The Powerful Role of Mindset in Healing Transcript

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Introduction to Dr. Sharon Stills

– Welcome back everyone, Thank you so much for joining me. It's Jana here with another amazing speaker in the Medicine of Mindset Summit. Now, my guest today is Dr. Sharon Stills Doctor stills is a naturopathic doctor and really has set her roots of her practice and her passion to help perimenopausal and menopausal women really find their way through that magical, maybe some of us don't call it magical, that magical time in our lives. And so I've had the amazing fortune of having my path cross with DR Still's probably about six months ago and you know, there are people that get put in front of you or that come into your life for a reason and I feel like we hit it off right from the get go and when I invited her to be a part of this experience this summit, she was a very fast Yes, and I am so happy that you're here Dr. Stills, thank you so much for being here.

Why don't we start by having you just tell our audience just a little bit about you, You've got a very colorful background yourself and what brought you to you know how you show up in this world today, let's touch on that as we start to get into this medicine of mindset energy, – Thank you and thank you for having me and yes, I just adore you, it was an easy yes, I want to be a part of whatever you're doing in the world and I love love love the topic because I speak so much to my patients, to my listeners to my students about mindset because healing really starts in here, It starts with our thought process and our beliefs.

And so you ask my personal story and yeah, that that could take seven hours. So I I was very sick as a child. I had severe their allergies, severe asthma. I was so sick that my pediatrician told my mother that he wanted to put like a plaque above one of the exam rooms with my name on it because I was there so much. And so I didn't have the mindset.

Mindset as the Foundation of Healing

This is not something that I grew up with my my parents, God bless them were just, you know, in the traditional medical realm. And so it wasn't really until my early twenties when, when a different way of healing found me. And I, I just intuitively, because I really trust my gut and trust my intuition as a person as a physician. And I just got exposed to this natural way of healing. And I was like, oh my gosh, this makes so much sense, Like it makes so much sense to shift your mindset to trying to suppress your symptoms and rather to embrace them, to dance with them, to listen to them to see what they're about and where they're guiding you to.

And so I got on this journey of becoming, I became a naturopathic physician, but on the way to that I became a massage therapy colon, hydro therapist and Ira geologist oriental, like I just, I couldn't get enough of it. I still can't get enough of it.

And when I was about 25 my kids, I had was raising two boys on my own and they came home from story school and they had chicken pox and I was like, oh my gosh, I've never had chicken pox. And I've heard they're really dangerous as an adult. And so they each had a couple of pox for a couple of days and they were fine and I had pox everywhere, like everywhere down there in like everywhere, it was horrific for a month and I struggled and I struggled and finally the chicken pox went away and instead of getting better and getting off the couch, I ended up with pneumonia and then I had pneumonia for a month and when that resolved I went into chronic fatigue and Epstein Barr and so now I'm in my third month of laying on at the time, I was on a futon in the couch.

My kids had the bedroom in our small apartment and I was, you know, I was, I was doing my undergrad to go to med school, so it wasn't a physician yet, but I was very holistically minded and I was going to the acupuncturist or actually he was coming to me and adjusting my neck.

I was seeing a naturopath who was giving me low awesome and vitamin C and I was eating healthy and drinking green juices and I'm on my third month of lying on this food town, I can't participate in my life. I have friends who are neighbors, who are dropping my kids off at school for me helping make their lunches and I'm just lying there

and lying there and lying there and all of a sudden I just had this like, boom, this mindset shift where I was like, I'm not happy in my life.

I, my kids were the most important thing to me at the time. Now I have grandkids, so there's a battle for who was most important, but I wasn't seeing my kids, like they were at school all day before I got sick, they were at school all day, I was in classes, I was working at a massage clinic, like I was never seeing them and I realized this was making me extremely sad.

