an unhealthy this.

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00:08:00.660 --> 00:08:07.020

Cameron E Lindsay: Because like you don't want to overdo it, but it's also healthy, to be able to get that out yeah.

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00:08:07.170 --> 00:08:14.580

Alonda Smith: Because you don't want to like bring anybody down and you also don't want anybody's like become conscious of their own body when you're picking out your insecurities.

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00:08:14.790 --> 00:08:15.180

Cameron E Lindsay: But at the same.

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00:08:15.210 --> 00:08:24.960

Alonda Smith: Time, it is nice to like find people who understand what you're going through, because when you're looking in the mirror and you're like picking a part of your body like that, like you think that you're so silly and you like think that you're alone and those feelings.

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00:08:25.200 --> 00:08:33.990

Alonda Smith: yeah so it's kind of like weirdly comforting if you're saying like Oh, I always like hate my hair and everything turns out right somebody's like Oh, nobody ever feels like that, like, I know I was.

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00:08:34.410 --> 00:08:45.090

Alonda Smith: In the bathroom for like an hour today thinking about that, like that kind of thing it's like you don't want people to feel bad about themselves too, but it's still nice to know that somebody like understands and that it's something that other people do.

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00:08:45.360 --> 00:08:48.000

Alonda Smith: And it's not, fortunately, the social norm was you were saying.

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00:08:48.540 --> 00:08:49.530

Alonda Smith: yeah and yeah.

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00:08:49.980 --> 00:09:03.840

Cameron E Lindsay: that's another thing is like even as periods, you know we like there's something beautiful about group therapy that kind of like hints at those like same kind of feelings, but like in a very healthy way.

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00:09:04.170 --> 00:09:04.470

Yes.

71

00:09:05.550 --> 00:09:15.030

Cameron E Lindsay: Like to anybody that is listening, you know there's always group that you can look into and kind of like get those kind of emotions out.

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00:09:15.510 --> 00:09:30.930

Cameron E Lindsay: um but I will say I think you know even with confidence, you know it's not the same ballpark like it's not the same game, as when you're picking and talking about insecurities like, if you want to talk about confidence um.

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00:09:32.070 --> 00:09:34.800

Cameron E Lindsay: you're now you're not looking so good.

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00:09:35.670 --> 00:09:40.050

Alonda Smith: People aren't gonna immediately think that you're so conceited or you're just so full of yourself.

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00:09:40.290 --> 00:09:48.300

Alonda Smith: And it is like it can be like very empowering for somebody just like walk in a room and like say that they really like their outfit today like that's a great thing for them.

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00:09:48.480 --> 00:09:55.050

Alonda Smith: But at the same time, like everybody is going to look at you, and be like oh OK that kind of thing nobody's going to join me to.

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00:09:55.410 --> 00:10:03.240

Alonda Smith: And it's like that should also be a great bonding experience but, instead, people are going to look at it badly because there's so many different misconceptions about confidence.

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00:10:03.960 --> 00:10:11.940

Cameron E Lindsay: yeah like for me like I whenever somebody comes up to me and he's like I really like my outfit today i'm like yeah.

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00:10:11.970 --> 00:10:13.440

me too you look great.

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00:10:14.940 --> 00:10:16.770

Cameron E Lindsay: I like radiates.

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00:10:16.950 --> 00:10:26.700

Cameron E Lindsay: But it's interesting because I like you said how you know, like there's different misconception of joining in verses adding on.

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00:10:27.240 --> 00:10:27.630

Cameron E Lindsay: To the.

83

00:10:27.930 --> 00:10:43.410

Cameron E Lindsay: Creation and um you know, like with confidence, how easy it's it's to look at confidence and say Oh well, that's just them that's just how they are that's not me.

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00:10:43.530 --> 00:10:44.310

Alonda Smith: I can't.

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00:10:44.430 --> 00:10:56.970

Cameron E Lindsay: like that and it's honestly a little bit heartbreaking, especially when you know, like as another person that's not inside of their head, you know you see how wonderful and amazing they are.

86

00:10:57.480 --> 00:11:06.270

Cameron E Lindsay: And how they might not see that and how they might feel like Oh well, confidence is outside of their range yeah yeah.

