



Burnout & Resilience

Burnout & Resilience - Part 1 of a Joint Series, with Developmental Neuroscientist Dr Denise Bossarte

Anu: Hello Denise welcome back to the “**Victim 2 Victor**” podcast. How are you today?

Dr. Denise Bossarte: Oh, it's great to be back and to have a chance to talk some more about all of these healing activities that we can do and learn together.

Anu: Yeah, we do, we just have so many, we have to try and get through. And so this is going to be the start of a series of episodes, which myself and Denise are going to cover because we've got a range of topics that we both want to cover. And today, it's going to be a very important topic, and one which has become even more prominent during the COVID pandemic. And that's of burnout, and resilience. So some of you may have already come across burnout and resilience, because there's been a lot of research on it. If you go on to Google, you'll see tones of research that is being carried out currently, because it is a bit of an epidemic. Wouldn't you agree, Denise?

Dr. Denise Bossarte: I think so. I mean, as COVID has been such a challenge for us, and turning things that used to be simple, like going to the grocery store or visiting your friends have made that such a loaded situation for us. And there's so much fear and anxiety that's very easy to become overwhelmed. And overloaded very quickly.

Anu: Yeah, absolutely. So do you think a lot of this is because of what's happened? A lot of people have at home, and they're just they're just saturated by information and things to do? Do you think that's what's caused the burnout?

Dr. Denise Bossarte: I think so. I think it's this trying to keep up and understand how to protect yourself and be safe, how to juggle all the things that you used to be able to rely on some other people like now people stay at home to take care of their kids or get them through school, they're trying to work from home. They're trying to overlap so many things that they used to be able to space out or have additional help to do. So I think it's just things have been piling up and piling

up. And just that sense of out of control this that we have in COVID, not knowing what's coming, how it's going to shift or change, not knowing what to do necessarily take care of ourselves and information keeps shifting, right that we're getting online and from the news media that's changing all the time. And it's just hard to keep up. It just seems this constant thing happening, you know, every step you take feels like it has to be informed about what you're going to do because of COVID. And that can be very triggering for survivors, because we've been in that situation before when if you've been abused as a child, or sexually assaulted where you felt out of control, and you didn't have a way to sort of process and get through those things in a healthy way. And so for some me in particular, I can say it was true, it was just really triggering to try to keep my husband safe with all his risk factors, try to figure out how we can move forward and live as normal a life as we could. But figuring that all out and trying to make sense of what's real and not what's real facts and fake news and all of that it is very confusing. I mean, how was it there for you? I know, that was our experience in the States. What was it like for you?

Anu: Yeah, likewise. I mean, we've been talking about this quite recently, you know, amongst my peer group about just the fear propaganda that we're being exposed to on a daily basis from the news. And, you know, the amount of death rates from COVID, apparently from COVID. Anyway, just now with a vaccination. I mean, you know, you have a lot of people who are against the vaccine, but we're being forced to take it. Even if you know, we've never had a vaccine in our whole lives. It's the amount of letters that we've been sending the amount of text messages that I'm receiving as well. And I just think it's real. It's a lot of pressure. Yeah, you're right. And I think it is linked to burnout, because, you know, we're constantly trying to research the side effects of the vaccine, and we're trying to find out more about it. But again, it's just so much mixed information online, and anybody against the vaccine are conspiracy theorists, and again, you know, they're being slandered and all this stuff's been taken off the internet. And it really does quite make you question and makes you really confused.

Dr. Denise Bossarte: Yeah, and I think that people are just pushed to the edge, you know, we all have a certain level of energy that we can sustain. And in, that's what we talk about when we talk about resilience. There's a lot of great books out there for folks that want to learn more about it. Rick Hansen is a longtime meditation practitioner, he's a therapist. He also is very knowledgeable about your brain and how your brain works and how it relates to meditation and therapy, but he has written a wonderful book about resilience. Linda Graham has written a couple books. And Gail Gazelle has written one and I Gail's description of resilience because she calls it a well of a resilience. And it's a great visualization, right? Because we're thinking about not that people are born with resilience or not, it's not something that you're born with or not. It's something you can develop, you can fill your well up with things. Yeah. And it