And so while I was lying there on the futon, I had like this moment of I'm going to change what I'm doing, I'm gonna home school my kids so I can be with them all day, I'm gonna go to night class, I'm gonna stop working at the clinic, that's an hour drive. One way I'm gonna work out of the bedroom and see massage clients in the, in the apartment, and when I formulated this plan, when I shifted everything, I went from being horizontal to vertical, it's what got me out of bed and so it had a huge impact on me because this was before I even started medical school, but I really had this personal experience that I knew, you know, I'm not anything special, like if this can happen for me, this can happen for you or you or you and that this is an integral part to how we heal and yes, organic broccoli and vitamin C is important. But if your mindset or your emotions are not imbalance, it can be really hard to heal. So I've carried that personal experience with me and I'm always coming from that perspective for patients so I kid around a lot but I have prescription pad which I don't prescribe pharmaceuticals, but I often, you know after seeing a patient will write on it like you know, leave that job, find a new relationship, you know, get that bunny rabbit, you always wanted to go to the beach, find a habit, you know that these are the really important prescriptions we need for healing and it's all about the mind.

– You know, you bring up such an important point is that one of the, one of the wise that I wanted to do this summit and invite speakers like you on is that I believe that there are millions of people out there that are looking for a different way, a different path, a different, you know, set of lenses for their health and wellness and so can you help our our audience understand how how does that shift in the, in your minds start to happen?

Like we all, some of us I think do maybe hit rock bottom.

Coaching Patients Beyond Symptom Relief

I mean, my story is, you know, parallel to yours where I had my own health crisis and I just needed, I wanted a different approach. What about first, you know, the patients that you see that maybe aren't at that point that are, you know, kind of going along pretty good, um satisfied with most things in their life or maybe are you not seeing people like that? Are you seeing, you know, the doctor Sharon's and the jams of the world that are like, I don't know where else to go. Can you help me?

– Yeah, it's a combination. I mean, I work with a lot of various people and a big subset of my patient population is dealing with a cancer diagnosis. And so that's definitely a rock bottom situation.

And I also work with, I know I focus on perimenopause and menopause, but I also work with a lot of patients who are having issues with infertility and getting pregnant and I find that my patients who are trying to get pregnant and dealing with that or my patients are on the other aspect who are facing their mortality.

They're very motivated and really willing to look because they have, they have an outcome that carrot that is hanging there is very profound. It's it's the birth of a baby, it's the saving of a life.

And so it's a lot easier for them to open up to that when someone comes to me and they're dealing with sleepless nights or hot flashes or migraines. These are these are debilitating things as well, but we don't always view them as life threatening or life changing. They're more like a thorn in our side.

And so I definitely open up this conversation and do this work. But I find sometimes um the women aren't as open to it at first because they don't think they're like, I just want the herb, just give me the magic vitamin or tell me what to eat.

And so I do a lot of time educating on how like, that's all important and we're gonna do that, but we can't do that without this because then you're not really getting a healing or a cure.

You're just kind of band aiding. – Yeah. And so that root cause that you're alluding to, you know, the symptoms versus the root. Cause how would you coach someone through that when they're like, give me the herb? Give me the tincture, I'm gonna, I'll do it to the letter um where you know that there's more, there's more to it. Can you walk us through how you coach them through that. – Sure. Yeah. So I mean if they're kind of like hesitant, you know, it depends sometimes I'm like, you're not getting the herb until we do this work.

But if I, you know, more often, it's like, alright, you know, I want to relieve your symptoms and I know that bio identical hormones, let's just say are really going to do the job for you.

But then you have to commit to me. It's kind of like a pinky swear that you're going to do the work and that we're going to explore all these things or you're not gonna get refills because, and it's not that I'm trying to be mean or sassy, but it's really my deep belief that I don't want to be participating in something where we're just band aiding. I want to really be participating in something where we're really looking at our lives and we're healing deep and I'm willing to to go slow and, you know, as long as you're open to it, I understand that change and doing this deeper work and looking at our mindsets can, you know, can be challenging. So I'm very compassionate towards that.

