

# Emotion Revolution in Healthcare Through Compassion with Mindset Coach, Dr. Tracey O'Connell

## SPEAKERS

Dr. Adrienne Youdim, Tracy O'Connell

### Dr. Adrienne Youdim 00:02

Hi, this is Dr. Adrienne, Welcome to Health Bite the podcast where we explore all things health and wellness. Hi, and welcome back to health bite our podcast where we discuss all things health and wellness. I am so happy today to have with us Dr. Tracy O'Connell. Dr. O'Connell is a recovering radiologists. I love that. And we have to talk more about that, who's also a mindset coach working with teens and adults, helping them gain courage to show up more boldly and authentically in everything they do. She is a trained Integrative Health Coach, she also is certified in certified daring way facilitator using Renee brown techniques, whom we all love and adore. So thank you, Tracy for being here. I'm so happy to have you.

### Tracy O'Connell 00:54

I am so glad to be here. Thank you so much.

### Dr. Adrienne Youdim 00:57

Yeah, it's my pleasure. You know, I didn't get to this. But in our conversations before, you had mentioned that you want to manifest a emotion revolution in healthcare. And I usually I start with a different question. But I want to dive into that a little bit. Because I think that's so important. Emotion revolution in health care, can you tell us what you're trying to do and, and why you see that need?

### Tracy O'Connell 01:24

Well, I've always been kind of an idealist, right? So and I went into medicine with a very idealistic notion of how I would be able to make an impact on a daily basis, and maybe even a global basis of, you know, one life at a time. And while I entered medical school to be a psychiatrist, that's a story for another day, I really ended up finding psychiatry, so focused on mental illness instead of wellness. And it was really overwhelming for me as a, you know, young person in their 20s to kind of go to the psychotic end of the spectrum. But after being in medicine, and in radiology, which is really devoid of a lot of emotional things, I mean, sitting in the dark, really separate from the patient, except doing procedures, barium work, and CT and ultrasound guided biopsies, which I always found very rewarding with that kind of patient contact, I realized that I really didn't have the emotional support that I needed to be able to do the work that I was doing, not just the challenges of balancing home and work and, and all of those things, but just sort of not having access to the emotional vocabulary, like having it be okay to have my own feelings in the workplace. And I think that all people relate to that, right? It's not just in medicine, our whole culture has kind of been built upon this rugged individualism that, that you need to just Buck up and be tough. And I think people can sustain that for a while, but it and it can be very good in the, in the finite, right, if you're just trying to get a task done or complete, you know, get through something that's difficult, with the pace and that the stress the levels that we've learned to tolerate or

even expect, in our culture, in any profession, of what's sort of, now the norm or status quo has gotten, it's exceeded our body's ability to, to cope in a lot of ways. And people think that condition, like once you reach 21, or 18, that you're supposed to have your act together. And you don't need any help. And if you're having emotional struggles or feeling anything that's inconsistent with what's happening in the here and now, right, maybe you've got stuff going on elsewhere or your own concerns. And it's not okay to express that. It kind of erodes our humanity. And so I feel like in medicine, in particular, even pre pandemic, you know, we needed more of that support. And I just think that until that becomes normalized and sort of dressed as being an adult life is difficult. Life is difficult, not just for adults, kids to kind of how do we cope and help each other as opposed to there's something wrong with you if you're having a hard time?

**Dr. Adrienne Youdim** 04:27

Yeah, there's so much in what you said. And I want to highlight just for a moment, the whole concept of the aspect of the therapeutic relationship with a physician, because I think like you, you know, I myself also went into medicine for the same reasons for the desire to connect and to help and to heal. And I think most physicians did and do, but the system not only in our training, but also in the way we work, we are meant to practice, you know, under time constraints takes out that opportunity for us to connect with our patients. And I think the consequence is to us, you know, the detriment is to us as physicians as well as to us as patients and I have experienced it on both sides of the spectrum. I think it's important to highlight that just even briefly, in this podcast, where our audience is not necessarily physicians, but you know, normal folks like we all are, because I think that if they recognize that the physician does care, does want to connect does want to create that therapeutic alliance, that it would take away a little bit of that barrier that has been created by the systems, and has given an impression, right, that we don't care or want to do all those things. In fact, we do. And so sometimes, the reminder comes from the patient themselves in putting it out there, you know, when we fall short, because sometimes we missed the mark.

