No Boundaries, No Vitality (Part 2)/ Vitality Wednesday Transcript

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Introduction and Episode Overview

Hello everyone. Happy Wednesday and Hello everyone. Happy Wednesday and welcome to another episode of Vitality welcome to another episode of Vitality Wednesday. I'm your host Dr. Kalpana Wednesday. I'm your host Dr. Kalpana Sundar. With me is Robin Fields.

Sundar. With me is Robin Fields. If you guys were with us 2 weeks ago, we If you guys were with us 2 weeks ago, we were talking about boundaries and your were talking about boundaries and your body because people don't realize that body because people don't realize that it actually can affect how you feel. So, it actually can affect how you feel. So, we talked a little bit about that last we talked a little bit about that last time. So, if you can find that episode, time. So, if you can find that episode, if not, I'll give you information for my if not, I'll give you information for my school community later because it's all school community later because it's all easy to find there. And today, we're easy to find there.

How Boundaries Affect Sleep

And today, we're just going to talk about part two of just going to talk about part two of that because there are some ways that that because there are some ways that your that your boundaries can invisibly your that your boundaries can invisibly drain your body. All right, you ready to drain your body. All right, you ready to dive into it, Robin?

dive into it, Robin? >> Absolutely. Yep. >> Absolutely. Yep. >> [laughter] >> [laughter] >> [laughter] >> Well, see Robin was kind of surprised >> Well, see Robin was kind of surprised last time at how much boundaries affect last time at how much boundaries affect how you feel. But, we were talking last how you feel. But, we were talking last time, if you've ever said yes to time, if you've ever said yes to something that you you actually meant no something that you you actually meant no to, you know that your body feels to, you know that your body feels completely different than if you completely different than if you actually wanted to do it. So, if you, actually wanted to do it. So, if you, you know, if you're questioning whether you know, if you're questioning whether this is really true, you could literally this is really true, you could literally just ask your body because we've all just ask your body because we've all said yes when we meant no, and our said yes when we meant no, and our bodies feel completely different. So, bodies feel completely different. So, let's talk about sleep for a minute let's talk about sleep for a minute because obviously we know that sleep is because obviously we know that sleep is really important. We're supposed to get, really important. We're supposed to get, you know, somewhere between 7 to 8 hours you know, somewhere between 7 to 8 hours of sleep every night because when we of sleep every night because when we don't sleep, we don't recover. And don't sleep, we don't recover. And honestly, boundary violations actually honestly, boundary violations actually drain your sleep.

drain your sleep. Any idea how, Robin? Any idea how, Robin? >> Um >> Um >> Um >> Put you here on the spot cuz she doesn't >> Put you here on the spot cuz she doesn't know the answers.

know the answers. >> Well, I'm not really sure. >> Well, I'm not really sure. >> Okay. So, >> Okay. So, all of us have been guilty of some of all of us have been guilty of some of these things at one time or another. I these things at one time or another. I know I have been and this is these are know I have been and this is these are just things that I stopped doing.

just things that I stopped doing. Easy ones. Late text. Somebody texts you Easy ones. Late text. Somebody texts you late at night. Your phone is kind of by late at night. Your phone is kind of by your bed. You're texting them back.

your bed. You're texting them back. That can affect your sleep. You know, I That can affect your sleep. You know, I have no screen time about an hour to two have no screen time about an hour to two hours before going to bed. I don't hours before going to bed. I don't always abide by this, I'll be honest, always abide by this, I'll be honest, but I

really try to at least 95% of the but I really try to at least 95% of the time.

time. time. Really long stimulating conversations on Really long stimulating conversations on the phone before bedtimes can also wreck the phone before bedtimes can also wreck your sleep.

your sleep.

Setting Nighttime Boundaries

Mental replays. So many people say they Mental replays. So many people say they cannot sleep because they're anxious, cannot sleep because they're anxious, they can't turn their minds off. Most of they can't turn their minds off. Most of the time when we can't turn our minds the time when we can't turn our minds off, it's we're replaying some off, it's we're replaying some conversation or some issue and basically conversation or some issue and basically it's living in our nervous system and it's living in our nervous system and kind of replaying that is going to wreck kind of replaying that is going to wreck your sleep for sure.

your sleep for sure. Have you ever had any of those things Have you ever had any of those things happen? happen? happen? >> [laughter] >> [laughter] >> [laughter] >> A lot.