But I begin with really bringing in the the art of mindfulness and having women or men, but we're talking more about women here, but really mindfully doing an inventory on their life, on their relationships, on their work, on their movement, on their nourishment. Like where are you nourishing yourself in terms of love in terms of family, in terms of giving back in terms of spiritual growth in terms of moving your body in terms of connecting with nature and we start to see where, oh I'm really good here. But I'm really disconnected here and then we can start to dive in a little more and a lot of this really goes back to then having to come home and meet our energy child. I call my inner child share, share, that's her name. And so we name, we get pictures, we do the whole thing and really starting to look at like where these beliefs and why were blocked are coming from because our, our thoughts about the world come to us, they're kind of formed by the time we're seven and so we, It's, it's really interesting like when I raised my boys, they're in their early 30s now, but I always would get around with them and say, you know, I get it like parents mess up their kids like therapies on me for life, like you need therapy, I got you covered.

And so, and now having this opportunity to be a significant part of my granddaughters lives, I'm so much more conscious of, wow, I'm creating her beliefs about how the world is. So I'm very conscious, I mean even the newborn who's, you know, only five weeks right now, but I'm very conscious about how I speak to her, how I send energy to her and you know, most, most of our parents weren't conscious of that if you had a parent who was like go you and so you know, we're all going to come in this journey to having these beliefs to having inner Children that didn't feel safe, that didn't feel nurtured, that didn't feel heard, that didn't feel seen. And so we need to start looking at that because symptoms in our body. Yes, they are deficiencies.

Menopause, Beliefs, and the Mind-Body Connection

But there are also signs there whispers from the soul of this is out of balance and like we can look, you know, each body part has different meaning. And so, you know, are you having problems with your ankles?

Like yes, maybe you need some more omegas and to stop eating dairy. But can you also take a look look at where you're moving forward in life or where you're not moving forward and can we open up that conversation and journal.

I have patients journal and meditate and explore that. So I kind of, that's how I kind of work with them. I'm, you know, I'm a, I'm a friendly doctor and so I wanted to be a fun and engaging process and I kind kind of, we've both in along the way and often if something isn't, I mean I've been doing this over 20 years so I'm, I'm pretty good with the physical body. I've been there, done that, seen it and so like if someone's not responding, you know, then we really know that there's something deeper going on there, there's a belief. And so when we talk about mindset menopause, which why I've really like, chosen to focus on that because the mindset that society and our elders have handed down to us in the media about menopause is like horrific and it's scary and it doesn't have to be that way and it's absolutely false.

And so we we've been taught that menopause is, you know, you're on your way out. I mean, I've I have run retreats with a yoga friend of mine called, wow retreats. Women of wisdom and will do circles and pass the talking stick and talk about menopause and I'll never forget one woman at the retreat a couple of years back said, I really believe when I go through menopause, I'm gonna die. Like that's what people have told me that that's the end. And so people, women are walking around with all these just unbelievable thought processes about getting old, getting ugly, not being sexual anymore, not being meaningful anymore.

And it doesn't have to be that way. It's not that way for myself for my patients. And so I'm so passionate about helping support women to change their mindset to change what they believe and to know that this is an exciting time.

This is a new time, this is we have our our wisdom, we have our experiences and that every moment in life as we're aging is precious and has its own set of magic to it, – I love that so much now, I'm gonna ask you, I'm going to ask you a question and it's a bit of a pattern interrupt, but the question that we've heard before is what came first, the chicken or the egg. So it's a question like that, what do you think comes first? The habits and patterns and then the mindset shift follows or does the mindset shift start?

And then the habits and the patterns come after that decision is made. What do you think? – That's a good question, I would say the mindset comes first and then the habits and the patterns and a lot of times our mindset could be that of self sabotaging. So then our habits and our patterns follow that, whether it's staying up late or not hydrating or not going to the gym, setting ourselves up, so we always, you know, I'm going to go to the gym after work and then we're always tired after work and we never go or so I think it's, you know, our belief systems and we have to really look deep, like what are we afraid of? Are we afraid of being healthy?

