

Mom Brain full interview

Ilyse Dobrow DiMarco: [00:00:00] due to the membrane issues, we've been discussing a million demands on you, a million different priorities, it can really be helpful to ask yourself, all right, what really matters to me? Let me figure out what really matters to me. And then let me make choices about what I'm doing every day. Consistent. With what really matters to me.

Yael Schonbrun: You're listening to Ilyse Dobrow DiMarco on psychologists off the clock.

Diana Hill: We are four clinical psychologists here to bring you cutting edge and science-based ideas from psychology to help you flourish in your relationships, work and health.

Debbie Sorensen: I'm Dr. Debbie Sorensen practicing in mile high Denver, Colorado, and coauthor of ACT Daily Journal

Diana Hill: I'm Dr. Diana Hill coauthor with Debbie on ACT Daily Journal, and practicing in seaside Santa Barbara, California.

Yael Schonbrun: From coast to coast, I'm Dr Yael Schonbrun a Boston- based clinical psychologist and assistant professor at Brown University.

Jill Stoddard: And from sunny San Diego, I'm Dr. Jill Stoddard author of [00:01:00] Be Mighty and The Big Book of ACT Metaphors.

Debbie Sorensen: We hope you take what you learn here to build a rich and meaningful life.

Diana Hill: Thank you for listening to Psychologists Off the Clock!

Yael Schonbrun: I'm here with Debbie to talk about a new book called mom brain proven strategies to fight the anxiety, guilt, and overwhelming emotions of motherhood and relax into your new self. The author, Ilyse Dobrow DiMarco is a repeat guests. We had her on for episode 86 when she was still writing the book.

And I'm so excited that I had the chance to bring her back on

Debbie Sorensen: yeah, she's great. It's so nice to have her back on. And I think one of the things I really value about her work is just the validation of how overwhelming it can be. I think. Just being a parent, especially if you're a new ish parent, you know, it's, there's just a lot of pieces to it and it's quite taxing and you're sleep deprived.

But then also when you're trying to [00:02:00] juggle that juggle parenting with all the other demands of life and just how you know, it's wonderful, but it's also definitely has its stressors and can feel a bit overwhelming at times.

Yael Schonbrun: Just a bit.

Debbie Sorensen: Just a bit. Well, and I was kind of thinking to myself as I was listening, she talks about when you get mom brain and it just almost feels like you're not quite as sharp as you used to be and I, it reminded me of a memory when I was. Working as a parent of young children. And I was working on an interdisciplinary medical team and we had a speech pathologist come in to a group I was leading and the people in the group, a lot of them had a cognitive impairment of some kind of brain injury or something like that.

And the, so the speech pathologist was giving them. Compensatory strategies for, you know, when you have memory problems or you're feeling overwhelmed. And I think of all the people in the group, I was the one there, like [00:03:00] taking notes and I was kind of like, yes, you know, you have to have a system to stay organized and kind of like write things down so that you don't forget because you can't really rely on your memory.

And I think it was really an indicator of how. I was just so taxed and overwhelmed that I felt like I needed it as much as anybody, because there's just so many pieces to keep track of. And it does feel difficult.

Yael Schonbrun: Yeah. And that's, I love what at least does in this book. And in her work more generally is she takes different evidence back to interventions and strategies from all over psychology, but bringing them in and translating them to be really applied and, and useful in this time of life when things are just really overwhelmed.

Debbie Sorensen: Yeah. And, one of the things that struck me as I was listening is it helped feed me, connect the dots with a book I'm reading right now that

we're going to have to talk about again on the podcast. Another time it's called 4,000 weeks time management for mortals it's by Oliver [00:04:00] Berkman.

And it's, I love this book. If you're looking for a time management book that really cuts to the heart of the Manor, this is it. Because what he writes about in this book is how time really is a limited resource. And I think sometimes we feel like self-critical when we can't do everything under the sun, like maybe you were the lazy, maybe we're not efficient enough, but the truth is no.

Right. And what's going on is that you're trying to do something that's impossible. Like you're trying to do too much. It's not a shortcoming of verus it's that it literally can't be done. And part of what Ilyse talks about in the interview, that's also in this book, it's like, you have to make some hard decisions, right?

You have to hone in on what's really important. What are your priorities and what can go. That's very difficult to do.

Yael Schonbrun: Yeah. And so I think you're getting to one of the themes that threads throughout her book, which is the importance of clarifying your values, what is important to you in the time and space that you're, that you're [00:05:00] living through. And what I thought Debbie might be kind of fun to leave listeners with is some exercises that you and I use in the therapy room.

I'm guessing also for ourselves, , in clarifying values, , because when you're feeling overwhelmed and figuring out how to prioritize, it can start with figuring out, like, what is the most important thing that you want to stand for?

Debbie Sorensen: Yeah, we have talked a lot about values on this podcast. And I have an episode that I did a while back episode, one 16 with Dr. Jen , and we had a whole conversation about what values are and how to contact your values. What do you do? Yeah. At hell in your work with related develop.

Yael Schonbrun: So I do a exercise, where I have people kind of make contact with their future self. I say, you know, 30 years out, when you look back on this time on this tough phase that you've been going through, what do you want to. Good for [00:06:00] as a parent. Um, and, and you could sort of ask that question as it relates to any domain of life, but in the parenting realm, that is really helpful to kind of specify like in the domain of parenting, , what will I feel proud of having stood for during this period?

Another way that I sometimes ask it is. If your kids were watching you, what do you think they would be proud of you having stood for even as you're struggling? And if the kids are. What do you want them to know when they grow up about how you handled this difficult moment? So in all of these ways, it's sort of a variation of what is traditionally an acceptance and commitment therapy eulogy exercise, which kind of gets you outside of the current moment and gives you a little bit of perspective so that you can really think more broadly about what are the kinds of things that feel important to you as you endure a rough patch of life.

How about you, Debbie? What kinds of things do you do?

Debbie Sorensen: Well, those are great exercises. So I do [00:07:00] similar perspective taking exercises and those sorts of existential types of exercises too. Um, I also sometimes have my clients do some writing about their values and we can link to a couple of on the show notes today, a couple of handouts that have some values based writing.

I like the bulls-eye, which. Common act one. So we can link to that for anyone who wants to check that out. Um, there's something that I got from general as you, and though I don't think she talked about it on our podcast, but I've heard her speak about this in and write about this in other areas, is this idea of there's a metaphor of truffle hunter.