>> A lot. >> [gasps] >> [gasps] >> [gasps] >> So boundaries are huge when it comes to >> So boundaries are huge when it comes to sleep hygiene. I don't entertain phone sleep hygiene. I don't entertain phone calls after a certain time of night. I'm calls after a certain time of night. I'm not a big phone call person anyway, but not a big phone call person anyway, but I just try not to do them later because I just try not to do them later because for whatever reason I'll replay the for whatever reason I'll replay the conversation, so I don't want to. Even conversation, so I don't want to. Even if it's a good conversation, I'll replay if it's a good conversation, I'll replay it. That's just how my head works, so I it. That's just how my head works, so I don't want to do that, so I don't have don't want to do that, so I don't have conversations at night. I try not to conversations at night. I try not to text back and all those things because, text back and all those things because, you know, the real the reality of that you know, the real the reality of that is that we're tending to put those is that we're tending to put those people before anybody else and then we people before anybody else and then we kind of lose that thread back to kind of lose that thread back to ourselves.

ourselves. ourselves. >> Very interesting. So what what do you >> Very interesting. So what what do you do? do? do? >> You just have boundaries. If you >> You just have boundaries.

Identity, Self-Knowledge, and Boundaries

If you Somebody texts you, you don't text them Somebody texts you, you don't text them back. If somebody says, "Hey, you're back. If somebody says, "Hey, you're available to talk?" and available to talk?" and I mean, honestly, even if it's earlier I mean, honestly, even if it's earlier and you don't feel like talking, and you don't feel like talking, just "No, I'm sorry, I'm not available just "No, I'm sorry, I'm not available right now." right now." >> Yeah.

>> Yeah. >> Yeah. >> That's a hard one. I mean, I used to >> That's a hard one. I mean, I used to just say, "Well, I'm actually free." just say, "Well, I'm actually free." But that's not the only thing. Now I go, But that's not the only thing. Now I go, "Well, I'm actually free, but do I "Well, I'm actually free, but do I actually want to talk?" actually want to talk?" >> Yeah.

>> Yeah. >> Yeah. >> And if the answer is no, then it doesn't >> And if the answer is no, then it doesn't matter if I'm sitting there doing matter if I'm sitting there doing nothing, I'm fine with doing nothing for nothing, I'm fine with doing nothing for a minute. You know, I I have to fill a minute. You know, I I have to fill every minute of my day, especially not every minute of my day, especially not with something I don't want. And that with something I don't want. And that doesn't mean I don't want to talk to doesn't mean I don't want to talk to that person ever. It just means I didn't that person ever. It just means I didn't want to talk to that person right then.

want to talk to that person right then. And if it's a person I don't ever want And if it's a person I don't ever want to

speak to again, that's a whole to speak to again, that's a whole There are those, too.

There are those, too. >> [laughter] >> So, but the thing is when you don't >> So, but the thing is when you don't sleep, you have fatigue, you have brain sleep, you have fatigue, you have brain fog, you are feel disconnected from your fog, you are feel disconnected from your body, you feel you feel overwhelmed a body, you feel you feel overwhelmed a lot easier, you feel more anxious and lot easier, you feel more anxious and all of that. Sleep is so important. And all of that. Sleep is so important. And the reality is that I don't, you know, I the reality is that I don't, you know, I love supplementation, I love biohacking, love supplementation, I love biohacking, I love using all these things, but I love using all these things, but there's really nothing that's going to there's really nothing that's going to fix that.

