

POTC Off the Clock Team

Katy Rothfelder: [00:00:00] I got to see the, like, behind the scenes of you, that like you are these things and you are also these things and you also have struggles. And it has allowed me to have a lot more compassion for myself.

Michael Herold: like if you guys weren't doing your psychology thing, you could like make millions on the internet market. I'm just saying that, um, Yeah, no,

in psychology. She's making millions anyway, right? No.

Yael Schonbrun: You are listening to psycho. Psychologist off the clock 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 [00:01:00] relationships, work and health.

Debbie Sorensen: I'm Dr. Debbie Sorensn 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 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!

Many of us are feeling exhausted, anxious, stressed, or burned out yet. Feel like we still need to work harder and achieve more. I have gathered a number of

leading experts in the field of compassion, habit, change, parenting mindfulness, and social change that have strategies to help an October 15th and 16th.

I am co-hosting the, from striving to thriving online summit with mindful communications and mindful that org I'll be interviewing eight thought leaders, including [00:02:00] Jed brewer on the neuroscience of craving Kristin Neff on self-care and Rick Hanson.

Unhealthy striving. This summit is a powerful and personal one and there's no cost to attend. I really hope you can join me. My co-sponsor mindful communications is also hosting a free three-day virtual summit titled healing healthcare, a global mindfulness summit on February 8th through 10th, 2022 that you won't want to miss.

It's bringing together leading experts, healthcare executives, and thousands of frontline healthcare professionals to explore both individual and system level approaches to support wellbeing. You can learn more by checking out the link in our show notes, or by registering from striving to thriving.com.

That's from striving to thriving.com.

Michael Herold: Hello, and welcome to the psychologist off the clock. Really off the clock today. I'm Michael. I'm usually the strategic consultant for those fantastic ladies here. And today we have a very special episode, a very special location, a lot [00:03:00] of special locations. We're celebrating 1.5 million downloads. We're celebrating the birthday off your L and Debbie who are both turning. They told me 29 today, which is, which is fricking amazing 29

Yael Schonbrun: ish

Diana Hill: and

Debbie Sorensen: plus plus plus,

Michael Herold: and we decided we would do. Do a chat with the entire team. So I have with me, Diana, how Debbie chill and fortunately come join us today.

Um, in her stat, we also brought in Katie rod Felder, our dissemination. Coordinator did I, did I get that right? Dissemination coordinator and shout out to Melissa, can't be here today either. Unfortunately, everyone has a really busy

schedule and this team, so we're super happy that the five of us got, got together here on, on this lovely evening.

On my [00:04:00] end here. Uh, we're actually, you know, seven people in the team, five time zones so we're all the way from morning to evening here in Europe. And now I've done enough talking and I'm opening the floor to all of you guys.

How are you doing?

Diana Hill: That's great to be here, Michael. Yeah, five different times zones amongst all of us. And so it's, it's great to just see all of you and celebrate.

Yael Schonbrun: Yeah, and it's fun to just have an opportunity to casually chat. You know, we often do episodes that are with guests and that are more at, you know, pointed in the conversation.

But whenever we get together as a team, there's always a lot of fascinating conversation. This is a team of brilliant people who love books, who love good ideas, who are hilarious. So we thought we would just kind of share the inside scoop on what goes on behind the scenes of PMTC.

Michael Herold: Okay. So this is something that I've always thought, uh, ever since I joined the team and I don't even know when that was months, years, the pandemic makes everything blurred together. Every time we're [00:05:00] having a meeting, I'm thinking to myself, like people should be able to listen to that.

Like, this is so inspiring and so informational and I'm always learning so much. Always feed off the, the amazing energy that is happening in those meetings. So let's see if we can recreate this, this match again and share it with a world out there.

Diana Hill: Actually, I want to start with a question for Katie and Michael, because both of you joined psychologists off the clock. With knowing sort of about the podcast, but not necessarily knowing behind the scenes, what goes on between the four of us. And I'm curious, how has your perspective changed? Based on what you know now versus what you were expecting this team to be like?

Debbie Sorensen: I can

Katy Rothfelder: go first I'm because I think actually having that perspective that inside perspective has really helped change. And kind of orient me, um, in my life, um, just overall, [00:06:00] because I think I started listening to the podcast. Um, when I was at a baby and my graduate program, like my first semester and was just trying to soak up all of this knowledge and got into podcasts on my morning runs.