You know how truffle pigs or truffle dogs will go around and try to sniff them out. One thing I do is I just try to sniff out the values, um, when I find them. So if someone has this real sense of vitality in their life or in a session with me, or even some bittersweetness or some pain or something, I think there's this [00:08:00] quality of it shows up when people are either really deeply connected to something that they care about or deeply disconnected from it.

If there's longing and if there's regret, if there's shame. And so I think that's one thing I do is I'm just always attuned to it. And sometimes it's like, hold on, let's check this out. Is that, what does this indicate about what's important to you And I think I tried to do?

that in my life as well. Like to notice moments when I really feel either attuned with my values or like way out of whack with my values.

And then that always just helps me bring my, actions more in line with the kind of person I want.

Yael Schonbrun: Yeah. Oh gosh. I love that exercise. The truffle hunting. I have to use that.

Yael Schonbrun: Ilyse Dobrow DiMarco is a clinical psychologist specializing in evidence-based practices for the treatment of anxiety and related conditions.

And in treating parents overwhelmed by the stressors of parenthood, her writing has appeared in the Washington post parents.com Motherwell among many others, including her own blog. Dr. CBT [00:09:00] mom.com. Her new book, mommy. Proven strategies to fight the anxiety, guilt, and overwhelming emotions of motherhood and relax into your new self offers.

Evidence-based strategies to journey through motherhood. Welcome Ilyse.

Ilyse Dobrow DiMarco: Thank you so much for having me. Yeah.

Yael Schonbrun: excited to have you back. So we've had at least one previously in 2019, it was episode 86 while you were still working on the book. And at that time it was pre-pandemic. And we had the chance to kind of talk about evidence-based practices that you draw from how to apply it to overwhelming circumstances outside of our control.

I definitely recommend that folks check out that first episode. It's amazingly relevant. Even life today, but the book actually does a really good job of addressing more present circumstances.

Ilyse Dobrow DiMarco: Yeah. I mean, it's, um, it, needless to say the landscape has become a lot more stressful for moms, uh, post COVID. So, um, I, all of the anxiety, stress, et cetera, management strategies in [00:10:00] the book, I think apply very well to our current

Yael Schonbrun: Yeah, we're especially useful now.

Ilyse Dobrow DiMarco: for sure.

Yael Schonbrun: So I'm hoping today that we can cover additional broad ideas. We'll, we'll try to not be too redundant with our first episode. Um, some broad ideas for coping with parenthood and motherhood, and also get into the weeds of some of the, on the ground strategies that you talk about in the book.

But I wanted to kind of start with some of the aims of the book. Um, and to ask you this kind of pointed question, which is why a book that focuses exclusively on moms, not on dads or parents more generally.

Ilyse Dobrow DiMarco: So this was a discussion that I had very early on. Um, interestingly with my sister-in-law, who happens to work in children's publishing. So she kind of like was the first person I talked to about what does it mean to write a book and what is writing the book? Um, and I remember talking to her Atlanta and then later talking to, as I was preparing the.

The book proposal, talking to the folks at Guilford, my publishing company as well about moms [00:11:00] versus all parents. And there were a couple of reasons why I focused on moms. The first reason was that it was very important to me that I include my own personal stories and experiences in the book. Um, I knew, you know, from an early stage, that part of what I wanted to do was share my anecdotes as I was also sharing, you know, clinical vignettes, and all I had to draw from, with my own experiences as a mom. So I felt like I couldn't necessarily speak to what it feels like to be a dad. Right. Which is not to say that it's not similar to being a mom in many ways, but I didn't feel like I could, like, I can't share my husband's stories. Right. Um, and, and so I, so that was part of it.

Um, You know, I think part of it was also just trying to figure out, all right, how do we make this? So it's not so general, right? Because when you get into like, here's a book to help all parents manage all of their stresses, like that is a huge undertaking. [00:12:00] So again, I, and like my publishing company later, we're talking about like, how do we make this a little more targeted?

Pacific. And like I said, between wanting to include my own stories, um, as well as wanting to be more specific, that's kind of how we landed on let's focus on the maternal experience and even let's focus on the maternal experience, um, for mothers of kids ages zero to five, I'll say that the strategies in the book are evergreen.

You can use them, whether you're a mom or a dad, you can use them at any stage in your kid's development. Um, but we focus on. It is zero to five, like

again, in part, because otherwise it would become just an enormous undertaking and a lot to cover. Um, so anyway, so, so hopefully that answers your question.

That is why I made that call. Um, but it was something that we discussed a lot, um, and went back and forth on.

Yael Schonbrun: Yeah, it's nice to pick up a book that is really targeting your specific experience. And because, you know, it's much more likely that the advice offered in it will be fitting. I will also say [00:13:00] that as I was reading your book, I had the thought that. Moms and dads, and really any kind of parent can read this and find benefit if only understanding better, right? If you're not a mom, the experience of being a mom and some of the pressures that traditionally moms do experience. And I also think that you offer, even though you're focused specifically on moms, you offer a real diversity of kinds of moms.

I would like to point out that I've never read a book that had a case example with a character by the name of Yael. And I was very excited. More diverse, more diverse than just.

Ilyse Dobrow DiMarco: Yeah, no, no, no. And I'm trying to remember. Yael did I put that in or did the publisher put that in? And I can't recall and so I'd love to take credit for it, but I'm not sure if it was me or not, but you know, I'll take credit for it.

Yael Schonbrun: But there is something about reading stories. You know, you have same-sex couples, um, couples from different backgrounds. Like it's clear that you tried hard to help people to see themselves in the book. And, you know, just that experience of like, I've never [00:14:00] seen somebody called yell in a book for written for Americans.

Ilyse Dobrow DiMarco: Good.

Yael Schonbrun: Yeah. So I guess the other related question that I wanted to ask about sort of how you decided to target the book. I mean, we're clinical psychologist, but one of the things that I get a lot of pushback on when I write about, you know, working parenthood, the psychology of working parenthood is why are you talking about what is the responsibility of the individual rather than targeting change at the societal infrastructure level?

And I'm curious how you respond to that kind of criticism.

Ilyse Dobrow DiMarco: So I, I address particularly in the work life section of the book, um, straightaway that, um, we need societal changes. We need large scale societal changes in the way we think about, uh, women and work men and work paid, leave paternity, leave, maternity leave, you know, CBT strategies are not going to solve those issues.