can be anything that really nurtures you. It can be taking walks in nature, it can be doing art, it can be reading or spending time with, you know, your family, pets, whatever it is that really rejuvenates and energizes you. And I think that's part of the problem with this burnout this overwhelm is that we haven't been able to do those things that normally we wouldn't do to build our well of resilience and to find other things. And sometimes we haven't been able to replace those wells are draining. And it's like a teeter totter, right? If you have a lot of resilience to overwhelm is not so much happening in your life? And then as your well drains, all of a sudden that overwhelm just starts just coming on. And I think that's something that people maybe can start thinking about, say, Oh, you know, what can I do to help me fill my well up with information that I learned about what's good for me what I explore, and what can I do to make sure that I keep myself healthy, you know, we have to take care of ourselves first, before we can take care of other people. And if you go to the point of burnout, that's not going to help you, you know, like, like you, you have to worry about taking care of your son. And, you know, I take care of my family. So it's something we have to really focus on. What do you think about that definition that I gave about this well of resilience? Does that ring true for you? What do you think?

Anu:

Yeah, yeah. I think, definitely, you know, from our backgrounds that we've had of, you know, trauma, or suffering, and, you know, overcoming abuse, I think, that creates a resilience of its own. Because, you know, we were obviously there having to defend ourselves from a young age, and just that inner strength that we've gained, you know, I think it's really powerful in helping prevent burnout. But to be honest, like, when I think about burnout, I think about, you know, how I am in my professional life, because as a way of actually escaping the demons that I was feeling inside, I was always, like, overworking, you know, just doing like, 76 hours a week of work. And then, you know, if I wasn't working, then I'd be really like going out and travelling and having like, six holidays a year and just eat, like, whatever I was doing, I was burning out because I was doing it to the extreme. And I know, that's a result of the trauma. So, you know, even though I might have had this strength from a young age, he was harming me in other ways, as a guest, you know, on my mental health and longevity or on my brain, which hadn't developed properly, because I wasn't brought up in, you know, in a safe environment, you know, my brain had obviously develops to, you know, sustain more kind of fight or flight. So it was, it was more to do with the stress response, rather than stability and safety, which is how you know, it healthy brains should be developed. From young age.

Dr. Denise Bossarte:

Yeah, I think that's a good point that I love for people to be reminded of that, that survivors being reminded, like what you said that that strength that got us through what we had to experience, we may not even recognize that or appreciate that, but that strength can push us to the edge. Now I became a perfectionist, you were workaholic and travelling to kind of escape your

situation. And those behavior patterns were there for a reason they were trying to help us. But we can kind of look at those and say, okay, we don't need to be doing those kinds of things in order to appreciate our strength and leverage our strength, their strengths can go too far. So we need to sort of find a balance there, you know, you can be really extreme with your strength, or you can be completely lacking in your strength. But if you can find the middle ground and find some balance where it's serving you and not pushing you, then it's a great way to have that be part of your resilience to say I'm a strong person, I can make it through this, I'll be able to figure it out. I don't know necessarily all the things I need to do. But I figured out how to live my life until now I'm going to be able to do it from here. And what else can I do beyond recognizing and having this strength? What can I do to build my energy and to support that street so it can support me?

Anu: Yeah, well, what do you think is the opposite of resilience?

Dr. Denise Bossarte: Well, I think that you know, the vulnerability in a real fragile sense is kind of the opposite of resilience. The getting caught in overwhelm all of those things to me feel like there when you're not able to cope. Whatever term you want to use whatever language you want. You can't bounce back from things you're just constantly knocked down, and they can't seem to get up and keep moving forward with the way you want to live your life. So you can use a lot of different language for that. But if we think of resilience as what helps us keep going, but also when we run into challenges, it allows us to not get knocked down, it allows us to kind of keep standing and keep moving forward from after that event. And I think that's something we definitely can learn. I know that you write about it in your book I write about in my book and in trying to help people that we have to be gentle with ourselves and recognize that challenges are going to maybe impact us, but we can build up that resilience so that it's not as big an impact for.