**Tracy O'Connell** 06:08

Yeah. And I think that gets into these power struggles, right? These any kind of time that you have a power structure in place where a hierarchy, we know, there's actually science to back this up that that power erodes compassion. So when you go in to any kind of helping profession, let's say it's not even medicine, it's teaching, it's, you know, being a clinical social worker, all sorts of ways that we go in to help with really sincere, heartfelt intentions. As soon as there becomes these power structures of like, there's somebody at the top, and then even even societal, like back in the day, it was maybe the priest in the community, or it was somebody that was elevated, right? That everybody or in our political culture, right? There's this kind of notion of, well, somebody knows more than me, or somebody more special than me, we could really go off on this tangent, but I'm just going to say that what happens is, we are all humans. And when we stop operating on that common humanity level, we kind of get in trouble. Because then when the people who are elevated actually have human qualities, they're seen as weak or defunct or incompetent. And when the people who are not at the top are suffering, they don't get the attention that they need.

**Dr. Adrienne Youdim** 07:35

Yeah, and we could really go off on a tangent, but I think I'll just say that one thing I think that is positive lately is in trends in medicine, is that that kind of paternalistic approach, I think, is going away with kind of the newer generation and that idea that there is this kind of hierarchy or, you know, leader slash power, and subject horrible. I don't even like to talk about it that way. But I think that that's a roading, which is nice.

**Tracy O'Connell 08:07**

I'm glad you said that. Because I do, I do have a lot of hope, or just what people will even tolerate anymore, right? The younger Millennials are better at at setting boundaries and recognizing that they're in this for the long game, and how are they going to sustain these kind of structures, they're not going to tolerate it the way that maybe as the as the frog in the hot water, and the temperature slowly turns up. Those of us who were in the midst of the change didn't notice it as much. But those just entering the water are like me, and this is too hot, like turn it down. And so they have a level of different level of tolerance. I think.

**Dr. Adrienne Youdim 08:43**

And I like that you brought that up, because I think it is a nice segue into what we want to dive into. And this concept that the younger generation who's not that much younger than us, but they are they are disruptors in this sense of setting boundaries and what they're willing to tolerate. And I, as an observer actually have learned a lot. Because I think, to your earlier point about backing up, I think we've all been taught that in order to move forward. We need to endure the maximal torture that we can in order to succeed. And I think what the younger generations are teaching us is that boundaries are important. And we don't, we don't have Well, I want to say generationally This is a major, broad, broad generalization, but we don't have or haven't been raised to have the same boundaries. But having those boundaries is such an important part of self compassion, which is what we wanted to get into today. of being able to set boundaries without feeling like it's selfish or you know, a moral dilemma, to care for ourselves in that way. Right?

**Tracy O'Connell 10:05**

Yeah, I mean, that's, that's such a beautiful, that is a beautiful segue. And I think that, you know, we're in this culture, again, of kind of using the critic or like the, almost militant or disciplinary and like, that's how we get stuff done. And again, that can help like roll the big rock up the mountain, but then it just will crush us. Again, if we don't have ways to, it doesn't work, we rate ourselves for long. In other words, it doesn't give us that inner sense of strength, it actually weakens us in this in this kind of paradoxical way. Because we can't sustain that level of intensity, we can't sustain like it, I almost think of the analysis analogy. And I feel like we might have talked about this before, like, you can abuse your body with alcohol and drugs up to a certain time period, and then your body will just rebel, it won't be able to pull a bender and then show up at work the next morning, it your body will eventually say enough. And I think that's where the self compassion piece comes in, you know, people think of there's a lot of myths about self compassion in our society.