fix that. There just isn't. There just isn't. Mhm. Except knowing your boundaries. Mhm. Except knowing your boundaries. >> Yeah. >> Yeah. >> Yeah. >> [laughter] >> [laughter] >> [laughter] >> So, vitality really >> So, vitality really requires knowing who you are. And the requires knowing who you are. And the other thing, too, is that when you other thing, too, is that when you violate your boundaries over and over violate your boundaries over and over and over again, you start to become so and over again, you start to become so disconnected from yourself that you have disconnected from yourself that you have what they call identity fragmentation. I what they call identity fragmentation. I am so I love psychology. I mean, so I'll am so I love psychology. I mean, so I'll just be reading about this stuff. I just just be reading about this stuff. I just I just I'm obsessed with it. I don't I just I'm obsessed with it. I don't know why, but I think it's so know why, but I think it's so fascinating.

fascinating. fascinating. But we're basically fragmenting our But we're basically fragmenting our identity. We just kind of lose who we identity. We just kind of lose who we are because we're so busy being the are because we're so busy being the thing we want to be for other people.

thing we want to be for other people. And it's actually more important for us And it's actually more important for us to be grounded in ourselves and who we to be grounded in ourselves and who we are because then are because then So, I think the best way I can explain So, I think the best way I can explain this is have you ever met somebody that this is have you ever met somebody that you you for whatever reason you just you you for whatever reason you just don't think they have a sense of who don't think they have a sense of who they are? Because they're so go with the they are? Because they're so go with the flow with everything.

flow with everything. >> Oh, yeah. Yeah. >> Oh, yeah. Yeah. >> And you're like, well, who is that >> And you're like, well, who is that person? I mean, I don't know. I don't person? I mean, I don't know. I don't know where I stand with them. They say know where I stand with them. They say they like me. Do they really like me? I they like me. Do they really like me? I don't, you know, I don't know.

don't, you know, I don't know. Those These the people that I'm talking Those These the people that I'm talking about that have very, very loose about that have very, very loose boundaries. And they say that your boundaries. And they say that your boundaries should not be rigid. They boundaries should not be rigid. They should be porous. They're subject to should be porous. They're subject to change at any time, but they shouldn't change at any time, but they shouldn't be so permeable that they're floating be so permeable that they're floating all over the place.

all over the place. >> Okay. Yeah. >> Okay. Yeah. >> So, the reality is, I would say, let's >> So, the reality is, I would say, let's take for example me. I think people say take for example me. I think people say this all the time, so I I don't I'm not this all the time, so I I don't I'm not just making it up. They say, "Well, just making it up. They say, "Well, Alyssa, I always know where I stand with Alyssa, I always know where I stand with you." you." you." >> Mhm.

>> Mhm. >> Mhm. >> And what they mean is, if I don't like >> And what they mean is, if I don't like them, it's obvious. them, it's obvious. >> [laughter] >> [laughter] >> [laughter] >> And that doesn't mean that I don't like >> And that doesn't mean that I don't like them. It's just probably they're just them. It's just probably they're just not a good fit for me. Has nothing to do not a good fit for me. Has nothing to do with the other person. But for whatever with the other person. But for whatever reason, that is maybe not working for reason, that is maybe not working for

me. And I don't do anything rude, but I me. And I don't do anything rude, but I just maybe don't overly engage with that just maybe don't overly engage with that person. On the flip side, if somebody person. On the flip side, if somebody that dynamic works very well for me, I that dynamic works very well for me, I will very much engage in that situation.

will very much engage in that situation. So, people have told me over and over So, people have told me over and over again, "I always know where I stand with again, "I always know where I stand with you because you because if I don't agree with something, I'm if I don't agree with something, I'm going to say it. If I do agree, I'll say going to say it. If I do agree, I'll say it, but my boundaries are not porous. My it, but my boundaries are not porous. My boundaries used to be porous, and I just boundaries used to be porous, and I just didn't feel like myself. And that's the didn't feel like myself. And that's the thing. That's what that identity thing. That's what that identity fragmentation does. You don't know who fragmentation does. You don't know who you are if you're always pleasing you are if you're always pleasing somebody else.

somebody else. >> Yeah. >> Yeah. >> Yeah. >> Cuz then you get all muddled up with who >> Cuz then you get all muddled up with who am I? What do they want? What do I want am I? What do they want? What do I want what I say? I It's It's so confusing.

what I say? I It's It's so confusing. So, after, you know, in the last 8 years So, after, you know, in the last 8 years or so, I've really done a lot of work on or so, I've really done a lot of work on this to really know who I am. So, even this to really know who I am.