And it was my favorite podcast of the week. Um, cause I would hear all these names that I knew and was excited like, oh, um, you know, Steve Hayes is on the podcast. Wow. And then sharing it with someone and um, I think it was, well now it's. About a year, maybe a little over a year since I started working on the podcast.

And there was a, a note on, um, the association for contextual behavior science, an email that came out from Jill or the team or something that said that you guys were looking for interns and. How did a total imposter moment, but it was like, you know what? I love this [00:07:00] podcast. I want to get involved with people.

I'm just going to do it. I'm just going to email her. She probably won't even respond, like trying to kind of like set the bar low for myself so that I didn't get too disappointed. And then Jill responded. And I think one thing I've learned is I had for a long time kind of. People way above me, kind of on these pedestals.

And I had done that with, with you all too, of like, oh, Jill, Debbie, Diana, Yale, like y'all are

Yael Schonbrun: all these incredible women who

Katy Rothfelder: are just flawless and do all these amazing things and I can only aspire and, um, we'll never get. You know, all these kinds of negative self-talk messages and then Jill responded.

And then I had an interview with Joel and I think I was like sweating profusely and was so nervous. And, um, and then, you know, [00:08:00] got to start interning. And I will say throughout the time, I want to, I'm noticing, I want to phrase this well, um, I got to know each of you more, but I got to know your humanness.

I got to see the, like, behind the scenes of you, that like you are these things and you are also these things and you also have struggles. So it's, it's like you have written books and you do the podcast and you're a mom. And you struggle with anxiety and you struggle with imposter syndrome. And it has allowed me to have a lot more compassion for myself.

And I noticed that I approach people differently now that even if I really admire them, I also am like, oh, whole human being here in [00:09:00] front of me. Um, so I guess that, that was a long-winded way to say that's. Perspective has changed. I think it's changed how I look at people now.

Yael Schonbrun: So touching, thank you, Katie.

And

Debbie Sorensen: we just loved you from the moment we met you in that very first few interactions. And I think I'm just like shocked at you ever had the perception that we were so flawed having been

Yael Schonbrun: behind the scenes all along. It's like, I'm glad that was shattered for you because that is clearly, very much not

Debbie Sorensen: the case.

Thank you for sharing that.

Katy Rothfelder: And it really is like the more I get to know you at the more I like, I love you even more than, you know, even three years ago when I was starting my graduate program, I admired you more because I know the struggles that you go through. I know the other pieces. And so that makes you even [00:10:00] more like, Human, but more of something to admire and want to be a part of.

So

Debbie Sorensen: yeah.

Michael Herold: I remember I had to smile so much as Katie was speaking, because I remember as I jumped on the team, one of the very first things, um, before I met anyone in the anyone else in the team, I remember one of the things that I said to you guys is I'm not so sure about interns because I've never made

it. At any show I was working on the interns were usually so unexperienced that they, it was very like rough working with them.

And you guys were like, oh, Michael, wait until you meet our interns at this big smile. It's like, wait until you meet them. And like, that was like, that was, I think the biggest surprise. How, how, how shocked. Katie and like, they they're running, like there they're such rock stars doing, doing their thing. It's like, it's, it's incredible.

Um, like [00:11:00] if you guys weren't doing your psychology thing, you could like make millions on the internet market. I'm just saying that, um, Yeah, no,

in psychology. She's making millions anyway, right? No.

Debbie Sorensen: Yeah. Right. We wish.

Michael Herold: So the big, the big surprise for me, it was actually, so apart from the, you know, getting my expectations about how awesome interns can be. The biggest surprise for me was that as I got into the self development world and started working as a coach and working with podcasts, being on podcasts, being on shows, doing workshops, all of that stuff.

I, the big realization that I had, that whenever I was looking up to a brand or a guru or a mentor, the moment you look behind the scenes, you realize, oh, they're just, you know, Boiling, uh, they, they just, you know, they're just like anyone else it's [00:12:00] complete chaos behind the curtain. And it wish I had a story to tell like with you guys as well, but that was not the case.

Like the moment, like what I heard on the podcast and what I'm seeing behind the curtain. Leave out the editing and it's, it's the same thing. And I mean this in the best way, like the organization, the support, the, the sticking together and the mutual support, even when things don't go so well, um, that really blew me away because usually behind the curve, you know, things are a little bit different and everything is shiny on, on stage and the product that comes out and then behind there's, you know, a lot of back and forth.