**Dr. Adrienne Youdim 11:16**

Yeah, maybe we can just start by you defining what that is because there is data around it. But it would be helpful to first just say, what is self compassion? How do you define that?

**Tracy O'Connell** 11:27

Well, it's often helpful for people to start with even what is compassion, you know, in, which is this idea that you see something someone in trouble or hurting, and you don't just say, Oh, I recognize that. But there's this desire to help. There's a desire to ease or comfort. And so we we quite often, and there's, again, science around this, from the greater good science center of at Berkeley, and Dr. Keltner, about that we we really, there is science to support that. As mammals, we have innate compassion within us, like that's not something we're taught. That's why that's why mammals take care of their young or even birds take care of the young, right? It's, it's innate in us. And so we have this desire to help others. And then again, it's that concept of when we get overwhelmed, when our compassion system gets overwhelmed, we can't call on it anymore. But the whole idea of compassion is that sense of I'm feeling I see that you're suffering, and I want to help you with the self compassion, it's really turning that back on ourselves, like almost looking like a Google satellite view down on the planet, zoom, zoom, zoom down into the individual, like your circumstance, being able to see yourself from outside of yourself and say, Look, I talked to yourself, almost as a third party, like, I see you, you're hurting, I want to help you, I don't want you to suffer. It's not okay for you to suffer. You're not supposed to suffer. That's not your purpose here, you're supposed to thrive. And maybe in the midst of your thriving, you've convinced yourself that suffering is necessary, and yet really calling into question and having that little bit of dialogue with yourself. So Kristin Neff is the mother of self compassion. She even says herself that she did not invent the concept, but she's done a ton of research on it. So she's the one that people often refer to. And she says that there's these three components, recognizing that you're not alone, like that This feeling is common that every human feels this way. It's not unique to you, so that you don't feel isolated. Right? And then this idea of mindfulness of really being this is unique to right now, like being present right here right now. This is what I'm feeling, as opposed to generalizing, there's something wrong with me or I'm having this this over identification with this is who I am, this is bad, I'm bad, the shaming that type of thing, but just saying in this moment, I'm feeling this. And then this, this real kindness to the self, the real the real gent, there's, and this is where I love that she talks about there's two kinds of self compassion, even people often think it's sitting in Lotus, just being still in quiet or maybe even self care practices as being self compassion. But it's really not. It's actually there's a yin and a yang to self compassion, and both are necessary. The Yin is the nurturing maternal, soothing, comforting voice. And the the Yang is the fear sort of protective mama bear like we have got to act like like a firefighter. The house is on fire. The right thing to do is to mobilize take action, like use that force for good and to save yourself, right. And so we need both of those. And, and to recognize that it's not weak to speak to yourself this way, but, but she also distinguishes and I just, I just saw her and I on a video conference last week, so it's very fresh in my mind. But she also distinguishes self compassion from self care. Because what's interesting if you're talking about folks that are trying to incorporate this in your daily life, right, self care usually comprised is things we have to do either before or after work, or on our own time, or when our families will let us have me time. You know, it's, it's sort of separate from our lives. And people say often you hear the quote, put on your own life, you know, your oxygen mask first on the plane, and then help you know that those around you. But she makes the analogy that it's actually self care is what you do before you get on the plane. And once you get off the plane, but when you're on the plane, during the flight, that's when you need self compassion. Because you need to be able to say, you need to be able to take care of yourself first, like I'm on the plane, if you want to stick with the plane analogy, I'm feeling anxious, there's turbulence. I need to you know, get a grip cope with

myself be kind to myself recognize that, yes, I'm owning this, I'm feeling this way. I'm here in this plane, this is why everyone feels this way. I'm normal. And it's we're, it's temporary. We're gonna be okay, like that kind of voice.