Um, what they will do is help you in your own individual home, as you are navigating. [00:15:00] Uh, can you know, that that continues to occur under these sub optimal circumstances for working women. Um, and so I don't make any claims that I'm going to solve this, this issue for everyone. It's just about, you know, there's a lot of stuff that needs to be fixed at the macro level here at the micro level, in your own home.

Here are some things you can do to navigate these issues. Um, but it's a huge problem. And of course COVID underscored the, the discrepancies for women and men in the workforce. Right. So, you know, there's, we have a lot of work.

Yael Schonbrun: Yeah. I, I think that that's a really important admission that like psychological practices. The end all be all. And even clinical psychologist, we don't believe that it's more, that there are some things that you can do from the inside out level. And that's where a clinical psychology is really helpful.

And we also need that outside in that top-down changed. Help support people, right? It isn't enough for us to be mindful or to [00:16:00] think more effectively or to, you know, engage in better coping strategies. We also need a society to change and to, to, make progress in order for things to be easier and more tolerable for, for parents.

Ilyse Dobrow DiMarco: Absolutely. No question.

Yael Schonbrun: So let's talk about your title. Um, you know, mom brain is sort of this common term. And so I think, you know, you do a great job of defining it in your book. And I wonder if you can kind of share how you think about this term mom brain in your writing and in your work more general.

Ilyse Dobrow DiMarco: Sure. Um, so I kind of have two answers to that. I can talk a little bit about the science of membrane, and then I'll talk about why I picked it as the title of the book. So, uh, one of the more ridiculous things is that

the maternal brain has not been studied very much, um, and has only really been studied more recently, which to me is crazy when you consider.

All of the changes that women undergo. And by the way, not even just, you know, women who become parents via pregnancy, these are moms who, who [00:17:00] come to their children in other ways and even dads. Um, there's so much that happens in The brain during this transition. And, and so it's amazing. It's not. Studied that much.

Um, but recent studies have shown that there's actually structural and functional changes that the brain undergoes when we become mothers now, you know, pop culture in the media or whatever would tell us that mom brain is a deficit, right? It's like you become a mom and all of a sudden you can't find your shoes and lose your cell phone all the time and forget everything.

Um, but actually mom, brain, it turns out. it a real advantage because what these brain changes do is support caregiving, meaning basically, uh, that your kids rise to the top of your mental priority list, right? Your kids become top of mind. Your brain makes sure. Which is actually great. Right? It makes sure that like your caregiving appropriately, it make sure you're focusing on your kids.

Um, but what that also might mean is that other things fall lower on the mental priority list or maybe fall off altogether. Right? So maybe [00:18:00] that's like people's birthdays and where your phone is and that kind of stuff. Um, but I really do try to stress that mom brain is not a. Um, and this image of moms being like totally like brain fogged and adult and confused is really unfair and not true to what we know, uh, actually occurs with moms.

Um, not that we don't forget things and not that we're not, you know, cognitively a little foggy due to lack of sleep and other things, but it isn't the problematic condition that I think it's. In terms of why I chose it for the title of the book. Um, full disclosure. One of my roommates from college came up with a title, um, years ago.

Becky Silber. Thank you once again. Um, I, I, but I, I loved it and I chose it because I just thought that it encapsulated all of the many things that happen when we become mothers. Right. So we're talking about huge emotional upheavals. We're talking about major increases in anxiety. We're talking about identity changes, changes, and how you feel [00:19:00] about work relationships.

So much is going on. And to me, mom, brain kind of was a good shorthand to capture all of that. Um, so that's why I picked it as the title of the book.

Yael Schonbrun: Yeah. Well, I love that. So I love that you share the science of the brain as we become caregivers, that it isn't that our mental acuity goes down. It's just that the prioritization of where we put our mental resources changes in that. There's a lot of taxing things that we need to address. And so maybe where the shoes are, is lower down the priority list, then making sure that your child, you know, isn't swallowing something dangerous.

So your attention just shifts. but Even though you, point out that it isn't that our mental acuity goes down, when we become parents, that there can be some reductions in how well we're able to focus and pay attention and you offer some really useful tips.

So I wonder if you could maybe leave our listeners with one or two tips for, you know, if you are tired, if you are just feeling kind of overwhelmed, what are some ways that you can manage? Focus and [00:20:00] attention in the meantime, until things become more manageable for.

Ilyse Dobrow DiMarco: So I have a lot of thoughts on that. I think the first piece is just managing your expectations of yourself. Which I think is huge. Um, and really not expecting too much of yourself in those beginning days and weeks and months, and frankly, years of motherhood, because you know, there, I have a graphic in the beginning of the book, it's

an illustration of like the contents of my brain pre having my first son and post. And like the pre has like, it's like a pie chart with like four sections and it's like, Extended family husband, like recreation and leisure. And then of course the second one post-baby it looks like a million slices of the pie.

And it's like, what did I put the sunscreen on my kid? Like, what am I packing for lunch today? Like, you know, why is there a Lego in my bag? Like all this kind of stuff. Right. Um, and so to me like that, it just sort of encapsulates what happens. And so, first of all, again, I think there's an expectations issue where you have.

And that given [00:21:00] all of the increased demands on your time, on your attention, on your energy, like you will not be able to do absolutely everything you want to do all the time, um, or do things perhaps in the way you did them. Pre-kids so some of it is expectation management and then I think what's

helpful is some of the, like, I mean, Yeah. I'll, you'll recognize this, but like this sort of old school, like cognitive behavioral therapy.

Behavioral strategies for like time management and scheduling, which to me means things like, um, every night before you go to bed, think through your schedule for the next day. And as you're doing that have like an, a list and a B list of like your, to do's and the, a list. And again, this is like old school CBT, right?

The, a list. The stuff you must get done, whether related to work or your kids or your home. And the B list is like the stuff. It'd be great to get it done and you need to get it done, but like, it doesn't have to be done tomorrow. And when you're thinking the night before about your schedule for the next day, look at your schedule and make sure that the list stuff is, is fit in there somewhere.

[00:22:00] Right. So, you know, you're going to get that done and say, all right, I got this B list here. If I happen to have some found time tomorrow, great. I'll get to X, but other. It stays on the B list until it needs to be moved to the AA list or until I can get to it this weekend or whatever. Um, and the reason I really like that again is because I think you're, you're automatically, um, you know, when you're doing that, you're setting your expectations ahead of time.

Like this is realistically given my day, given my kids, given my work, et cetera, and so forth, realistic. This is all I'm going to get to tomorrow. Um, so let me own that and like leave the rest of the stuff on the B list. Um, so, so I think that is something that I encourage moms to do all the time and I do with myself.