And he was just like, no, this is, you know, it's, it's the same show. It's just one, one week we record and we publish and the other, we don't, but the two sides are effectively the same. If that makes, if that makes any sense.

Diana Hill: I love how you talk about behind the curtain, Michael, [00:13:00] because I think that as podcasters, we get to see behind the curtain of some of our.

Guests that come on as well. I feel like I've had the experience that you talk about Katie with the people that I've put on a pedestal. And then I bring them on as a guest on the podcast. And sometimes it's just recognizing they're human. Like you talked about like, wow, they are really struggling with their own anxiety or their insecurity so that's been kind of an interesting process is, is being able to meet these people that I've really admired, that I'm reading their books and, and then be able to see behind the curtain.

I, Michael, it's sweet that you say it matches. And certainly you matched by him behind the curtain too, in terms of what you put out there and then what you bring to our team. But both of you and Melissa as well bring to our team is, , just a lot of positive encouragement, , insight and gets us out of our.

For some dynamic, a little bit to bring a different perspective in. So appreciate that.

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education for clinical professionals.

Jill Stoddard: practice has both on demand courses as well as live online courses. They have beginner offerings, like ACT 1 with Matt Boone or more advanced offers. Things like act immersion with Steve Hayes. Some of their live online courses include classes in dialectical behavior therapy, superhero therapy. And act with parents.

Diana Hill: You can get a coupon code for Praxis, continuing education on our website, off the clock, psych.com for some of their live offerings. And we can really attest to the quality of practice we've both participated in, in ourselves

and have seen its benefits in our clinical

Jill Stoddard: so visit our offersPage@offtheclocksite.com. Hey everybody. It's Jill. If you are a clinician and have been wanting to learn more about act, I have

an upcoming full day CE workshop through [00:15:00] PESI called breakthrough act techniques and experiential exercises, a clinical roadmap to help clients overcome psychological distress. You can either join me live on Friday, October 8th, from eight to four.

Pacific time, or you can watch on demand any time to register, just visit my website, jillstoddard.com and click on learn from Jill conferences and workshops. I hope to see you there

Michael Herold: So without any, without mentioning any names or giving any hints, like what were the weirdest reactions that you had, like talking to a guest and funny, weird. I don't know, whatever, wherever you want to go.

Don't don't mention any details, but give us some of the, give us some of the inside.

Yael Schonbrun: I feel like most of my guests have, like, what is very cool about this? The role of being a podcaster is the opportunity to get to know people on a human level who seem like they're so untouchable.

Um, [00:16:00] and. I'm often surprised at how incredible people are, you know, as humans, even though they're so brilliant and have had such an impact on the field, I've definitely had a few experiences where guests have said very surprising things like either dismissing, you know, the field of clinical psychology or science, that's happened a few times, but I would say like the gross majority of interactions that I've had with guests have just been so affirming of, of like people who are brilliant, who are trying to do good work, who are trying to make a positive difference and are really, um, Good hearted, like at their core.

It's it's really, it's so cool. And I'll just say too, that, you know, so much of the work of being a clinical psychologist can feel so isolating. So there's some, and on the one hand, podcasting can feel kind of isolated because you're, you know, sitting with your computer, um, you know, with a microphone, but you're often like doing the editing on your own, the reading on your own, but there's no.

Place in my [00:17:00] professional world that I feel as connected and in part it's because of the gas, but even more so it's with this team. And so I will say like the, just the humanity that comes with doing this kind of work is just so it's just such, such a gift. So I have a

name

Diana Hill: I feel like for me, the oddest interview was not honest, but most unusual was when I spoke with Stephen Porges and it was right when the pandemic hit and we were just shutting down and here's the guy that's responsible for the polyvagal theory and this process around how our nervous system works.

And our parasympathetic nervous system works and we were on the edge of shutdown. And the first thing he said to me was. Okay. Well, we got it really end on time because I need to get to Costco. I need to load up, we need some supplies, so we'll make sure we end on time. And I was like, okay. Yeah. You know, even Stephen Porges needs to go to Costco to load up for the pandemic.

And so that was a really kind of humanizing and a great way to start the interview for me, [00:18:00]

Debbie Sorensen: I think for me, Something that has been very interesting and really just fascinating. And I think sort of a gift is when someone reveals something very personal in the course of an interview, and I've had this experience multiple times where someone starts the interview, sometimes you feel like they've done a million and they're in the middle of their own busy day and they carved out an hour and, and in the beginning, there's almost like.