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00:11:06.690 --> 00:11:13.410

Alonda Smith: I mean i'm don't like when I try to think about when i'm like cheering myself up I just wonder like why I do think like that.

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00:11:13.560 --> 00:11:15.540

Alonda Smith: because everybody views themselves differently.

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00:11:15.540 --> 00:11:22.800

Alonda Smith: But nobody ever like accurately views themselves how other people see them I like truly believe that we all like focus on ourselves.

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00:11:23.010 --> 00:11:29.340

Alonda Smith: So much more than other people are, but we think that everybody is focusing on us and not even in like a conceited way, I mean.

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00:11:29.670 --> 00:11:36.150

Alonda Smith: Like people always like to think that they're going to like that you're going to like notice things about them that nobody really is like how we were saying earlier.

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00:11:36.540 --> 00:11:46.770

Alonda Smith: With online classes we're always like afraid to turn our camera on because we think that we look a mess, but like I can honestly say that in my online classes i'm never looking at anybody else i'm always looking at like my little camera.

93

00:11:47.370 --> 00:11:54.720

Alonda Smith: Always, and so I don't get like why i'm so worried about it cuz nobody's actually paying attention you know, like we're also saying how.

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00:11:55.140 --> 00:12:00.000

Alonda Smith: When you're going to do, like a presentation in class how people are always saying like nobody's paying attention to your presentation.

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00:12:00.180 --> 00:12:07.680

Alonda Smith: Because they're worried that they messed up their own or they're like nervous about going up for their own so nobody's ever actually focusing on you and we still like.

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00:12:08.130 --> 00:12:17.310

Alonda Smith: put so much effort into like making sure people don't like notice our flaws are like making sure that we like look good in a way that we think matters so much and it just doesn't really.

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00:12:18.720 --> 00:12:25.920

Cameron E Lindsay: Know 1% and I think that really hits like a lot of the main points that we were trying to get at with like.

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00:12:26.520 --> 00:12:38.250

Cameron E Lindsay: With the physical self love you know it's about being able to accept confidence for how it is and but also understand that you're not alone in that.

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00:12:38.640 --> 00:12:49.860

Cameron E Lindsay: Physical self love is an ultimate journey like there's going to be some days, where even the most confident person is kind of not not really feel it on the inside, as much.

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00:12:50.340 --> 00:12:59.970

Cameron E Lindsay: But the thing is they might be able to bounce back and even if you're not feeling confident you can bounce back, and you can feel a little bit confident.

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00:13:00.390 --> 00:13:10.350

Cameron E Lindsay: And it's finding those things that make you feel confident and it's like all of those things and combine that kind of really play into physical self love and.

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00:13:12.210 --> 00:13:13.560

Cameron E Lindsay: How that journey goes.

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00:13:14.520 --> 00:13:22.050

Alonda Smith: Do you think you could share, like any tips that you have with just talking positively to yourself, you know just to like boost yourself a sense.

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00:13:23.010 --> 00:13:35.730

Cameron E Lindsay: Oh for sure, like one thing that i'll definitely notice is if i'm starting to get in that headspace i'll just kind of like take a step back out of my head.

105

00:13:36.180 --> 00:13:44.670

Cameron E Lindsay: and evaluate the thought and just be like where did this come from like where like How did this happen, like.

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00:13:45.510 --> 00:14:05.310

Cameron E Lindsay: And just kind of really like evaluate it and think about it, but obviously that's not for everybody, and I think sometimes you know, for me, so I used to do this, all the time was I would put on my prom dress and I put on my shoes and I just walk around my house in what, in just like.

107

00:14:06.420 --> 00:14:07.170

Cameron E Lindsay: rocket.

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00:14:07.740 --> 00:14:10.560

Alonda Smith: Like when you felt like the most beautiful so just trying to.

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00:14:10.560 --> 00:14:13.440

Alonda Smith: Like recreate that I think that's actually a really good idea.

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00:14:13.770 --> 00:14:24.480

Cameron E Lindsay: yeah like so for one thing for me is I love to go thrift shopping and I kind of have an addiction for finding like 90s dresses.

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00:14:25.470 --> 00:14:37.230

Cameron E Lindsay: Like it's the thing, and so my closets full of them and I love to just put those on and like just like random Saturday night look in the mirror and go oh yes girl.