Anu: Yeah, for sure. And yeah, I can definitely resonate with that. Because even the opposite of resilience, I felt that majority of my life to write is strange. And I guess it's about applying it to different aspects of your life. In terms of the vulnerability Wow, I was very vulnerable when it came to relationships, strangers, and it was in my work life, I was highly resilient. So I know that as a consequence of the trauma.

Dr. Denise Bossarte: Yeah. And I think that kind of what you're saying is you learn to kind of compartmentalize things right your head, your work life, where you can be really super strong, workaholic personality, and then there's other parts of your life that maybe you couldn't tap into it in the same way and you had vulnerabilities there that didn't express themselves in your work situation, and that that's pretty common for people in general. But I think survivors, we learned to compartmentalize the abuse, versus what we're trying to do with the rest of her life. Sometimes abuse would like squeeze out the rest of that tiny little bit of the rest of our life. But we learned to compartmentalize just in order to get through it, you know, to deal with the emotional pain, the

physical anguish, the psychological impact of all of that. And I think that that's part of one of the things that builds a resilient person is that they can show up authentically as themselves whenever and wherever they don't have to compartmentalize and show up as a certain person or in a certain way. You know, obviously, environments require certain skills to be brought forward, and be mindful events go full of that. But at the same time, we don't want to just completely separate our lives into these tiny little packets. We want to be the full human being all the time, right. So it sounds like you found a lot of ways to maybe get out of that. Compartmentalization. How did you start doing that?

Anu: Wow. I mean like, just you going on about authenticity all the way. That's exactly how I'm feeling now. And oh, wow, it's been such a long journey for me. Wow. Yeah. I mean, that wherever I am today, I know it as a consequence of, you know, the fact that I'm out there now, you know, that I wrote my book, and I'm actually educating others and trying to help others. That's been my real teachings. It's actually the fact that I'm providing to Earth, you know, it wasn't so much that, yeah, you know, my therapies, and all my healing helped me, but I just feel like this is now the real growth that I'm experiencing, and the pure authenticity. And yeah, you know, we've discussed on previous podcast about all of the healing modalities like yoga meditation, that was also beneficial because, you know, not only did they help to heal, you know, my chakras, you know, to unblock all my chakras, and to, obviously balance out all my energy levels and to protect my aura. You know, he also developed, you know, more sane and stable mental health. And I feel like my brains just changed as well, you know, it's not **[Inaudible 13:48]**.

Dr. Denise Bossarte: And I think that's what people forget, sometimes, because they're so overwhelmed with everything that's happening from recovering from their abuse and the environment that we're in that we forget that our brains can be our friend, it feels sometimes like they're your enemy, I mean, telling you all these negative things, but we can retrain our brain, you know, in neuroscience, they understand now that you can literally we rewire your brain, so that you can take those old behavior patterns the way you used to face the world the way used to compartmentalize yourself, you can change that it takes work, right, it took time to develop all those patterns in the past. But the fabulous news is, it doesn't matter how old you are, and your brain can still be rewired, to look for the positive to be in a space where you can trust yourself and that you can have the ability to be authentic. And that's the real wonder of what we've discovered. Now, I didn't know the intricacies of the actual brain rewiring 3000 years ago with the Buddha and so on. But they got that there was some capability the innate human ability to learn to grow. And continue to evolve. So we're just kind of catching up on the west, you know, with what was in the east. But that's to me was what's so positive is, it doesn't matter what I have gone through, I have the ability to change, I have the ability to literally rewire myself to find something better. And that's where

this resilience comes in is like, okay, I can tap into that I can create my own resilience, I don't have to get it from the outside, I don't have to have been born with it, I can learn about it, I can read about it, I can do various things that I find energizing for me and I can really develop that resilience. And then with that teeter totter and want to build up my resilience, and hopefully, the overwhelm may not go away, but it certainly can be reduced anxiety, fear, and at least be able to deal with whatever's there.

Anu: Wow. Okay. So what do you feel are the main kind of telltale signs of somebody who might be experiencing burnout right now?