**Dr. Adrienne Youdim 16:47**

Yeah, there's a few actionable, you know, items in what you said. And I want to just go back to the three components that Kristin Neff discusses in mindful self compassion, which is, like you said, One identifying or recognizing the feeling. And there is also data that shows that just by identifying and labeling that feeling like I am anxious, I am sad I am, you know, feeling longing, whatever the case may be, merely just labeling, it has a way of kind of tempering the intensity around that feeling. So it's one identifying the feeling, it's showing kindness, having that feeling. So a lot of times we feel stressed and anxious. And something that I have myself felt, and I've heard a lot of people, my patients my colleagues talk about, during this particular time of the pandemic, is that, you know, some of us have been fortunate that, for example, we can continue doing our jobs. So I have transitioned mostly to telemedicine, and I was able to continue working, for example, and I felt a lot of kind of guilt about not, or, you know, I felt, I felt empathy for the people who were sick, for example, or who couldn't continue their work, right. And it's being able to recognize that it's okay for you to feel the way you feel, right, it's okay for you to be compassionate in where you are. And the third point is that the common humanity piece that we're all kind of the same, regardless of where we are in life, we all have the same feelings, we have all the same or similar experiences. And I think as a physician, or as a health coach, and a facilitator, you hear this common commonality, you know, you hear your patients telling you the same stories, or themes, right. And so that's a way of really being actionable, labeling it having kindness for the feeling that you're experiencing, and also understanding the common humanity.

**Tracy O'Connell 18:56**

Yeah, the labeling is huge, actually. And when we started the conversation today about an emotion revolution, you know, there's a lot of work. There's this book permission to feel, which is Mark Brackett and, and that's a really great resource for really teaching some of these skills, like being able to actually label a name, what you're thinking and feeling, because as a society, and at least for me, personally, I used to have a lot of shame about my feelings, like the feelings we have about our feelings.

**Dr. Adrienne Youdim 19:27**

That's what I was trying to get at that you may feel shame around the feeling, but that having kindness for having that feeling or feeling anxious, we're anxious in a circumstance, even if we're not suffering, even if we're not ill, right. And that's okay to feel anxious, even though you recognize that you're more fortunate than somebody else is what I was trying to get at. So yeah, yeah, and the reason why all of this is so important, because I think when people hear about self compassion, it sounds like kind of Wui and like sickly sweet, and, you know, there's kind of an aversion to it. And also people feel like you said that they need that tough exterior or that toughness in order to get the job done. But actually, the science shows that the opposite is true, that if people can have self compassion to meet themselves, where they're at, they're much more likely to achieve their goals. And for me who works in weight loss and behavior change, I know that there's a lot of data around this, that if you can have self compassion, you're much more likely to make healthy food choices than people who are berating themselves about their weight or their look or, quote, falling off the wagon. So can you speak to that a little bit, the fact

that this is actually necessary for change, and that may be contrary to what people think that they have to actually be hard on themselves in order to elicit change.