112

00:14:37.350 --> 00:14:37.860

Alonda Smith: Killing it.

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00:14:38.220 --> 00:14:50.130

Cameron E Lindsay: Like I really try to like bring myself up in that manner yeah and so those are like two areas where I like kind of you know, work on my physical self love.

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00:14:50.730 --> 00:15:02.340

Cameron E Lindsay: But it's also I try to take really good care of my body like I do yoga and I eat well but also this morning I was craving a brownie and I really wanted it.

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00:15:04.050 --> 00:15:11.400

Cameron E Lindsay: Like it's you know finding what works for you and, like what would bring you joy yeah.

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00:15:12.300 --> 00:15:13.290

I think that's so good.

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00:15:15.420 --> 00:15:25.560

Alonda Smith: yeah i'm something for me, I try to keep in mind that, like the way that I talked to myself, is not the way that other people would talk to me I kind of like have to remember that, like.

118

00:15:25.860 --> 00:15:36.330

Alonda Smith: People aren't just naturally like trying to be mean to you no one's just like going to walk up to you, and like try to spot your flaws everybody if anything is like trying to be kind of trying to look for like compliments.

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00:15:37.050 --> 00:15:46.020

Alonda Smith: And I always look at it, as if somebody is going to like walk up to me and be like oh I don't think I like that sweater like oh I don't think your hair looks good it's like i've never wants done that to another person.

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00:15:46.200 --> 00:15:53.550

Alonda Smith: And I don't think the majority of people, at least not the majority of people that i'm going to associate myself with are doing that nobody is just looking out for flaws.

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00:15:53.880 --> 00:16:02.310

Alonda Smith: And I always feel like all eyes are like under like to try to like point out all my insecurities but it's not really like that, and I feel like a lot of other people do think that same way.

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00:16:02.970 --> 00:16:09.150

Alonda Smith: I just have to remind myself of that but, like, I think that people are generally nicer than I give them credit for.

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00:16:09.240 --> 00:16:18.270

Alonda Smith: At least yeah and another thing is that, like you know when it's like somebody that you know that's like super pretty they're just like one most beautiful people that you know.

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00:16:18.510 --> 00:16:22.890

Alonda Smith: And they're feeling like a little insecure so they're like point out something that you've always really liked about them like they'll say like.

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00:16:23.400 --> 00:16:28.470

Alonda Smith: Oh, I think that, like my nose is too big and you're like what no it's not i've never once thought I like that kind of thing.

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00:16:28.890 --> 00:16:34.230

Alonda Smith: And I kind of just try to like talk to myself in that same way that like when I think that they're being silly and like.

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00:16:34.500 --> 00:16:44.250

Alonda Smith: just looking for like bad things that aren't even there, like, I have to remember like i'm also doing that to myself i'm like trying to be mean to myself for literally no reason and it's like coming from nowhere.

128

00:16:44.640 --> 00:16:53.640

Alonda Smith: And like how I feel like my friends are they being silly when they do something like that, and I think they're so beautiful, I have to remember, like the people view me differently than i'd be myself like.

129

00:16:54.030 --> 00:17:04.380

Alonda Smith: People might think that i'm being so like when I say things like that, and so it's so good for me to just try to remember to talk to myself, the way that I would talk to my best friend, because I would never be mean to her and i'm hyping her up all the time.

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00:17:04.680 --> 00:17:08.220

Alonda Smith: And so it's good if I can just like give myself that same love you know.

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00:17:08.640 --> 00:17:09.960

Cameron E Lindsay: yeah it's like grabbing.

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00:17:10.560 --> 00:17:12.990

Cameron E Lindsay: It starts back down to the ground.

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00:17:13.380 --> 00:17:18.000

Cameron E Lindsay: yeah you know when my friend ever talked to me about this know.

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00:17:18.300 --> 00:17:18.510

Like.

135

00:17:19.710 --> 00:17:36.750

Cameron E Lindsay: We got back down to the ground and being able to like really like, then, you know step and think about it mm hmm and I really liked what you said about the compliments because that's another thing too is even if you're feeling a little insecure giving another person, a compliment.

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00:17:36.990 --> 00:17:40.380

Alonda Smith: It makes actually so good, it makes you feel so good.