Dr. Denise Bossarte: Mental exhaustion, physical exhaustion, just the lack of energy to do what you need to do. And also the things you enjoy doing. That's the irony is that you lose the interest and the capability of engaging in the things that you love, which are the things that are nurturing, and just feeling like, the huge anxiety, it's not feeling like necessarily, there's an anxiety pointed at any one theme. It's just this overall anxiety that just doesn't seem to go away. And there's fear there too. And feeling like you won't be able to cope with it. It's just I don't have the skills, I don't have the energy to deal with this. That, to me is what overwhelm feels like, what do you think on your side? What does it feel like?

Anu: Yeah, I just feel like a lot of self-doubt or self-judgment. I mean, I'm just getting by, you know, from my own experiences. And I knew that, you know, that there have been different stages of burnout lapping described the winner in a State University, that they actually did a burnout study there. And they observed a few different phases where we start off with the honeymoon phase, you know, and that's basically, I guess, yeah, it reminds me really much of the narcissistic because they have any movies, but and then there's like an onset of stress phase a chronic stress, burnout, and then habitual burnout. Wow, you know, and this is what I'm loving about this, the fact that it's just been so many studies done on it. And, you know, they've actually described burnout to be linked to depression, and just exhaustion illnesses. Must be I just can't even believe that, you know, I guess it's that long term stress eventually is going to impact on your health and well-being right. Yeah, and, and then obviously, in terms of, you know, how we can overcome that. You know, its mindset really just changed your mindset. And it's also, you know, looking at a more holistic approach to life rather than just being stuck in a rat race, you know, where we're just constantly chasing, chasing. And, and I guess that's where the resilience comes in.

Dr. Denise Bossarte: Yeah, I think resilience is really a personal thing. You have to figure out what it is that nurtures you, some people it may be watching sports on television, they get excited, cheering on their team, and other people might be playing sports. And there's so many activities that we can look at in your life is what is it I love listening to music, I love dancing to the music I'm listening to, you know, and it's doesn't take much time each day. To do that, if you can get you know, five minutes to do something that's nurturing to you, obviously, the more you can have that the better it will be to fill your well. But if you just give

yourself that opportunity every day, and it doesn't have to be a big deal. Big production is like, Okay, I'm in my car, I'm gonna listen to my favorite tunes, or, you know, if I'm still at home and locked down, I can still make the time to listen to some music before I jump into my work day. But its scheduling time as a gift to yourself to say, Okay, this is I'm prescribing this for myself, I'm asking myself to say, I can do this, I can give myself this opportunity. But it has to be something that you see that you need. And you acknowledge that you deserve it a habit and to make it part of a habit to give yourself that if at all possible.

Anu: Yeah. So I guess it's about accepting it, acknowledging it, freeing yourself from it. Eventually, and, and I know that they also mentioned about control and how that can really have an impact on burnout because I guess you know, when you are lacking control of your life and what's around you, then I guess you know that that could also lead to burnout.

Dr. Denise Bossarte: Yeah, and it's just like, you feel like Nothing you do is going to make a difference. Sometimes that's kind of where burnout comes into. And if you don't feel like you have agency or control in your life, then how am I going to make a change? How am I going to make a difference? How am I going to get out of the situation I'm in, which can be the overwhelm comes in from that. And I think whatever you can do to recognize what you do have control over, you know, you have control over some things in your life and some things you don't so you have to recognize that, like you said, you have to identify that acknowledge that and then say, Okay, what do I really have control over? And without getting really tied in an OCD about it? What can I recognize and even if it's making less to say, Listen, I can control when I brush my teeth, when I have breakfast, when I take a break, you know, whatever you have, and start recognizing those things, and appreciating those things, is not going to be the full solution to it. But at least you might begin to see that it's not completely out of your control. That's when the burnout really hits you is like I have absolutely no control over what's happening. While recognizing that you do, even if it's the smallest thing. I think that that helps.

Anu: Yeah, I guess it's about women as well, you know, we have a lot now in this day and age where we all do in our full time jobs, we're raising our children and the light demands placed upon us. And, you know, I know that sometimes I experienced this where I have to say no to people, you know, and it's about having those boundaries are just saying no, you know, if you can't fit it in, or if you just aren't in the right headspace to go and see family or friends or, you know, take your child out if they need to, and you just need to rest and just plan in another time, right? Because our mental health is so much more important right now, more so than ever, you know, we really have to take care of ourselves. And I know that boundaries are really important. For a lot of us at the moment.