**Tracy O'Connell 21:00**

Yeah, that's such a great way to frame this. Because if you don't, if for listeners, if you don't like the word self compassion, like, let's call it something else, let's call it just being nice to yourself, being your own best friend, like being able to comfort yourself, like you would some some people argue with, I don't want to comfort myself, like those I love because we can often be hardest on the people we love, right? So maybe it's comforting someone like, you know, like a puppy, or however you want to think of it. But But the idea is actually in this is again, like scientifically proven that recruits like, like veterans from from war times, those that have self compassion fare much better have much lower PTSD, much lower use of alcohol abuse, much less likely to have like, suicidal ideation, like, it's really about seeing yourself as like, I mean, we are going to be our one and only lifelong companion, right? It's almost envisioning like walking alongside this companion who has your best interest at heart. And so it does take cultivating though, I will say that, like, it's not it, some people can have an epiphany and just start integrating this like talking to themselves. And these are some practical tips come in, it's often easier for me to say to myself, Tracy, it's okay. You're okay, we're okay. In that voice. And some people really tell me, like, I can't do that. I can't talk to myself like that. But it takes practice. And it's almost a reprogramming of your hard drive, have the messages that you've integrated all along, that are purely just cultural, right, they're either learned growing up, or in your house of your home, or your culture, or your parents or your friends, whatever it's just learned. And maybe in school, right, where, like, you must get good marks in order to be successful, or, you know, and we just, we just agree, to go along with this. But we could, we could decide and agree to go along with And to your point, people are much likely much more likely to succeed and actually have long term success, whether it's a weight goal, or whether it's a nutritional goal, or whether it's a lifestyle change, or, or even a job change, whatever it is, if they are really tuned into, um, there's all this stuff with the science, right? Like, if you're berating yourself and chiding yourself and harassing yourself, your cortisol goes up, your insulin goes up, all your stress hormones go up, which actually work against your body and helping to lower weight, right. I mean, I'm sure you could go on a lot of tangents with that, but, but our stress hormones make us think we're in danger, and we're not safe. And so we hold on to our calories and fat reserves to make sure that we're gonna survive the winter, right? If we can be calm, and kind and make our bodies and ourselves feel safe, like everything's okay. Then all of those mammalian comfort systems, those those systems like oxytocin, and dopamine, and the soothing comes in, which actually then will sustain us, right, because if you're not in a panic situation with fight flight or fees, that you're calm and collected, like, your rational brain and your biochemical stuff you're not even thinking about is going to be working in your favor to maintain that state.

**Dr. Adrienne Youdim 24:51**

And that's such a huge motivator. So for people who, you know, have opinions about self compassion, which you know, many of us do, and I have to say, this was a tough pill for me to swallow when I first learned about it a potent motivator, I think is just what you said that it actually helps facilitate that thing that you wish to have or do or achieve or accomplish. And that the opposite, not having compassion for yourself is much more likely to give you the physiologic stress, like the rise in cortisol, as you mentioned, but also much more likely to, to result in sabotage. So there's a lot of weight loss data, and

behavioral lifestyle data that shows that if you go about it from, you know, I always say don't say the F word in my office, but if you go about it from the perspective of I'm fat, and I need to do X, Y, and Z, you're less likely to do X, Y, and Z. Whereas if you can go about it from a place of self compassion, then you're much more likely to achieve it. The second point is that, that I think I want to highlight is also this concept of cultivation. Because I think we all have seen people who seem so kind of self confident. And I think this is another topic, we can dive into the difference between self confidence and self acceptance, and think that, well, they just were born that way. And that's not the case, or, you know, perhaps some people have personality traits that make them more likely to be that way. But actually, it is something that can be cultivated this self compassion. And I heard this on a podcast with Dan Harris, recently, where they were doing a month long, self compassion related meditations. And one simple step is just when you wake up in the morning, notice what it is you tell yourself, when you see yourself in the mirror, it may be something like, Oh, my eyes are so puffy, or you're getting into the shower, and you're, you know, commenting on a bulge, or, you know, white hairs or, you know, whatever the case may be. And one of the tips that he gave is just notice what it is that you're saying to yourself, and can you turn that around? Can you say something nice to yourself, like, Oh, I like my lips, or my eyebrows or you know, something positive. And actually doing that cultivates, it gets you into practice, it teaches you and makes it more habitual, to have those positive thoughts. So I think it's important just to reiterate, for people to know that if you feel like this is not something you can do. It's, it's not necessarily, it's intuitive, but it's not necessarily there. But it can be cultivated, it can be grown and fostered.