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00:17:41.400 --> 00:17:56.670

Cameron E Lindsay: Like ever since the new year I started doing a weekly act of kindness, I have like a little deck of card that I got deck of cards that I got a target and I just pick one, and I do it, and it makes me feel so good and.

138

00:17:57.900 --> 00:18:09.840

Cameron E Lindsay: it's like that same form of action is like, if you can compliment somebody be like hey I really like your outfit hey I really like your hair girl you look so good today boy he looks so good today they that you look so great today.

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00:18:10.110 --> 00:18:25.710

Cameron E Lindsay: yeah and so it's one of those things where it's like um, no matter what like giving a compliment to somebody could ultimately kind of like make you feel a little bit better too because again it's like a grounding experience.

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00:18:26.040 --> 00:18:32.640

Alonda Smith: Just writing up like another person's day really does help you just like knowing that you like made that person smile it's so nice.

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00:18:34.470 --> 00:18:39.150

Cameron E Lindsay: And so kind of shifting gears a little bit we're going to talk more about like the mental self care.

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00:18:39.570 --> 00:18:49.320

Cameron E Lindsay: And so, one thing that's really big for me is there's this thing called the great it's not my original idea, but I got it when I was in high school.

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00:18:49.650 --> 00:18:56.730

Cameron E Lindsay: From my leadership mentoring and mediation class and be great basically it's boundaries expectations grow.

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00:18:57.030 --> 00:19:09.270

Cameron E Lindsay: respect and the theme assertiveness and trust and that's all the things that you need in a healthy relationship and it's also all of the things that you need for yourself and self love with in your own mind.

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00:19:09.990 --> 00:19:19.260

Cameron E Lindsay: And so kind of diving into those things is really first going into boundaries and the importance of being able to say no.

146

00:19:21.270 --> 00:19:30.960

Alonda Smith: I think that's so great, I know, like that that's like really hard to do for a lot of people, and I do think it's important to talk about this, since we're just getting home from like seeing family at least a lot of us are.

147

00:19:31.320 --> 00:19:36.690

Alonda Smith: Because I know, for one, I have a lot of trouble setting boundaries with family and and just with friends, but you know, like.

148

00:19:37.020 --> 00:19:42.930

Alonda Smith: you're saying, because you don't want anybody like think that you don't care about them, or anything that you don't love them, I think that you're being selfish.

149

00:19:43.170 --> 00:19:51.150

Alonda Smith: But it's so important to like also take care of yourself that you can like always be there for everyone, because we're going to spread yourself too thin you know.

150

00:19:51.570 --> 00:20:02.790

Cameron E Lindsay: Oh yeah because you know it boundaries is important every relationship that you have friends family businesses every daily human contact and like.

151

00:20:03.330 --> 00:20:11.970

Cameron E Lindsay: Being able to say no, but also like knowing what you're comfortable with and what you're not comfortable with and also.

152

00:20:12.510 --> 00:20:23.640

Cameron E Lindsay: Just like, even if, because I know for me especially like it's hard when people reach out to you, and they expect you to be very empathetic which we'll get to in a minute.

153

00:20:24.180 --> 00:20:45.330

Cameron E Lindsay: Ah it's hard to be able to say, like I can't really handle this right now, because it's easy to just want to be the listener, and creating a boundary in that, as well as really important is being able to know when you are reaching your limit and whatnot yeah yeah definitely agree.

154

00:20:48.300 --> 00:21:08.070

Cameron E Lindsay: But then also just kind of going into expectations is you know, like how much do you expect out of the relationships that you're going into but also what are your expectations for yourself are they too high, like and you like evaluating that and being able to really.

155

00:21:09.120 --> 00:21:13.830

Cameron E Lindsay: Take that in for how it is it's also really, really, really healthy hmm.

156

00:21:13.980 --> 00:21:18.300

Alonda Smith: And that's so important to talk about I was actually just discussing this with my friends recently.

157

00:21:18.690 --> 00:21:24.660

Alonda Smith: Is that sometimes people like put so much pressure on themselves and their relationship and they think that they can like.

158

00:21:25.050 --> 00:21:28.470

Alonda Smith: fix the other person's mental health like entirely or like fix their like.