Um, and then, you know, as far as the other stuff, I mean, I even have like a. Steph in the book about just like, you know, the stuff we tell people who struggle with memory, for whatever reason, right? Things like find a central place to put your phone. You know, I know that's where you always put your phone. I mean, you know, so, so even like kind of memory [00:23:00] aid, stuff like that, um, that, that, again, you would use for anybody who's having memory issues of whatever kind, um, can be helpful when you're, you know, mentally overtaxed in the way that you know, that moms are.

Yael Schonbrun: Yeah. Well, I, I just love that you pull in some of those, well, evidenced behavioral strategies to manage some of the overwhelm because they are really useful. Right. They're useful. You know, if you have add, they're also

useful. If you're a mom who's functioning on like two hours of sleep. So we're putting those into practice.

And just knowing that, you know, there are those strategies to rely on when your brain can't do it. Because it's otherwise taxed. I want to sort of use this as a little bit of a segue to talking about values, . Values are a running theme throughout your book. You, um, guide readers in how to clarify their values, but then also in how to, um, work with them over time as things evolve.

So I was hoping to sort of ask you like a little bit of a broad question of, of talking about how values change when we become parents and how you help people to clarify them. And then [00:24:00] also how do they change from when our kids are very similar? Two to older. And how can parents be aware enough to, to continue to clarify them over time?

Like, what are your recommendations there?

Ilyse Dobrow DiMarco: Okay. So the first question was values. Generally speaking, how do we have help? Moms are taking them. Okay. Um, yeah, so I, as you know, Yeah. like this comes from acceptance and commitment therapy. Um, and you know, I started doing a lot of values work as I started working with a lot of moms because it became very clear that due to the membrane issues, we've been discussing a million demands on you, a million different priorities.

Um, it can really be helpful to ask yourself, all right, what really matters to me? Let me figure out what really matters to me. And then let me make choices about what I'm doing every day. Consistent. With what really matters to me. Um, and I got particularly interested in values, work around sort of identity, maternal identity issues, which I talk about.

I do want a chapter two in the book. Um, [00:25:00] this happened to me and it happened to so many of my patients where like I became a mother and all of a sudden, like all I felt like was. And all of the things that I had done prior to being a mom that really made me feel like myself. And in my case that was like socializing with friends and like singing, um, and like other stuff, um, all of a sudden I wasn't doing, and I like lost sight of who I was.

Right. And the things that mattered to me. And so, um, based on that experience and hearing about patients with similar experiences, right. I thought, okay, well, What if we really think about what our values are and then use these values to

set very specific goals, to make sure that we are doing things that help us to feel like ourselves and help us to honor what's important to us.

Right. And so. What I ended up doing with the book is creating this values worksheet, right? Where moms can go through and articulate their values in a number of different domains. So it's like parenting and work and recreation and leisure and like a whole bunch of things. Um, and then I kind of instruct moms on how to use those values to create very specific.[00:26:00]

Goals. Um, and what I have found in my own life and with my patients as well, is that when you set value specific goals, you start to feel like yourself again, um, because you are honoring those things that are most important to you. So I'll use kind of like. The classic example, cause I've had a lot of patients in this situation.

Um, I worked at have worked and do work with a lot of women who like previous two babies were very like athletic and into working out and stuff. And then of course had babies and we're like, I, I can barely get out of my bed. Like, how am I supposed to do this? Um, and so, you know, Talk to these moms about, okay, like obviously you value exercise.

You may not be able to exercise in the way that you did before you can't spontaneously go out for a run. Now you can't spend several hours at the gym. Right. But let's talk about because you value exercise, let's make a specific plan for how you will be able to exercise in a given week. And so we get.

Granular about it, like, okay. So when Wednesdays, when your kid is napping, can you get on the Peloton app for 20 minutes? You know, [00:27:00] and and as we're making, I talked about making schedules for the night before, like I will tell moms like put these sort of values based, um, plan activities. In your schedule for the next day, so that you're making sure to do them.

Right. And so this is how somebody who really wants to work out, finds that they can make a little time and space for working out. It just requires thinking creatively and planning ahead.

Yael Schonbrun: I'll just sort of, just to sort of emphasize this point, because I think it's such a good one, which is that, you know, clarifying your value. Sometimes the values change and sometimes they don't and sometimes even

realizing that that's a core part of who you are, who you want to represent, but how it manifests might have to change.

In other words, The actions associated with that value might have to be modified and creative ways to fit them in realistically is, is an important piece. So, you know, figuring out like, is that still important, an important part of who I am and then given the constraints of life, or just like a different way that life looks and feels, how do I fit that in?

Um, so that I can [00:28:00] show up as my whole self, even though, you know, my pilot looks very different is a really important part of what you do.

Ilyse Dobrow DiMarco: For sure. And to answer the second part of the question, right. Which she was talking about kind of like how values change. Um, and I write about this in the book, how it's really important to remember that what you value when your kids are small can, can really shift. Um, and I can speak to my own personal experience in this in terms of work values, where, when my kids were very little, um, I did not value my work as much, honestly.

Um, I kind of did the bare minimum, um, and I. With not a particularly ambitious at that time and, you know, succeeding in work. And, um, you know, I wasn't writing at that time. I, you know, I, I, it was just not something I valued. And then of course, as my kids got older and started to be in sort of fuller day school and all that. I started to feel like, wow, you know, I actually want to, re-engage more with my career. Right. And that was a very deliberate choice that I [00:29:00] made. Um, and I think it all just boils down to, and it's funny, it's not even just about values. I think generally speaking. It really helps, like every six months to just sort of take stock of your values and also like kind of just what your day to day is looking like, because there's so many changes that can happen.

Um, just within six months, right. As your kids are getting older. Things change, circumstances change. And so it really is important, I think, just to like every six months. And you know what I've said this to patients before, I'm like, I don't know, maybe you do it like at the new year and then like, mid-year but basically taking stock, you know, twice a year. Um, and more if you can, but if you can't like, that's an easy thing to remember, like twice a year, just kind of take stock and ask her. Okay. Do I feel like I'm living life according to my values right now, do I feel like I'm working on values based goals? Um, and if you feel like you've kind of fallen off of that or your values have changed, it's a really good

time to just re-engage. And, and as I [00:30:00] say in the book, I'm like, you could fill out this values worksheet every six months and have different answers.