**Tracy O'Connell 27:48**

Yeah, and in most cases, it is like any muscle, it has to be worked and, and nurtured and fortified. And just in comment to some of the things that you just said, you know, what happens is people who are high in self confidence, it's because they're high in self compassion. It's because when they fail, they don't beat themselves up. And people who are low in self compassion, or think that it's just going to be sheer willpower force determination, and braiding themselves and being a hard ass on themselves, are much more likely to just when they fail to just quit, they're just going to quit, because they cannot sustain they feel like they've exhausted everything, they've been pushing the rock up the hill for too long, and they're just done. But people who have that kind inner voice and recognize that everyone, that failure is merely just not meeting the expectation you had, and and just that, hey, we got this, we're gonna try again, let's try it from this angle that's approach it from this, let's be flexible, that's maneuver, let's rely on what we're going for and be kind to ourselves notice the beauty in ourselves and the things about us that are going well, and where our strengths lie, and how we can comfort ourselves when things don't go well. We're much less likely to give up, we're much more likely to sustain and persevere and actually be a lot happier, as Dan Harris would approve.

**Dr. Adrienne Youdim 29:16**

Right? Right. And so it's, it's being durable in your behaviors, right? So it's one thing to force yourself to lose 15 pounds to stay with the weight loss analogy, right? By being overly or super restrictive, and, you know, braiding yourself, but it's another thing to be able to maintain that and that really comes from engaging in a process that is like you said, sustainable or durable, which requires self compassion, which requires that kindness peace, otherwise you you give up

**Tracy O'Connell 29:54**

Yeah, cuz you otherwise you don't. You'll just fatigue like nobody can stand I mean, no marathon runner, even 50 mile runners like they can't run forever.

**Dr. Adrienne Youdim 30:03**

Yeah, I also want to just point out the difference between self acceptance and self confidence because self confidence depended upon having achieved something, right, and being confident that you can accomplish it. Whereas self acceptance comes without any strings of pre measured success. So if you can accept yourself where you are at in that moment, regardless of what you have accomplished or have not, then again, you are more likely to succeed, as opposed to self confidence, again, to make the point is based on having already achieved something. And so I think it is a tangent to self compassion, because, again, if we are trying to achieve something that we haven't done, or that feels really cumbersome or burdensome, you know, like, the hurdle of having to lose 50 pounds, feels really monumental. But self acceptance allows you to engage in that, even if you haven't done it before, haven't been, quote successful before. And I think that that, again, is a is a adjacent is a close cousin to self compassion.

**Tracy O'Connell 31:19**

Yeah, and I would offer that like, kind of what you're describing, too, is self esteem, right is self esteem and self confidence can be kind of put together, times two. And self esteem is often earned, it's from accomplishing something, and then it needs to constantly be fed. If to constantly earn it, like maybe, if your self esteem is sort of based on external metrics, you know, and so when you work for something outside of yourself, and you get it, yes, you feel great for a little while, and then you need to feed the monster again, right? It will constantly be pushing you to, to get that high, or get that sense of self. Whereas just to everything you just said to accepting and really just allowing for what is is going to put your whole body and mindset in a space that's much more likely to be encouraging and be able to, to shift and pivot and not need everything to go smoothly to be okay.

**Dr. Adrienne Youdim 32:24**

There are ways in which people can more systematically cultivate this. So we talked about, you know, some of the things you can do, like, you know, talking to yourself in a kinder way, the three steps of mindful self compassion, but there's actually meditations, mindfulness meditations that people can engage in, as a practice of regular practice to help cultivate that, can you give some guidance on where people might be able to find these resources?