Conformity and Social Pressure

So, even when I don't agree with somebody, I can when I don't agree with somebody, I can respectfully disagree. I have no problem respectfully disagree. I have no problem with other opinions. People do not have with other opinions. People do not have to agree with me. But, I just need to to agree with me. But, I just need to know what I believe in and who I am. And know what I believe in and who I am. And that is very, very important. So, I that is very, very important. So, I would say boundary work that we've would say boundary work that we've discussed in the first episode in this discussed in the first episode in this episode really has to do with knowing episode really has to do with knowing who you are. Now, that sounds easy, but who you are. Now, that sounds easy, but it really isn't.

it really isn't. >> [laughter] >> [laughter] >> [laughter] >> Yeah. >> Yeah. >> Yeah. So, so you are more confident now. So, so you are more confident now.

>> Yeah. Yeah. I mean, even though I had >> Yeah. Yeah. I mean, even though I had I mean, I mean, I had a very, you know, successful I had a very, you know, successful career and I had all this education and career and I had all this education and all these accolades.

all these accolades. And yes, I was confident in a external And yes, I was confident in a external way, if that makes any sense. way, if that makes any sense.

Confident meaning that I had all these Confident meaning that I had all these things that validated that I was things that validated that I was confident. But, I would say if I confident. But, I would say if I stripped myself of all those things, I stripped myself of all those things, I wasn't sure how confident I was as just wasn't sure how confident I was as just me. Just me, not doctor me, not me. Just me, not doctor me, not mother me, not wife me, not this, you mother me, not wife me, not this, you know, just just me.

know, just just me. Am I confident in who I am? Am I Am I confident in who I am? Am I confident when I don't agree with five confident when I don't agree with five other people in front of me in the room?

other people in front of me in the room? Am I confident enough to say that? Am I confident enough to say that? Respectfully, of course. I mean, I'm Respectfully, of course. I mean, I'm never disrespectful about anything.

never disrespectful about anything. Everybody's entitled to their opinion. Everybody's entitled to their opinion. But, I love it when I have people in the But, I love it when I have people in the room that don't agree with each other room that don't agree with each other and we can have a great robust and we can have a great robust conversation about our different conversation about our different viewpoints. I actually love that.

viewpoints. I actually love that. Yeah. Yeah. Yeah. Cuz then I get to really learn about Cuz then I get to really learn about those people. I learn to hear their those people. I learn to hear their viewpoints and sometimes as a result of viewpoints and sometimes as a result of the conversation, I may actually change the conversation, I may actually change my view on it.

my view on it. Just maybe I hadn't heard a perspective Just maybe I hadn't heard a perspective that I thought was important. Maybe they that I thought was important. Maybe they heard a a perspective that they never heard a a perspective that they never heard before. That's what I love about heard before. That's what I love about engaging with very interesting, smart, engaging with very interesting, smart, dynamic people that know who they are.

dynamic people that know who they are. Because then, that's when you can get Because then, that's when you can get into those fun conversations. into those fun conversations. Yeah.

Yeah. Yeah. And as a society, too bad we're And as a society, too bad we're not more like that. not more like that. Oh, yeah. We're so into conforming and Oh, yeah. We're so into conforming and pleasing. So, one of the things that has pleasing. So, one of the things that has been such a great thing for me as I've been such a great thing for me as I've joined this entrepreneur group and it joined this entrepreneur group and it they meet every other week and I have to they meet every other week and I have to say that I have just been meeting these say that I have just been meeting these amazing people that are very much like amazing people that are very much like that. We'll have conversations we don't that. We'll have conversations we don't necessarily agree with each other, but necessarily agree with each other, but it's still a very polite, respectful, it's still a very polite, respectful, enjoyable conversation.

enjoyable conversation. >> Yeah. >> Yeah. >> Yeah. >> And those are rare. So, I'm very, very >> And those are rare. So, I'm very, very grateful that I've been able to find grateful that I've been able to find this group of people. So, it takes a this group of people. So, it takes a while.

while. while. >> Yeah. Yeah. >> Yeah. Yeah. >> But, any questions that you can think >> But, any questions that you can think of, Robin? Any anything points or of, Robin? Any anything points or >> So interesting.