And I've had patients do that all the time. Like, so they'll, so we'll do.

values work and we'll go on, you know, with whatever. And then like six months, eight months later, We'll talk about doing values work again, because maybe they've gone back to work in the interim. Maybe their kids have gotten older and have kind of passed to a different developmental stage, like, you know, so I think it's, it's, it's important to not get stuck in a single way of doing things and assume that it's always going to be that way. Right. Because so much change happens to you, to your kids, to the outside environment. Obviously COVID taught us that, um, things can change very dramatically, very quickly. Um, so it's important to always revisit.

Jill Stoddard: We've had a number of guests who want to offer you our listeners discounted access to some of their fantastic programs. So if you want to learn powerful practices for happiness, calm, and wellbeing, we have several offerings from Rick Hanson. If you want app based behavior change, you can [00:31:00] check out Judd brewers apps for anxiety eating well and smoking cessation.

Or you can learn how to be a calmer parent with mindful mama mentor hunter Clark fields. So go to our website off the clock, psych.com and visit our offers page where you will find access to free courses and discount promo codes.

Yael Schonbrun: The thing that I want to talk to in the, the value space is this piece of social comparison. Cause I think that sometimes, how we engage in parenthood. Juxtaposed with how other people in our social circle are doing it. I had this recent experience where I went away with two of my best girlfriends from college who I just adore.

And we've been friends for a lot of years. I won't name the number, but it's a lot. Um, but it was so interesting because you know, these are the kinds of friends that we, you know, we, we talk about silly, superficial things, but we really get into the, the deep nitty gritty. And for all of us, you know, parenting is such an important part of who we are and, and, and.

You know how we want to show up in the world as, [00:32:00] as really committed loving mothers, but it looks really different. And so as we're going through our weekend together, it was just really fascinating that we really value different things. And I think the idea that values can really differ between people and it's not right or wrong.

Different really helps me when, for example, and this was actually something you and I had talked about when you came on in 2019, when I sort of point out like, hi, I'm really not into hosting or attending parties.

Ilyse Dobrow DiMarco: parties. Yeah.

Yael Schonbrun: Yeah. And for them, it really is. It's a way to engage in their social environment to help their kids engage socially and learn those skills.

And for me, you know, it's not that social engagement is unimportant. It's just, that's not the way that I want to do it because. Parties and, and sort of larger social gatherings are not something I value very strongly and it's just different. But I think it's sort of an important point that values can really differ between parents, but there's this social environment of [00:33:00] mothering where judgment is such a part of it.

And I think that can really creep in to. Clarify into the space where we're clarifying our value. So I'm wondering what kind of recommendations you give to mothers in that space to sort of unhook from, you know, allowing the fears of judgment from others to dictate what we value.

Ilyse Dobrow DiMarco: Yeah. I mean, social comparison is such a problem for moms and became I think even worse during the pandemic. Um, because we were all confined to social media, like pretty much exclusively for a while there. And so we're just really comparing ourselves to other moms on social media. Um, so. Yeah, I like that.

You mentioned values here. Cause I think that's a big, important part of dealing with comparison making is asking yourself, who is this person to whom I'm comparing myself and do they share values with me? Um, and I think it's a critical question because if a person doesn't share your values, they're not a relevant point of comparison as far as I'm concerned.

So like for. [00:34:00] Um, you know, I talk about this often because I it's a sort of the classic example of this, but I, um, will frequently have conversations with

patients that go something like, oh my gosh, you know, my neighbor just did like X, Y, and Z for her kids. Um, and that was so amazing. And I'm so jealous and I'm a bad mom and blah, blah, blah, blah.

And my next question will be, oh, can you tell me a little bit about your neighbor? What she likes. Honestly, like nine times out of 10, my patient's like, oh, I can't stand her. She's terrible. You know? And she'll go on this whole thing. I don't like her. I like her kids. I'm like, okay, well, hang on then. You know, if you don't respect her opinions, if you don't share her values, very clear, you guys have very different values around this.

How is she an appropriate target for comparison for you? Right. If you don't value.

her opinions, like, um, you know, it, I use the analogy of like, it's, it's like finding a doctor and looking at that doctor's credentials and thinking that that doctor is a clack, but then [00:35:00] following that doctor's medical advice anyway, like to me, it's akin to that where if someone doesn't share your values and doesn't seem to come from a similar space, you know, then you do, they're not an effective point of comparison.

And what I always urge moms to do is like, try to find. And we might've talked about this too, you know, two years ago when we spoke, but like try to find moms who are fair comparison targets, meaning kind of share your values. Um, you know, people whose advice you really respect, you know, all the better. If there are people who have kids who are slightly older than your kids, because then they've just gone through what you're about to go through.

Right. And they can really give you, you know, all the info that you need. Um, but I really try to encourage moms as an, as an antidote, to. All of the comparing that's happening with celebrity moms or mom flu answers that they're calling them now. Right. And like random friends on Facebook. You haven't seen since eighth grade, like as an antidote to that really consider choosing a couple of moms, uh, to actively compare [00:36:00] yourself with and, and, you know, and, and to solicit advice from.

And I think that's really the way the way to go. And, and again, I devote a whole chapter in the book to comparison making, because it's such a huge issue. And like I said, even more so now,

Yael Schonbrun: Yeah. Yeah, absolutely. And I think too, that, you know, just to sort of make this point, I think that you can, you know, unhook from comparing yourself to my. You know, who you either don't respect or just don't agree with, but also moms that you really adore can have different values than you too. I mean, of my, my two friends and I are an are a good example of that.

Um, you know, in some areas we really allow. Like, um, you know, we all really care about healthy food for our kids, but in some ways we really differ, you know, like thank you cards and hosting birthday parties and it's, it's okay to have different values. I really like to just make the point that, you know, there's no value, generally speaking, that's bad, they're just different.

And we can't all value everything at the same time. That's just not [00:37:00] possible. In any world. You have to pick a few that are really priorities to you. By necessity. Like the rest are going to be lower down the priority list. It just has to be that way.

Ilyse Dobrow DiMarco: For sure. And I think it's a really good way.

Um, just in general, like I, you know, I've, I've talked with moms a lot about conflicts with other moms over issues with kids and stuff like that. And I think, um, having the mindset of. It's not that she's right and I'm wrong or vice versa. It's just that we have different values and we're coming at this with our different value systems in place.