Dr. Denise Bossarte: Yeah. And I think that ties back to what do I have control over? I have control over where I spend my energy where I spend my time. And it's really hard, it's

really hard to say no, but sometimes, no is the best thing for you. And whoever you might be saying no to because if you can't show up as yourself authentically, the way you want to in that situation it, then you're going to start feeling guilty, you might have some of that shame and self-doubt creeping in. So you almost feed into it. And there's gracious ways to say no, there's ways to be authentic and just say I'm sorry, I just need some time for myself and hopefully the people you're working with will respect and understand that I think there's a bigger understanding of people needing that kind of quiet time. And sometimes you have to look at and say, well, maybe this time saying yes, would actually be beneficial. You know, can I stretch myself a little bit to say, yes, this time? Does that? Would that work for me? You know, I don't want to shut the door and just say, I'm going to say no to any everything. But way that every time? Would it be good for me to try it? Nope. I've checked in with myself, I still need to be saying no, then that's your choice. But I think that being open to looking at that each time and understanding what the opportunity is. And maybe even if you go somewhere and do something, maybe just a little bit of time you show up you say hi, you're out of there. Whatever it takes to kind of find a balance because you know, we get me so all or none thinking, either I'm not going or I'm fully in. Well, maybe you don't have to be fully in, maybe you can show up and just be there for a little bit, make a few connections. And when it starts to feel like too much like it's in y'all. Yeah, I'm gonna go ahead and go. You know, so overwhelm is hard. Like you said, it ties into depression that ties in to anxiety. And sometimes we're not thinking straight. And so we have to just really check in and find out what do we need what's best for us. And let's not be all or none in our thinking, let's try to find a way to go in the middle ground a little bit. And sometimes that's what we need to do is take a step back and say, alright, what's the middle ground here? Again? Can I find that?

Anu:

[Inaudible 24:08] I've been reading a lot of books where one of them is say yes, basically just say yes to everything. Because, you know, life's too short. And we should always take we should always take whatever this phone is because what's the point you're wasting your life sleeping, right? You could be out enjoying yourself or meeting people. And I guess, you know, that leads me on to diversity as well because, you know, once we've overcome adversities, which we have from such a young age, you know, it helps us to have that resilience, doesn't it? And, you know, they say just kind of coming out of your comfort zone as well like having cold showers and all and that really helps to build resilience because you're overcoming your confidence age of, you know, overcoming challenges of life quite easily. So do you have that do Have any kind of like, trick that you do to help you to get out of a comfort zone on a daily basis?

Dr. Denise Bossarte:

Well, for me, it's not letting myself be afraid of what might happen, you know what might happen, I can spend all kinds of stories about what could happen. And so just being open to, I'm going to step into this, and I'm going to not go

in with any assumptions of our own bid, and just try to be as open as I can, and be true and authentic to myself. But I like to stretch myself in certain areas. So I like to stretch myself in art in exploring that, you know, I'm an introvert, I recognize that I'm okay with that. That means that I'm not going to be outgoing and doing a lot of socializing in big groups I have my key people like to hang out with, and that's fine. Now, if you're an extrovert, you may really get a lot of juice from hanging out in crowds and doing things with lots of people. And that's your, your style and your personality. That's fantastic. You know, but I think it's, it's whatever you can do in your space to say, Okay, let me try something a little different. But I again, not all or none thinking, I don't have to jump in all the way. Let me try it and see, you know, I love exploring new things like art, or new foods, new restaurants, and that sort of thing. So that's my, my little edge out beyond being a full introvert and, you know, staying at home. But I think, you know, saying yes to everything puts a lot of pressure on people, especially if that's not your style of doing things. Yeah, I think it's say yes, whenever you can to stretch yourself. And also, to give yourself an opportunity to experience something new, the times that I said, you know, what, I want to give it a shot, I have gotten so much back, am I I really enjoyed that. I never thought that I enjoy doing that that was great, let me do it some more. So have the opportunity to find a new hobby, or a new set of friends or a new whatever that may be, if you don't think that's for me, you would have missed out on that. So I think it'd be fun to stretch a little bit into explore, because so many new things can be allowed into our lives if we miss stretch, just a little bit beyond what we might normally become.