>> So interesting. Well, you know what? I saw an experiment Well, you know what? I saw an experiment the other day cuz I was listening to a the other day cuz I was listening to a podcast. I'll just share this really podcast. I'll just share this really quick. It was a psychological um quick. It was a psychological um experiment, but it was it's a very experiment, but it was it's a very famous one. I can't remember the name of famous one. I can't remember the name of it, but it's about conforming.

it, but it's about conforming. >> Uh-huh. >> Uh-huh. >> Uh-huh. >> So, so they had a picture of like the >> So, so they had a picture of like the length of a a line, right?

length of a a line, right? >> Okay. >> Okay. >> Okay. >> And then they had another chart with >> And then they had another chart with different lengths of that same line, but different lengths of that same line, but one of those was the correct one to one of those was the correct one to match the first one. So, they had a match the first one. So, they had a group of people and um they were all in group of people and um they were all in on the study, the experiment, except one on the study, the experiment, except one person.

person. person. So, they ask each one, "Okay, which line So, they ask each one, "Okay, which line on this chart matches this line?" And on this chart matches this line?" And so, they all said the wrong one.

so, they all said the wrong one. But, the very first time the the But, the very first time the the volunteer who didn't know anything about volunteer who didn't know anything about going about the others, going about the others, he

said the right one. But, the next he said the right one. But, the next time he said the the incorrect one.

time he said the the incorrect one. >> Right, cuz he wanted to conform. >> Right, cuz he wanted to conform. >> all saying the incorrect one, so he was >> all saying the incorrect one, so he was conforming.

conforming. conforming. So, it was very interesting to me. So, it was very interesting to me. >> Yeah. >> Yeah. >> Yeah. >> So, it makes me think, you know, it's >> So, it makes me think, you know, it's really important to stand up.

really important to stand up. >> It really is. And we've been conforming >> It really is. And we've been conforming in a lot of ways. I mean, uh some of in a lot of ways. I mean, uh some of these ways we talk about on our Wealth these ways we talk about on our Wealth Wednesday conversations. There's a lot Wednesday conversations. There's a lot of ways that people conform when it of ways that people conform when it comes to wealth.

comes to wealth. >> Mhm. >> Mhm. >> Mhm. >> And I think there's they're very common >> And I think there's they're very common areas there, and we talk about that a areas there, and we talk about that a lot on the Wealth Wednesdays, and I love lot on the Wealth Wednesdays, and I love getting into those conversations. Cuz getting into those conversations. Cuz the way people view wealth is just we've the way people view wealth is just we've been conformed to think a certain way.

been conformed to think a certain way. >> Interesting. Yeah. >> Interesting. Yeah. >> Yeah. So, but yeah, no, I love these >> Yeah. So, but yeah, no, I love these kind of conversations. So, hopefully you kind of conversations.

Closing Remarks and Community Invite

So, hopefully you guys found this to be helpful in some guys found this to be helpful in some way and maybe you'll revise your way and maybe you'll revise your boundaries as a result, but we went a boundaries as a result, but we went a little over today. Sorry. I love little over today. Sorry. I love boundary conversations. But if you guys boundary conversations. But if you guys want more of this kind of stuff, I I want more of this kind of stuff, I I like I said, I have everything in my like I said, I have everything in my private community. All of this is free private community. All of this is free to join. It's called Life Mastery No to join. It's called Life Mastery No White Coat. Um and then there's more and White Coat. Um and then there's more and more resources coming every day. I'm more resources coming every day. I'm adding things as much as possible every adding things as much as possible every week. So, definitely um join the week. So, definitely um join the community if you'd like to see more of community if you'd like to see more of this. And Robin, it was great to have this. And Robin, it was great to have you here today as always. And then we'll you here today as always. And then we'll see you next time for another Vitality see you next time for another Vitality Wednesday.

Wednesday. Wednesday. >> Thank you, Dr. Sundar. >> Thank you, Dr. Sundar.