Are we afraid of being successful? Did we get, you know, for me, I got a lot of attention being sick, but it was really negative attention and so I wasn't that attached to it, but if you get a lot of attention for b being sick and that's how you, that's how you got attention in the family and that's how you got tender loving care and foot rubs and chicken noodle soup, you might, you know, and this is like, not consciously, but somewhere inside in that mindset, you're like, being sick is the way I get love and the way I get attention and so we we it's not always something that you can just really understand.

I mean, I've done personal work and delved into this on myself for years and years. It's it's a journey, but it's a journey of peeling back the layers and discovering who you are and what makes you tick and how it's okay to really have big aspirations and dreams and goals and to go after them and to accomplish them.

– You bring up a, an example that I had heard really for the first time I was watching the documentary Hell, and what you just mentioned about, you know, people getting the attention because they've been ill maybe for a very long time, They feature that on the documentary and it actually like bloom, I was like, what?

And then and then and I had to pause for a second rate because I I also have had my pain journey. Our middle son had a pain journey, my mom had her pain journey and it made me stop and think about how just how powerfully impactful our thoughts can be on the rest of our life, Like you talked about, you know, our our paradigms and our beliefs by the time we're age seven, like those operating Systems are inside of us.

And so you know, can you maybe share people love, I love hearing stories, you know, the the hero or the hero's journey, can you share with us maybe a story or two from your practice where you know you maybe thought that this patient was like, I'm not sure how much impact, you know, this journey with me is going to make on her life and you know, she completely found, you know, a new set of beliefs, a new operating system.

Can you share something like that with us? – I think for a second. Okay, so actually I have a patient in mind who's a recent patient who it's a very wonderful patient, she's very educated, she's very involved, she's very open and she's been very focused on like the physical and healing the physical and which is which is important. But I I sent her for color puncture and that's something that I practice. This is a patient who's not near me.

So I sent her to a colleague – Color puncture. Can you tell us? I don't know what that is? – Oh my goodness!

Alright, so color puncture is the bomb diggity and I'm just even thinking, oh my gosh, like what a great topic to bring up because I have been like I said, I've been around the block. I have studied so many things in color puncture is one of the most profound healing modalities. If you really want to get into your thought processes, your beliefs, your conflicts, your mother, father issues, your prenatal issues, there's treatments for everything, your karma.

So it's using, it's the work of Peter Mandel, he's from Germany and it's using different colored crystals into like a handheld wand into different points and meridians all over the body. And so I was actually thinking when I was talking about before, like the foot and walking forward, like that was my color puncture brain thinking because we do this whole dream therapy zone and has a lot to do with like hitting all those points about moving forward in your ankles and so forth.

Color Puncture and Deep Healing Shifts

And so I sent her for color puncture. I always say like chiropractic is an adjustment for your spine, and color puncture is an adjustment for your soul.

And as she started going through the color puncture treatments, our conversations started being more about, not about like, you know, do you think I need to take more bio side in, but more about, you know, I really just realized like, I don't want to fight my body anymore and I just really want to let my body like express itself and I'm really starting to look at how like, autoimmune is me being angry at myself and attacking myself. And so I'm not so concerned anymore with, you know, I want to kind of lay off the supplements and I just want to see how my body unfolds and when that kind of stuff happens in my practice, I'm like, up on the chair doing a happy dance because that's that's healing, that's getting on the journey, that's getting into your mindset and how you think and your emotions and that's the most powerful part of the journey.

It's when it's when a cancer patient says to me, oh my God, I know it sounds crazy, Doctor stills and I'm like, no, it doesn't because I hear it all the time, but I'm so grateful.

I had breast cancer because it really showed me that I wasn't nurturing myself and now I have this love affair with myself and I have all these self care practices and I never would have had them had I not had the breast cancer.

And so these are the things where I'm like, yes, yes, yes, yes. And we can still take our probiotic and we can still intermittent fast and sweat and cold plunge into all these other fabulous things for our physical vessel. But those kind of insights when I get to those with patients are they just, you know, they make me want to cry because that's really the juice of the work.