159

00:21:28.920 --> 00:21:35.340

Alonda Smith: relationships with their family like they just like me to do so much for that other person that they don't even realize like it's not even.

160

00:21:35.760 --> 00:21:47.400

Alonda Smith: Even relationship anymore, because they're putting so much into it and they're just like not even focused on themselves and it's like so important to have that balance and you can just so easily get lost in that in those expectations.

161

00:21:47.730 --> 00:21:48.120

yeah.

162

00:21:49.350 --> 00:21:50.640

Cameron E Lindsay: I this analogy.

163

00:21:51.690 --> 00:22:05.160

Cameron E Lindsay: is something that like it seems so basic but like if you really it really boils down to this like I would consider myself a 16 ounce person like I have a lot to offer i'm like allowed personality.

164

00:22:05.520 --> 00:22:16.440

Cameron E Lindsay: And so, like if i'm in connection with somebody who is eight ounces, then you know I don't want to give all that I have, because then it's going to overflow them.

165

00:22:17.400 --> 00:22:26.670

Cameron E Lindsay: But if they give them all to me that is only like half an hour or like even vice versa, like there's things going on there.

166

00:22:27.180 --> 00:22:40.170

Cameron E Lindsay: And you know with expectations, it can be boiled down to like how much can you give like how much is a healthy amount and also team consideration like what their expectations for that you are.

167

00:22:40.560 --> 00:22:48.060

Cameron E Lindsay: And you don't want to overflow that because I think it's healthy to have conversations about your expectations with people.

168

00:22:53.310 --> 00:22:57.870

Cameron E Lindsay: yeah I like I just had like an Epiphany with that metaphor, while.

169

00:22:57.990 --> 00:22:58.200

Like.

170

00:22:59.280 --> 00:23:02.400

Cameron E Lindsay: I didn't think that was gonna happen today, but here we are.

171

00:23:04.020 --> 00:23:06.630

Alonda Smith: But i'm moving on to growth.

172

00:23:07.080 --> 00:23:07.410

Cameron E Lindsay: mm hmm.

173

00:23:07.650 --> 00:23:16.920

Alonda Smith: And I just really wanted to note the fact that growth is not linear I think that people forget that a lot, but like when they're on their self love journey if someday.

174

00:23:17.310 --> 00:23:24.450

Alonda Smith: You can't talk to yourself positively and it's just so hard to be able to do that, and you like might step back into like insulting or seven not.

175

00:23:24.450 --> 00:23:25.800

Cameron E Lindsay: exactly they talking positively.

176

00:23:25.800 --> 00:23:37.860

Alonda Smith: Like that doesn't mean that chair exactly like back to square one, it doesn't mean that you like failed like the practice of he said it's like there's going to be rough days like that you can't always be perfect with that you know.

177

00:23:38.310 --> 00:23:46.530

Cameron E Lindsay: This is not like a game of Monopoly where you like it only go around the board one way.

178

00:23:46.800 --> 00:24:05.040

Cameron E Lindsay: You know, and you can go back and forth, and you know it's healthy to have days, where you go like where you step to sport four steps forward or two steps back like it's healthy to kind of be able to do that because it's a journey.

179

00:24:05.430 --> 00:24:05.820

Alonda Smith: yeah.

180

00:24:05.940 --> 00:24:07.530

Cameron E Lindsay: yeah definitely yeah.

181

00:24:09.120 --> 00:24:27.150

Cameron E Lindsay: No, I really, really like that, and then kind of then going on to respect you know, being able to have respect for others and respect for yourself like going back to the physical form is just like being able to respect for you and how you come and.

182

00:24:28.890 --> 00:24:51.540

Cameron E Lindsay: Being able to accept and love that and also showing like respect for even your own mind like again back to that negative self talk thing where it's you know being respectful to your own brain and your own thoughts and how you function, I think that's really, really important yeah definitely.

183

00:24:51.660 --> 00:24:53.400

Alonda Smith: i'm glad you touched on that a little bit.

184

00:24:56.100 --> 00:24:59.580

Cameron E Lindsay: And then going into empathy this one is deep.

185

00:24:59.970 --> 00:25:11.190

Cameron E Lindsay: And if you do not thoroughly understand what empathy is I would highly highly highly recommend watching Bernie browns video on empathy.