**Tracy O'Connell 32:51**

Yeah, well, so for me, and I will say, this was huge for me, I had really struggled for for so long, with anxiety and sometimes being so burned out from anxiety that I became depressed at different times in my life, where, again, based when I was living my life, in the self esteem need when I was constantly needing to, to maintain that and to get through, you know, training or to get the next through the next hoop. My next goal in my life, and I kind of burned through all my reserves. And I did see a psychiatrist who said, I said to her, am I always going to be this way? Am I always going to be anxious, and exhausted? Am I able to change? And she said, of course, and I said, Oh, and she said, she recommended to me this audio, and now this has been maybe 15 years ago. Now. I'd have to look



back on my calendar. But she recommended these these audios by Bell Rue snapper stack, which is a funny name, but I will spell it for the listeners, which is b e l l e r u t h. And her last name is napper stuck. And AP I want to say AR s t k, and they're available on iTunes. And I think they're available and CD and cassette and all the things on Amazon. But it really what i what i was required to do was to listen to these audio recordings, they were affirmations. Listen to them every day for like 12 minutes, I didn't have to be just doing nothing I could be you know, in my car, or I could be doing an activity washing the dishes or cooking. But I had to listen to and repeat either silently in my head or out loud, the affirmations and the first I know I hadn't memorized because although I was instructed to do it once a day, for a month. I did it twice a day for several months because I was a special case. And I really felt so soothed by this idea because it would say things like I know sometimes I feel angry, sad, frustrated or hurt, and I accept what I feel without criticism or blame. And it would go on in these things and all these. And I remember it first, you know, I'd fall asleep or I'd get distracted, or I'd be frustrated, what did she just say I didn't remember it, it doesn't matter. It's not about perfecting it, or doing it just right. It's literally getting, it's accessing a different part of your brain to reprogram your default setting. From, you're not good enough, you're not smart enough, you're not trying hard enough, push, push, push, push, push, stop, stop, stop, stop, stop, suffer, suffer. It was really about like cultivating this self compassion muscle, this, this inner voice that said, I've got you, your feelings are valid, you're still worthy of love and belonging, you're still here. And some people think of that is whoo, whoo. But look, I mean, the brain is the brain. And there are parts of our brain, who are ignored in the way that we practice our daily lives. And so if we want to achieve something and the way we've been doing, it isn't working, that at that time in my life, I realized I have to do the opposite. Like, all the ways that guess what I've done has gotten me where I am, I don't like where I am now. And I want it to change. And so I'm not going to be able to use those same methods that got me here that I'm stuck in now. I'm going to have to pursue and train some other ways, like when would do after they had a car accident and lost mobility of a certain body part, right? A way to teach the body or if you're blind in one eye, you learned that you only can see out of the other eye. I mean, it These things are remapping.

**Dr. Adrienne Youdim 36:50**

And I want to just synopsise, that, that. And it's interesting, because I was just speaking to a colleague of mine, yesterday, who's on the front lines, and he was sharing with me that he's had this like constant anxiety for the last, you know, six to 12 months almost now, and that he has noticed that the anxiety is now shifting to dysphoria or, or sadness, or depression. And so I think it's a good point to make, that the striving, or the anxiety that might go around striving or overworking, can shift into depression, and that this practice can help address that. And so there are some resources you gave that we'll put in the show notes. But I would also just add that people can just, you know, search for mindfulness, mindful self compassion, and there's an abundant amount of resources to get you started. Just to dip your toes into this because I think this transition from anxiety, which I think collectively, we've been experiencing in this difficult time, shifting towards depression is probably a common feeling that we are experiencing even more so right now. And so I wanted to give that resource. This has been such a great conversation and tell us, Dr. Tracy, if people want to reach out or learn more about your programs and your coaching, where's the best place to find you?

**Tracy O'Connell 38:27**

Well, I want to thank you also, I've just had such a great time. And I love these kind of engaging dynamic conversations. Yeah, I have a website. It's Tracy O'Connell. md.com. And I'm also on Instagram, just for fun, like just kind of post the things that I'm thinking about and feeling and, or that make me think lots of quotes and I've been having fun doing my own graphics and things and, and I kind of also post on Facebook, like double post some of those things.

**Dr. Adrienne Youdim** 38:58

Great. Well, thank you again, it was a pleasure speaking with you and I hope we can talk again soon.

**Tracy O'Connell** 39:03

So great. It would be my absolute pleasure. Thank you. Thank you.