– Yeah, well you took the words out of my mouth, It was juicy. Like I just you can just feel it in in this conversation. So, thank you for, you know, for, you know, the color puncture.

I have, like I said, I never heard of that, I would love to learn much more um much more, much more about it. I think that this is again, one of the reasons for this summit is there's just so many ways, there's just so many ways and you know, one size does not fit all, like the body, the mind and the spirit is such an integrated system of, you know, of beauty and frustration and challenge and triumph and you know, to have experts like you here with us this week to share and you know, hopefully make our audience stop and be like, hey wait, I gotta, I gotta rewind what, what did she, what did she call that?

Right? That's really what what this is what this is all about and so I want to know from you in your practice, what do you think? Are there maybe one or two specific areas that you feel are not being talked about enough or not being talked about in the way that you would love to see more practitioners like you like up on their desks, cheering, Do you have seven hours?

– Let's see what's not talked about enough. Well, I think, you know, in going with what we were talking about the marriage of the mind and the body, I think we kind of hear about it, but I don't think people really embrace it.

And so a lot of people tend to be in the mind camp where, oh, it doesn't matter what I do for my physical body

because I'm going to think positive thoughts and then other people are really in the, you know, don't talk to me about my anger or my grief or any of that.

You know, but I will Takes 17 pills, you know, every three hours if that's what you asked me to do. And so I'd really like to see it talked about more that you can't do one without the other. That the mind body complex is just that it is a complex and needs to be addressed. It's like, I'll take two from column a and two from column b.

And that that's how we really hell that it is a full gestalt of addressing our mind and our body. And I think we don't we don't hear about that enough, at least in a deep, meaningful level.

Whatu2019s Missing in Womenu2019s Health Conversations

We hear like, oh, the mind body, Yeah, but we don't really hear it on a deep, deep level. So and then, you know, bio identical hormones, like, you know, I just did my my summit a few months back on the menopausal transition. And one of the things that I'm just screaming from the rooftops is that bio identical hormones are safe.

They don't cause cancer actually help treat cancer protect from cancer if everyone has got the totally wrong idea, there's so much fear for nothing and that they are a very valuable tool in aging gracefully. And so I'd love to see that conversation because even within the alternative medical field, you know, forget about the mainstream medical field. But even within the alternative medical field, there's a lot of misconceptions and for fear and miss guidance to women and it's really doing them a disservice because your hormones are going to decline.

It's part of the aging process and you're gonna live a long time past menopause postmenopausal and you want to have the right hormones in your body, in the right physiological sub physiological levels to support your brain, your cardiovascular system, your breasts, your bones and so on and so forth, your immune system. And so that that's really one of my missions currently is to really open up the conversation and take away the fear so women can get the treatments they need. Where do you think the fear comes from?

Is it just from not knowing enough or hearing one piece of evidence and then sticking to it and not willing to be open. Yeah, I think it's a combination of things. I think it's what you kind of hear out there, you see in the media. I mean, I even have patients who've been with me, you know, 1920 years since the beginning of my practice, who have been on bio identical hormones who know me who love me, who know, I would never do anything to endanger them.

I've helped them through all sorts of serious health care crises. And then they'll see something in the news. and they'll be like, I just had to ask Dr. Stills because it's freaked me out.

Like this is not what I'm taking, right? Like, no, no, no. You know, but it's it's scary and the news is always talking about synthetic hormones which are dangerous and are very different than what bio identical czar. I think, you know, we we've grew up and want to believe that we can trust our physician and unfortunately, your general practitioners, the majority of O. B. G. Y. N. S. They are not adequately trained or knowledgeable in this area. And when they tell you something, you've put them in this area of they are an expert.

And so, you know, we're taught to believe our experts. And so it takes taking a stand and like listening to your gut and going, no, this can't be, there has to be a better way.

– So, I want to ask from your perspective, can you give us a quick hormone, 101 synthetic versus bio identical. Can you give us definitions of the two?