Anu:

And now I like and, and also the importance of positive self-talk, you know, because I always say, I'm an optimist and ask because, you know, I never try, I never kind of bring myself down by talking myself down. And you know, my vocabulary, and you know, whatever I communicate to people, I feel, and I've also been told it positive, you know, it's about inspiring people and lifting them off. And I think rather than doing this, everyone else, we need to start doing that to ourselves. Do you think that that's the epidemic of itself, like negative self-talk?

Dr. Denise Bossarte:

Oh absolutely, and it's an easy habit to get into. I know that. For us, as survivors, we were told a lot of negative things that came to believe a lot of negative things about ourselves, maybe even internalize the voices of the people who were causing us the pain and we're abusing us. And so we can have the soundtrack going in our head, these voices in our head, just repeating that negativity. And I for one, I actually put myself down out loud when I was young. Oh, you're so stupid. That was ridiculous. That's, you know, all this stuff. And I had friends finally say, Stop, stop doing that. And that was the first step was for me just to not speak what I was hearing in my head. And slowly if I stopped speaking, I stopped reinforcing it. Now think about what we talked about before about wiring your brain. If you're saying negative stuff about yourself all the time, you're wiring your brain to think that way. But

you're saying out, you know what I focus on inspiring people and because of language, that's rewiring your brain to focus on the positive. And I think that it's too easy to beat ourselves up. It's way too easy to do that. And if we can, even if you can't immediately stop, jump from all the way from being negative, be positive, you can work your way there at least stop saying the negative stuff right? In the negative stuff. And then figure out something positive. Like you know, you're really great at brushing your teeth, you're really great at finding nice clothes to wear, you're really great, you know, talk to yourself a little bit to bump yourself up. I had affirmations on my mirror on stickiest on my mirror so that I could read them and as silly as it sounds. You know, I am fabulous. Now, it felt weird to say that myself, but you could say something positive to start your day and set the tone for your day and get rid of that negative self-talk because it heard too much of that when we were young. Decide. Let's try to find a way to shift and I love that you, you and you get yourself to be positive because your goal is to inspire people and it's a wonderful thing to say I can shift into this space because I have a goal to inspire people. So that motivates me to show up as this person, and to be that person that I want to be.

Anu:

And again you know, again, this is a pretty new way of living for me, because like yourself you know, it was always, I was getting so offended by everybody, even looking at so fun on your social media, if I'd see pictures, you know, of people who have, who are at places or who are with the partners, you know, they look really happy. I used to think, ah, I feel so bad, I just want to be like them, you know, obviously, loser, it was all fall. And then whatever I was feeling about myself, I was putting it on to others as well saying, Yeah, they're losers, you know, it was awful, what a horrible state to be in. And again, a lot of that boils down to lacking self-love, and just not appreciating myself. And I never used to realize the importance of self-love, I never understood it, because I never understood love. And I know what it is, is valuing yourself, you know, as the most amazing human that you are on the planet, and just having that relationship with yourself, which is, you know, what we haven't really been taught to do, but I feel like we all need to learn to marry ourselves. Because I always go, how can you be in a relationship with anybody? Like, I don't understand how teenagers get into relationships, even young adults, if, if they haven't done any work on themselves already, you know, you don't know who you are like, how can you be in a relationship with someone? Unless you're planning on compromising, you know, growing together, which I think again, it's a beautiful feeling. But I think nowadays, everyone wants their own lives, you know, they want to be a bit independent. So yeah, I think there's a lot to be said in, in that in self-love.