Right. It goes a long way to help moms kind of navigate through conflicts with other moms, just that, you know, that reminder that it's not about right and wrong. And it's, you know, as you're seeing it, it's not about. The most important thing is to prioritize eating versus sleeping versus birthday parties versus whatever.

It's just that different people are prioritizing different things. I mean, like you, I don't prioritize birthday parties. I don't prioritize craftiness. I'm like a disaster when it comes to like Pinterest and all [00:38:00] that stuff, you know, whereas I know, I know I'd like my sister-in-law throws these like elaborate.

Amazing birthday parties that are super crafty. And I'm like, well, this is awesome. But like, this is never going to happen at my house. Um, and neither of us is right or wrong. Right. It's just a question of what we, what we value and what we want to devote our time to

Yael Schonbrun: Yeah, and I bet music is a dominant theme in your house, given your love of musical theater and my children and I, well, maybe they have talent, but it will never be nurtured because I don't have talent in. Yeah.

Ilyse Dobrow DiMarco: absolutely lots of singing in my house. Lots of singing.

Yael Schonbrun: Well, I'd want to come and listen at your house. You wouldn't want.

Ilyse Dobrow DiMarco: It's mostly Hamilton. It's mostly someone in my family singing Hamilton, which I think probably doesn't distinguish me from like every other house in America. But.

Yael Schonbrun: I love it. So I was, I was actually going to move us to talking about anxiety next, but because we're talking about conflict, I actually want to turn the conversation to talking about partner relationships in your tips there, because I think they're so good. So. What are your tips on [00:39:00] conversations? Right?

Keeping in mind that, you know, different people come at conversations and agendas with just really different perspectives, but for a lot of couples with really young kids, you know, we, we get to the point where we're like literally ready to divorce our partner. And just to point out here, Gottman's wreck John Gottman.

Who's prominent marital research recommends, you know, divorce should not be approached from the first year that you have a baby, because you're just so overwhelmed. It's hard to make really good. Well thought out decisions in general. Um, but what are some of your tips for approaching that kind of conflict?

Because if you have a partner and you're raising a family and you're so taxed, um, we do need some good tips in hand of how to navigate that close relationship.

Ilyse Dobrow DiMarco: Yeah. It's the partner stuff is, is tough, right? Because, you know, I, I, I share a vignette in the book where I talk about a baby, as the bombs dropped on our marriage. Right. Particular couple in the vignette, but I think that's true for all of us to some extent. Right. Is it just, it, it [00:40:00] changes the dynamic in a really fundamental way, so I'll share a couple of the

tips and then I have a chapter on it too, like kind of chock full of them. The first thing that I always emphasize is like the need for FaceTime. I don't mean FaceTime on like an iPhone. I mean like actual FaceTime. Right. We're like both members totally of the couple devote some time.

And depending on your circumstances, it could be once a week. It could be twice a week. It could be three times a week, but have protected time where they are planning to sit down and just talk to each other. And this sounds really simple, but it is not because when you have a small child and you are like two ships passing in the night, right.

And communication. Often gets lost. Um, and you don't have the opportunity to sit down and talk things through a consequence of which is that, you know, something happens and no one has time to talk about it. And then it kind of blows up and becomes a much bigger thing than it actually is. And so on and so forth.

I think just getting some FaceTime with your partner when the kid is not around. [00:41:00] Can really, really help things. And the FaceTime, as I say in the book can be lots of different things. Like it can be talking through an issue. It can be like logistics of who is taking the kid where at what time, it can be like a recap of the reality show you binged the other night.

Like it does it, it doesn't have to be a heavy conversation. Sometimes it is, but it doesn't have to be. So to me, that's like the first thing, like you got to build in that FaceTime. Find time for it, protect that time and always use it. Um, John Gottman, actually, you mentioned him talks about having a quote unquote state of the.

Uh, which I've always thought that that name is funny. Right. And that's basically the idea that you're like coming together for the state of the union on a regular basis. Um, so that's one thing. Um, another thing I talk about a lot in, uh, not only a couple of chapter, but also in the chapter about friends and about extended family is, uh, using a strategy from dialectical behavior therapy or DBT, which is an offshoot of CBT called dear man.

Um, and do, man is basically an [00:42:00] assertiveness. Strategy and a way to ask for what you need, um, in a really productive way. And I love it. I talk about it so much in the book. Um, and I, I won't go through, it's an acronym. I won't go through the whole acronym, but I'll call out a couple of parts of it that I think are really. One part of it. Well, I should say a precondition of dear man is that if

you are really, really agitated or really upset or feeling really emotional or what we say in DBT and in emotion mind, that is not the time to go. Dear man, your partner, that is the time to say to your partner, Hey, I need to cool down.

Let's meet about this later. Let's talk about this tonight. Let's talk about this at our FaceTime, whatever it is. Right. So first of all, do not dear man, when you are really worked up or in emotion mind, as they say in DBT. So that's, you gotta throw that out there. Um, and you know, partly what can be helpful with dear man is actually planning ahead of time, how you want to make your dear man [00:43:00] appeal, right?

So you need to give yourself some time and space. Um, but what I'll call that a specific things in dear man that I think are really useful. The first thing is, uh, the Ian dear man, um, which is basically to, um, express how you are feeling about the situation. Um, and what I'll talk about when I'm talking about that and talking about validation, um, and the idea of, of really just trying to articulate where you are coming from from your own specific.

And of things. So one of the things that is often a problem when couples fight, right, is finger pointing. You're doing this, you're doing that. You, you, you, you, you, right. And all that does is inspire defensiveness. And the other person I didn't do that. You did this right. And then people get stuck. Instead, if you really put things in terms of yourself and the way you are feeling.

The person can't argue with that. Right. So if you say, you know, I, um, I think that one of the [00:44:00] examples I use in the book is like a mother-in-law example, right? Like, I feel really frustrated when your mom shows up at the house unannounced and I have to kind of make dinner for her and like set there, you know, sort of set the red carpet out for her, you know, as opposed to being like, why do you always let your mom come whenever. Or another example. I think I, that I use in the book too, is like, oh my God, how could you let our daughter go on that age? Inappropriate slide? What do you want to do? As opposed to, you know, I get really nervous when she's going on playground equipment. That's meant for older kids because she's, you know, she's so rambunctious and I'm afraid she's going to hurt herself.

Right. So putting it in terms of you and your feelings, as opposed to the other person and what they're doing wrong can get you very, very far. Um, and then another piece in dear man, that's important is, is, is asking directly for what you need. This is also like a theme of the entire book. [00:45:00] Not, wishy-washy

not, I need some more help asking directly and assertively for what it is you need from the other person.