186

00:25:11.910 --> 00:25:26.400

Cameron E Lindsay: It is so beautiful she does a wonderful job at explaining it but, in summary, it really is just feeling with others and accepting it as vulnerability and being willing to be vulnerable with other people.

187

00:25:27.720 --> 00:25:28.740

Cameron E Lindsay: In a healthy way.

188

00:25:30.900 --> 00:25:33.750

Cameron E Lindsay: um cuz I know.

189

00:25:34.950 --> 00:25:43.080

Cameron E Lindsay: vulnerability is a tricky tricky slow right, because obviously you don't want to be too vulnerable.

190

00:25:43.380 --> 00:25:52.170

Cameron E Lindsay: Where you could get really hurt, but then you also don't want to hold everything back and then you're holding everything in because that's not healthy either.

191

00:25:52.380 --> 00:26:05.310

Alonda Smith: Exactly because you do want to still set up like that bond with that person you still want to like be intimate with that person like let them see those parts of you that you don't just like let anybody see, but it is like so hard to be vulnerable with other people yeah.

192

00:26:05.880 --> 00:26:22.170

Cameron E Lindsay: And back to like self love and empathy is also knowing when vulnerability is too much or too little and being able to love and appreciate yourself to be or to not be vulnerable.

193

00:26:22.890 --> 00:26:32.790

Cameron E Lindsay: And and kind of like playing that game and like sometimes it even helps me if i'm like journaling and kind of talking about.

194

00:26:33.390 --> 00:26:47.310

Cameron E Lindsay: With empathy and vulnerability and just writing down my thoughts on that and then being able to revisit it because that like really helped me like trying to figure out what level, can I give in this category.

195

00:26:50.580 --> 00:26:54.150

Cameron E Lindsay: And then lastly there's assertiveness which kind of goes into boundaries, but.

196

00:26:55.350 --> 00:27:02.010

Cameron E Lindsay: You know that's just being a front it's not being like aggressive or passive it's just like.

197

00:27:02.370 --> 00:27:04.170

Cameron E Lindsay: Being really yeah.

198

00:27:04.590 --> 00:27:06.750

Alonda Smith: Being able to like stand up for yourself and like say.

199

00:27:07.860 --> 00:27:08.880

Cameron E Lindsay: 100%.

200

00:27:10.440 --> 00:27:14.250

Cameron E Lindsay: You know, oh wait no that's not lastly trust this lastly oh.

201

00:27:17.670 --> 00:27:19.440

Cameron E Lindsay: And lastly, there's a trap.

202

00:27:21.540 --> 00:27:35.670

Cameron E Lindsay: And so, with trust you know it's you know, being able to do again be vulnerable but also being willing to care and dive into your emotions with other people and yourself yeah.

203

00:27:35.790 --> 00:27:38.370

Alonda Smith: Not having to hold back because you just like you're.

204

00:27:38.730 --> 00:27:39.900

Alonda Smith: Like no that person is going to be.

205

00:27:39.900 --> 00:27:41.910

Alonda Smith: There, for you in that you can be vulnerable with them.

206

00:27:42.990 --> 00:27:50.370

Cameron E Lindsay: Like my friends, all the time do this to me like even in the middle of the grocery store it drives me NUTS they'll just be like truthful and then they'll just follow.

207

00:27:51.000 --> 00:27:51.930

Alonda Smith: I do that with my friend.

208

00:27:53.970 --> 00:27:54.300

Cameron E Lindsay: well.

209

00:27:58.020 --> 00:28:00.900

Cameron E Lindsay: i'm always like because I don't want to drop you.

210

00:28:03.090 --> 00:28:08.520

Cameron E Lindsay: But you know, on a deeper level like at least they'll know that always catch em gee Lou.

211

00:28:10.800 --> 00:28:22.620

Cameron E Lindsay: um so yeah those are kind of all of like the differently, you know areas of mental self love is kind of have keeping all of those things in mind, especially in your own relationships, but.

212

00:28:23.010 --> 00:28:38.070

Cameron E Lindsay: In your own head and how you treat yourself um but another aspect is you know self care we've done we've touched on self care before on the podcast but I figured it never hurts to touch on it again.