Dr. Denise Bossarte:

And I agree, I kind of boiled down my approach. I, I've learned a lot from all kinds of different religions, all kinds of books that I've written. For me, I try to keep it as simple as possible, because when you're overwhelmed, you're distracted. No, you're under a challenge, you forget the complicated things of

that you would afterwards go off, I should have done XYZ. But you know, there's this long list of things I should have done. So I try to keep it simple. And sort of I don't know if you call it a motto or approach to life. But basically, I've decided that what I need to do is two things. Yeah, I need to be kind to others. And I need to be gentle to myself. And so kind to others, you know, compassionate, open, respectful, try to treat them as best that I can. And then for myself that gentleness comes where you're talking about self-love, can I be compassionate and kind to myself? Can I be the voice of my best friend who would say all these supportive, caring, wonderful understanding things to me, can I internalize that voice and be my own best friend, be gentle, I'm going to make mistakes, I don't have to beat myself up, I can just challenge myself to do better. And I can try to show up with kindness. Because if you bring that, like you said, if you're, you're judging yourself, and judging other people, there's this energy you bring to your situations. But if I come gentle to myself, and kind to other people, I'm kind of setting the tone, it may not work out, you know, some people just roll right over that, you know, and there goes your kindness, but you think fine, you can keep that intention, it gives me the space that this kind of spaciousness, and I can go into something where it gives me room that I'm not knocked off my feet, I have that resilience again. So that's just something that I'm trying, I just started thinking about it that way and thought, Okay, I have something I can say to myself, that's really simple, when I'm working with other people. And then also its two parts, I got to be doing something for myself as well.

Anu: So that you can't put fee on other people what you're not doing yourself, you'd be a hypocrite. And I just love the fact that both of us I feel like we're on similar journeys, where we're, you know, all of these new techniques that we're learning, it's all pretty new for us both. I think that's beautiful. And hopefully, you know, we can inspire others as well who, you know, maybe looking for answers, maybe looking for a way to also gain, you know, the self-love that they've wanted in their lives.

Dr. Denise Bossarte: Yeah, I definitely think that your listeners or viewers are going to, hopefully, out of this series, learn some new things and just appreciate we're still learning, we're still exploring most are still trying to do whatever we can to, to really tap more into our authenticity, to find more self-love and to share that and inspire other people. So come on for their journey with us.

Anu: I love it. So for future episodes that myself and Denise have planned on yoga, meditation and you know, heat healing, the fact that it's not linear. And do you want to explain a bit about that one?

Dr. Denise Bossarte: Yeah, I mean, any journey that you go on, there's times when you feel like you're moving forward and gaining momentum and times where you feel like it's kind of stepping back. And so we're just going to kind of walk people through what that experience is like and how to keep moving forward with those starts and stops, and, and revisiting and circle, you know, it's kind of a winding journey, but it's always moving you to a new place.

Anu: Bring it in other episodes we have on self-awareness and difficulties with relationships with family and friends, just, you know, experiences of our professional lives and how that links to trauma, and overcoming shame, and also talking about different resources that have really helped us and hopefully they can help you. So a lot of exciting topics to come. And you know, if there is anything that you yourselves would like us to cover, then please do message me, email me info at victim2victor.net. So we had to think about that, because I have a few email addresses. And yeah, and I think you know, we've obviously come to an end today of our tour. It's been such an honor to have you on my show again, Denise.

Dr. Denise Bossarte: Thank you.

Anu: Thank you so much.

Dr. Denise Bossarte: Globally, having these conversations, I look forward to having our chats and hopefully again, inspiring your listeners.

Anu: Fantastic. And we will see you again probably next week. And in the meantime, I want y'all to stay inspired, and keep loving yourself. Namaste.

CLOSING: And while this episode comes to an end, do you may want to check out my book on “**Victim 2 Victor**”, now available on audio and where I have shared my journey of evolving through self-help and a determination to cast off my damaging past. My goal is to reach out to fellow survivors of abuse and provide hope and motivation in their lives. I hope that I can help victors transform their lives and achieve amelioration in the process of discovering the true self. I also have a 12 week self-development plan which is absolutely free and it aims to guide you on your journey to recovery. You can find the link in the description below. Please like this podcast and tag or share it with somebody who you know is going through a similar situation and may need help. I will be back with another podcast soon. Until then take care and stay empowered.