– So synthetic come from horse, pregnant horse urine and so your body does not recognize them. Your body does not know what to do with them. Your body has a lot of side effects from them.

They don't fit into your receptor sites, their foreign material. They can they can cause cancer, they can cause cardiovascular issues. They can cause miscarriages. They are they are never in my professional medical opinion, an option period.

And then bio identical hormones are that they are bio identical to what your body produces. I compound them in pharmacies with only pure ingredients. You know, I don't use filler, I use acidophilus as a filler rather than harmful chemical fillers if I'm using a capsule or in creams and so they're very safe to use your body recognizes them.

And when your hormones are declining by giving you some physiological doses, you are not only getting rid of symptoms that you may be experiencing, which can be anything from joint pain to hair loss, to brain fog, to insomnia, to mood swings to on and on and on. None.

But they also give you this big protection for your brain. Your we're used to having hormones. And then that's why we see after menopause women who are not on bio identical. There's a higher incidence of breast cancer of cardiovascular disease, the leading risk of death in women.

There's a higher risk of alzheimer's and so um there's such an integral part of the aging process, not just for getting rid of hot flashes, which is the general consensus, I have hot flashes, I take hormones.

So to me there there are this big piece that we're getting so misled on there, even in the alternative field, there's like a whole thought process of, well, I only want to do it. It's natural.

So I'm only gonna take herbs and I'm like, well these are you know, these are bioidentical, these these are what you're naturally missing. Your body didn't all of a sudden say oh I'm deficient in black cohosh your body said I'm deficient in estrogen and progesterone. And so I think the same thing to do is to give your body back then. And I can tell you in my clinical practice, I've I mean I've been doing this a long time. Like I said, so I've seen so many women who have come in who are you know, oh I'm only gonna do herbs, I don't, you know, and they're struggling and suffering and when they switch over there like oh my God Dr. Stills, I wish I would have done this years ago, you know, Thank you so much. Like it makes a huge difference.

And again, just to, you know, wind up with, I don't just do hormones in a vacuum. I do hormones in the vacuum of your lifestyle, in the vacuum of your organs and your elimination elimination capabilities and your detox capabilities and your mindset and who you're gonna be and you know, it's it's all like I don't work with women who just come for hormones. They have to be, you know, involved in their healing process. – There's probably thousands of women that are like, can you please you? My doctor right yeah, Green others on their zoom. Okay. I have I have one more question for you.

Bioidentical vs. Synthetic Hormones

– I'm ready. – I've been asking all of my guests, give us a little peek into, you know, a day in the life of Dr. Sharon Stills from a mindset perspective.

What what do you do? Do you have habits and rituals at certain points of your day or what have you adopted? That has worked well for you from a mindset perspective. – Well, one thing is I do have a lot of habits and rituals but I have a lot of them. I have found in the past when I've had the same things, it can become very rigid. So I like to have, like I was talking about two from column A and two from Colombia.

I like to have but um when I wake up I always wake up and enter into a state of mindfulness and gratitude. And I I feel my body just meeting the day. I like my blankie and my pillow and I just kind of feel the bed and I just really get into the state of scanning my body and gratitude.

And then I am meeting the sun and so I am getting morning sun, watching the sunrise, getting my circadian rhythms sink right now. It's it's very hot here. I think we're recording before this goes live. When it goes live, it'll probably still be hot here, but not as hot as it is right now. So I go out.

I kind of just feel the vibe, I feel what's going on, the the heat, let it penetrate my body. I meditate because I really feel like mindset wise, I want to start and greet the day like connecting to the universal wisdom. I connect from my root down to mother earth and I open my heart and that is the way I lied through my day through my heart, but connected and connected. So I can really be a channel of vessel for what's meant to come through me. And then I

like to E.

F. T tapp, I think that's a great way to shift my mindset. I do gratitude journaling, I um I constantly break so I make sure I am breathing, especially on a busy day where appointments going, going, going, I always take a few seconds in between and just breathe if I can get outside and put my feet on the ground and earth again.