Um, and then the, our pardon, dear man, reinforced telling the other person how given you, what you need is going to benefit them. It's always a really good strategy, right? So like, you know, for the mother-in-law thing, it could be like, you know, if we, if we make set times for your mom to come and visit, I will feel so much.

Stressed, um, you know, wondering whether or not having to wonder whether she's going to show up or not. And frankly, that's going to put me in a much better mood and I think I'll be much more pleasant to live with. Right? Like, that's, that is that's reinforcing. Right? So if you give me what I want, like, here's the benefit for you.

I'm not going to go around, you know, screaming and throwing things every time your mom leaves. Um, so I'll, I'll call up just those pieces of dear man. It's again, it's, it's a longer acronym that I'm sharing, but I think those are some of the. That are really important to keep in mind with, uh, with arguing with your partner.

Yael Schonbrun: Yeah, I think that's so effective. So, [00:46:00] so here's one thing that comes up a lot in couples therapy. Well, first of all, just a quick pause that, um, Debbie and I actually did an entire episode devoted to really navigating relationships when you have young kids. And we'll put a link to that in the show notes, because this is such an important, um, domain, and it is so full of complexity and your chapter.

So I'd like you have dear man, but you have a whole host of other really awesome strategies. But one question that I wanted to put to you is, you know, how do you respond when somebody, when a client of yours says, but what about when your partner really is a jerk or putting your kids in danger? And I think that site, example's a really good one because I think the impulse is no, but I don't need.

Couch it carefully and, you know, make sure that I'm not hurting my partner's feelings or not putting them on the defense when there's something really on the line, then I just need to sort of get in there as quickly as possible and put a stop to it. And so I have my own response in session, but I'm curious what your response is because [00:47:00] that comes up a lot from.

Ilyse Dobrow DiMarco: Yeah. I mean, my response is if it's, if it's a question of danger and imminent danger or threat to kid, oh, address it now, like, there is no question about, about that, right? Absolutely. You never, you know, if you feel like your partner is doing something like in the slide example where you to see this happening and we're at like a really dangerous perilous slide.

Oh yeah. Right over rescue your kid. Put an end to that, for sure. Um, so I think, you know, I think summit, this is going to sound funny. Um, but I think you, you want to, you don't want to be screaming at your partner for everything all the time, because then your message gets lost. If on the other hand, you reserve the screaming for those times where. It is bad things are going on and you really need to address them quickly. Your partner will be far more likely to hear you than if you're screaming about all stuff in that way. And what I'll tell you. Yeah. I'll I don't know if you have this [00:48:00] experience, but I've had the experience with a lot of moms I've worked with where like every issue with their partner becomes a screaming.

Every issue, you know, why didn't you pack so-and-so in their lunch? Why didn't, you know? And when that happens, the partner hears nothing of the content that you're saying. And only here is, oh no, here she goes again, you know? And, and you don't want that. Right? You don't want your partner to tune you out.

And so to me, I think it becomes, yeah, sometimes you see, we all. Sometimes you scream. And sometimes there are situations in which again, if, if it's a dangerous situation or if your partner is being a real jerk, like you want to let them know in the moment that that's happening. Right. Um, but again, you don't want to water down your message by always reacting in that way.

Um, so hopefully that answers your question. That's my take.

Yael Schonbrun: Yeah, I think that's a hundred percent. Right. And, um, I think it kind of goes alongside [00:49:00] a parenting tip. Right. Which is that you don't want to be constantly nagging at your kids cause then they tune you out. Right. It's much more effective to give feedback if you pick your battles. Um, and I think it really is a question of effectiveness, right?

If something is really important and you need to say something. What's going to be the most effective strategy. Is it kind of jumping in or is it, you know, biding your time and picking your language and the moment where your partner is more open to hearing. And of course, you know, the situation matters too, as

you're saying, like, if there's something really imminently dangerous, that's happening, you need to take action.

But if it's something that's really bothersome and that you could see over time, this could be a problem, then you might have. Take a pause. Think about that dear man strategy and approach it with the highest effectiveness that you can and not too often, so that the message gets across.

Ilyse Dobrow DiMarco: Yeah.

Yael Schonbrun: Um, this kind of gets to the other conversation about anxiety, which is kind of big stuff versus small stuff [00:50:00] worries, and how to distinguish between the two of them.

So you make this distinction in your book, and I wonder if you can talk about like, what is small stuff versus big stuff, and then how can people tell the difference? You know, whether it's like something that their partner is doing or something, you know, unreal.

Ilyse Dobrow DiMarco: Yeah. Yeah. So, um, I came up with that because I, you know, there are so many strategies that we have in CBT for managing anxiety. Um, and some of them work better in certain circumstances versus others. And one of the things that I started to see in my clinical work is that like, there were very different kinds of, there were different kinds of worries that, that my patients were experiencing.

So the big stuff is like, National international threats and worries. Right? So we're talking about COVID, although Coleman is a funny mix of a big stuff and a small stuff. Worry, which I can talk about in a minute if you'd like. Um, but we're talking about things like, you know, pandemics and cataclysmic, weather events and, uh, school violence, uh, political upheaval, you know, these things are big stuff.

Small step [00:51:00] words are not small insignificance, meaning they're, they're absolutely, you know, it can be as difficult to manage as the big stuff, but their worries that, uh, revolve around our day to day, like. Will my kid ever sleep through the night, uh, will my kid ever eat the solid food? What if my kid doesn't get into the daycare?

I want that kind of said, you know, what, if this mom at drop-off doesn't like me, uh, that kind of stuff. Like those are small steps towards, and again, not

small insignificance, just small, and that they relate more to like our personal world. Um, so there's a distinction there, and then there's also a distinction of whether or not these worries have.

To support them, which you alluded to earlier. Right. Um, and it tends to be that the big stuff worries have ample evidence to support them. Right. Like when COVID hit. Yeah. It made sense to worry about our health, right? To me, it makes a lot of sense to worry about climate change. It makes a lot of sense to worry about violence and gun violence.

Right? These are our worries that we have evidence [00:52:00] for. And there was some, you know, quote unquote small step where he's too, that we have evidence for. So say there's someone in your family who is significantly. Right. Um, and it makes absolute sense that you are worried about this. There is evidence that they are significantly ill, right?