213

00:28:38.580 --> 00:28:47.550

Cameron E Lindsay: So is there any other things, for you a lot of that brings up haha self care or like you kind of thinking about.

214

00:28:48.630 --> 00:28:54.360

Alonda Smith: I mean you already like were saying earlier about journaling and how that helps you like get out your feelings and like just.

215

00:28:54.990 --> 00:29:05.910

Alonda Smith: I was also saying how I like to talk to myself, the way that I would talk to my best friend and journaling helps me do, that is just like a way of me, being more aware of the words that i'm using and like how kind i'm being to myself.

216

00:29:06.210 --> 00:29:11.160

Alonda Smith: And you feel like that so important, just like being aware of that, you know, and I also just wanted to.

217

00:29:11.520 --> 00:29:21.510

Alonda Smith: remind everybody that's listening about how self love is still an ongoing journey and it's not something that everyone can practice, like every day all day it is something that you're going to have like slip ups with.

218

00:29:21.810 --> 00:29:23.850

Alonda Smith: But there also are going to be like such a good.

219

00:29:23.850 --> 00:29:32.190

Alonda Smith: days, but you need to like give yourself credit for that and not feel like you're slipping but, like every single time that you not talk so positively to yourself.

220

00:29:32.670 --> 00:29:53.610

Cameron E Lindsay: yeah yeah I would agree with that, like self love this is it's not linear it's more like a quadratic formula or etc it's really your it's all over the map and it's, whatever your journey looks like there's something really beautiful and having that.

221

00:29:55.320 --> 00:30:04.080

Cameron E Lindsay: I often I try to describe to people that you know if you look at your life as like a plane like.

222

00:30:05.670 --> 00:30:17.370

Cameron E Lindsay: If every hardship or everything that happened in your life is about you know build that mountain in your mind's eye and then what you can look at is this beautiful horizon.

223

00:30:18.450 --> 00:30:34.800

Cameron E Lindsay: Mountains, you know, like it's your every hardship, you know can create something really beautiful, and so I try like talk to I try to like explain that to people, and I think that really.

224

00:30:36.060 --> 00:30:45.030

Cameron E Lindsay: hits home, you know these ideas of self love and is being able to admire that as well is admire your horizons oh yeah.

225

00:30:45.240 --> 00:30:52.380

Alonda Smith: cuz cuz everybody is just so different with their own self love journey Sam i'm glad we talked about this.

226

00:30:52.830 --> 00:31:03.900

Alonda Smith: Because, as we were saying earlier, like it's so important to be able to discuss these struggles and open up because it is something that everybody's going through, whether they show it or not, whether you know it or not, but everybody has a different journey.

227

00:31:04.800 --> 00:31:09.480

Cameron E Lindsay: yeah and I think they're sending really, really beautiful and um.

228

00:31:10.770 --> 00:31:23.340

Cameron E Lindsay: yeah and just lastly just kind of wrap up this conversation is you know being kind to your own mind and being able to really accept.

229

00:31:23.820 --> 00:31:28.860

Cameron E Lindsay: Both the physical and mental aspects of self love and keeping that in mind during this whole.

230

00:31:29.370 --> 00:31:44.970

Cameron E Lindsay: Next month, because you know there's gonna be a lot of reminders of love like I know for me i'm going to start watching romantic movies netflix all the time is like that's what's going to be on netflix and yeah lots of chocolate.

231

00:31:47.040 --> 00:31:47.340

Cameron E Lindsay: yeah.

232

00:31:50.970 --> 00:31:51.210

Oh yeah.

233

00:31:52.410 --> 00:31:53.460

Cameron E Lindsay: yeah and I think.

234

00:31:54.720 --> 00:31:58.110

Cameron E Lindsay: That is it for today, thank you all for listening and.

235

00:32:00.690 --> 00:32:01.920

Cameron E Lindsay: Listening in with us.

236

00:32:02.040 --> 00:32:03.810

Alonda Smith: Having this conversation with us.

237

00:32:03.900 --> 00:32:05.520

Cameron E Lindsay: yeah Thank you.

238

00:32:06.810 --> 00:32:07.260

Alonda Smith: bye.

239

00:32:08.100 --> 00:32:08.760

bye.