And I just remind myself like why I'm here and what a blessing it is to be alive and I I don't sweat the small stuff. I I always have the mindset of the greater good and my soul's journey here and when something stressful is happening like what is the, what is the learning here for me?

What is the lesson? Is it something internally, I need to shift, is it something I need to walk away from or walk towards and so I'm constantly um observing my life from the observer, you know, from like a meditative observer perspective. And I also embrace the mindset of curiosity of beginner's mind um which is a Buddhist philosophy, but I also hang out with my grand babies a lot and they, they've totally, you know, me and my granddaughter spent like um you know, a good 20 minutes, like looking at the little thing that by the door, you know, the little doorstop, it was just like mind blowing.

So I, you know, so I'm always in this beginner's mind of wow and what and so I really adopt that and just being curious, curious about my own reactions, my own responses and and also the external world around me – As I was hearing you talk the word that kept coming up for me was Joy. I just kept feeling that that word.

And I mean as we know David R. Hawkins who wrote um was the map of consciousness and power versus force has his um well I guess his map, right, enjoy the frequency of joy is, you know, quite up on that, on that scale of consciousness. And so it feels really good to hear, you know, someone, you know, like you who has just shared, you know, her brain, her heart, her soul, her story authentically, you know, walk us through. I know that you are a busy woman, like many of us who are watching are a busy man and I feel like sometimes we can buy into the mindset that too busy later don't have right and what you're sharing like to walk outside and get your feet on the ground that can take seconds.

Daily Mindset Rituals and Finding Joy

It doesn't have to take 20 minutes. It's just getting it on on your radar. So before we wrap, do you feel like there's anything that's been left unsaid that you'd like to leave with our audience and then where can they connect with you?

– So I think you just made me think of when you said like so busy and I think that's a mindset too. And so it's really important and speaking from personal experience, like to look at, are you addicted to stress to being busy.

And so that's been one of the joys of my life of really unwinding that and really getting addicted to peace and flow and joy and stillness and and not overscheduling myself. And even though I am super busy, I still make sure there are white spots on my calendar where I can just do what I need to do or flow in my own in my own way. And so, and I know depending upon where you're at in your life, you know, at one point I was a single mom raising two kids, going to medical school, running a bit practice. I didn't have as much opportunity as I do now that my kids are grown and so forth, but I still found it, you know, whether it was going to bed earlier or grabbing a moment in the morning and so sometimes we have to think creatively. Sometimes we have to really, I often have patients do instead of like a diet diary.

I'm gonna have them do that too. But do a time diary or a life moment dire and really see how you're spending your time because sometimes we're on facebook for 45 minutes and we can use that time to give our self care practices and things.

So it's good to kind of just investigate where you are spending your time and how you can, especially if you have a lot of outside obligations where you can shore it up and you know, it might even be on the commute to work where you're chanting or practicing mindfulness and just listening to the sounds around you. And so there's lots of creative ways to get it in there no matter how busy you are. – Words of wisdom.

And is there where where can they, where can our, our audience find you? Is there a website you can send them to? – So my website is drstills.com S.com. Pretty simple.

And I'm Dr. Sharon Stills on instagram facebook and so forth. – Amazing ladies and gentlemen, do yourself a favor and follow this woman, she has so much to offer and the little nuggets that we have, you know, kind of drawn out of her today. If there's just one, I mean there have been a plethora of of these little shiny, you know, gold nuggets one the one that resonated with you the most.

Before we wrap this call, grab a pen and a piece of paper and promise yourself, what was that one moment? And what I like to say is moments turn into momentum. And so if you can find a moment for yourself and you find another moment and then tomorrow you find another moment by next week you have momentum with all of these added moments. So Dr. Stills thank you so much for being a part of the Medicine of Mindsets summit.

We appreciate you so much. Like I said, the wisdom you shared has absolutely impacted the lives of our audience today. So thank you very much. – Thank you.