So it's only small stuff and that it applies just to your world. Um, but there is evidence for that right now. There are other small stuff worries. And even some big stuff worries too, depending on how you look at them. COVID was an interesting mix of these two things, um, where there's not evidence to support them.

We're, we're where we're talking about what we would have called in CBT years ago, irrational fears. Um, and these are worries, uh, that where there's not much evidence to support them. Um, so for example, it might be. I don't know, I'm a mom, doesn't say hi to you at drop-off. And you're convinced that the mom hates you without any evidence to suggest that's true.

Right. And of course, many possible alternative explanations. Like [00:53:00] she was distracted. She was on her phone when she's having a bad day, you know, whatever it is. Um, and there's a lot of worries that people have too, that just don't have evidence to support them. And so depending on the. Worry, you want to sort of tailor your anxiety management strategies.

So for worries, that don't have much evidence to support them. You want to use what we call cognitive restructuring, which is basically taking a look at our worry and stepping back and asking ourselves, what is the evidence to suggest that what I'm worried about is going to come to pass and what is the evidence that it's not, um, and it kind of related tactic, which is to ask yourself, all right, what's the worst case scenario and what would I do to manage it?

I love that question. Small stuff worries. Um, not all of them, but the ones that relate to, you know, kids, um, issues with school and issues with friends and all that kind of stuff to really ask yourself, all right, what is the worst thing that could happen here? And what would I do to manage it? Like, okay, so my kid doesn't get put in the daycare we want for them.

Like, what is this going to mean for the rest of their lives? You know? Um, [00:54:00] so just being able to, to ask yourself that can. So anyway, so that's the cognitive stuff. Um, and then also for some of the worries that don't have a tremendous amount of evidence, we use a lot of behavioral strategies. Um, and I talk a lot about exposure therapy in the book, which basically boils down to when you are avoiding something and anxious about something, um, that is, is not clearly a threat working to expose yourself to that.

Right now, the funny thing about COVID, um, and yeah, Elle and I were talking before we started recording about this is that I have a whole chapter on managing fears about illness and injury and threats and pre COVID. I talked about exposure and I said, um, I talked about an exposure that I'd done often with moms who were afraid of germs and their kids getting sick, which was like go to the pediatrician's room and touch everything in the waiting room and touch all the pens and all the toys COVID hit. can't do that anymore. , so I was very fortunate that I could revise. I was able to revise that part of the book, uh, in the [00:55:00] wake of COVID where like it turned out that actually doing some of those exposures now might be dangerous. and so I had to modify my, my thoughts on that a little bit. Um, but basically with exposures, right.

It. Putting yourself in situations, um, to show yourself that you can manage the anxiety around those situations, right? Whether they be, um, a situation in which like illest transmission is not very likely, you know, getting yourself back out, socializing in a safe way again with COVID. I mean, there's a million things you can do exposure for.

and then. The bigger stuff. Worries. I think mindfulness and acceptance strategies are really what you need to lean on. Right? Which is just being compassionate towards yourself for what you're feeling, recognizing that the anxiety makes sense and is reasonable. Um, And then trying to think through, okay, well, in some small way, is there something I can do to help myself with this?

That's not going to solve this anxiety. That's not going to solve this problem, but can maybe at least make me feel empowered and activated, which can just

really help with anxiety in [00:56:00] general. So that's a lot of what I talk to patients about in the beginning with COVID right. Because goodness, I mean, there was a lot we could not do and a lot of anxiety.

Which was totally reasonable and a lot of stuff to accept, but then in some small ways, like I can actually speak to a personal. We're like down the street from my house is a church where they started collecting food. Um, and it was like, uh, like any time you can drop off, there's like a little shed in the parking lot and you could drop off food at any time, day or night for families in town, in need during the pandemic and my sons.

And I just started walking food over there, like once or twice a week. It's not, you know, like a couple of cans of things or whatever. That made a huge difference. Like it was a small thing. And did it cure COVID? No. Did it alleviate my anxiety about my family getting COVID? No, but it helped me feel like I was doing something and it helped me feel activated and that helped.

Um, so again, with the big stuff, I think it's, it's being, you know, compassionate towards yourself and mindful of what you're feeling and at the same time, trying to figure out like, is there [00:57:00] any way, and even in a small way that I can make some change that will help me sit with this.

Yael Schonbrun: Yeah. Yeah. I love that balance of acceptance. And then finding. Kind of action that's value aligned that you can engage in to sort of help, uh, tolerate and that both helped tolerate anxiety. And I also think that the point that you can still approach things in do sort of some modified version of exposure.

Not allow your life to exclusively restrict when there's something like a pandemic going on is a really good point. And I love sort of the, the psychological flexibility that you showed in your book of really, you know, sort of modifying some of those strategies and suggestions in the wake of this pandemic.

And I think that shows that, you know, CBT and the related treatment approaches are really, they can be tailored to the circumstance and they're still really useful, really productively.

Ilyse Dobrow DiMarco: Yeah, and I think that's true in general, like with the book, [00:58:00] I mean, CBT was not designed to help moms, you know, it was designed for specific diagnoses and I just found in my practice and starting

to work with a lot of, a lot of moms that it could be adapted really nicely, um, to help moms with, you know, all of the stuff that they were struggling.

Yael Schonbrun: Yeah. And I, at least I think we could probably chat for hours, but months probably wouldn't have time for that, but it looks really easy to check out the book and I will say, and you, you say this in the introduction, like it's written in a way that you can sort of dip in and out in a short span of time, because if you have young kids, you're not going to have a whole lot of reading time, but there's, um, strategies in there to deal with perfectionism taking care of yourself.

Even while you have young kids. Coping with social media fitting in friendship. How to break up with friends who are no longer serving you, which I thought was awesome. Um, reviving and maybe even being creative about having fun on vacations and holidays when you have young kids and so much more. So I just want to make a huge pitch for the book.

At least his writing [00:59:00] is personal. So, so relatable dripping with empathy and is also so damn funny and science-based, which is my favorite combination of attributes. So I definitely recommend getting it for yourself and for your mom friends, because it's a book that really is a powerful. Set of tools to have when you are a mom with young kids. And we'll, I'm in the show notes link to your blog, Dr. CBT mom.com, which you can link out to Lisa's other writing. Um, and then you, you can find her book through our website or through hers. So thank you so much again.

Ilyse Dobrow DiMarco: Thank you so much at L it's such a pleasure cause you are my friend. Um, in addition to a colleague that I really respect. So it's always wonderful to talk to you.

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