Kind of overly like, okay, let's get this done kind of vibe, but then they sort of get warmed up and they start talking. And I mean, I've had a few people, I won't mention names, but you can hunt for these. If you listen to the podcast, I've had a few people that will start telling a story and then they'll say, I've never talked about this publicly, and I've never shared this before, and there's almost a sense that we just kind of connect and we start flowing.

And then those to me are the most profound moments when they reveal this personal experience they've [00:19:00] had or a personal detail about their lives, because it really

Yael Schonbrun: makes these concepts less

Debbie Sorensen: abstract and much more. Personal.

Michael Herold: That's so interesting. Um, I'm now I'm, I'm very curious to hear what makes a good interview guest like for some maybe, maybe we have,

you know, some someone listening who aspires to do the podcast round and do interviews and get their message out there.

Um, and I can't imagine that. You go on podcasts as a guest, you always get maybe the same questions, kind of get bored of kind of giving the same routine answers about the work and the research and, and all of that stuff. Um, what would you say sets a good, a good guest apart from the other.

Yael Schonbrun: I think Debbie for me kind of hit the nail on the head.

It's it's when I, I mean, in part it's when people are able or willing and able to kind of show up in a really authentic, [00:20:00] present, oriented way and share a piece of themselves. The other part that I like that I think comes out of that. The really authentic interaction. And, you know, sometimes it shows up as like the guests will ask us something and then it really becomes a very genuine, like both of us showing up and sharing something in a very mutual way.

And I think those are really powerful. Like I remember I got to interview Angela Duckworth for our 200th episode and it was. She's like way up there for me in terms of how much I admire her. And I just think she's kind of untouchable, but then she started asking me questions and I was like, whoa, Angela Duckworth is curious about me.

And I really, you know that to connect with her on this. Uh, on sort of the same level. And that was it. I think just a lot of fun for me. And I think that to show just how, how incredible she is and that she doesn't see herself as so much higher than anybody else.

Debbie Sorensen: Things that really sticks in my mind from that interview yet.

Ella's that she reads like gossip magazine, [00:21:00] a little D

Yael Schonbrun: I'm like really? She does, I felt like she had constant

Debbie Sorensen: winter,

Yael Schonbrun: but I

Debbie Sorensen: also think, um, You know, when people have something intellectually interesting to share, but then it's that

Yael Schonbrun: balance with the personal

Debbie Sorensen: tone and on a very practical level. I also think.

When people give very brief answers and then stop talking, it's a little jarring, but also if you ask a question and they go on for 45 minutes, it's just, you know, it's less

Yael Schonbrun: conversational. And I think that. This is something I think

Debbie Sorensen: about when I'm being on the other side, when I'm being interviewed, it's like striking the right balance there.

It's like making it conversational and not giving like one sentence answers, but also not going on and on and

Yael Schonbrun: on and on and on and on. Um, so that that's kind of, there's like a

Debbie Sorensen: sweet spot there. That's, that's perfect

Yael Schonbrun: to hit, you know?

Diana Hill: Yeah. I feel like there's something about when you can actually feel like.[00:22:00]

In a relationship with the person you're having a conversation with. So there's a back and forth. They're acknowledging that we are humans over here on the other side of the screen. And we're psychologists also that have a few ideas. Or things to add to the conversation.

So that back and forth you were talking about AI and then I also have really taken away Michael's coaching, , around. What is it that our listeners are going to learn from this episode? What are the takeaways? How is this going to help people? What are some things they can apply in their lives after listening to this, that's going to enhance their lives.

And so folks that have that skill set of being able to say, okay, here's some things you can do. I think is also really makes a good podcast.

Yael Schonbrun: Katie and Michael, can I turn that question back on you, I'm curious from, cause you guys re listened to all of our episodes and you know, do the social media and help us edit them and sort of perfect them as much as they can be perfected.

Um, so what for you makes that an episode really stand out as like, you know, this is a special episode or this [00:23:00] is an episode that I think will really make a difference or touch people.

Katy Rothfelder: I think for me, it's also. The humanness piece and when the guest really provides examples or metaphors or things that just seem to, to fit.

Um, so maybe even a concept that I have been struggling with, or I'm not really grasping. And then the guest says. And it's like a, oh, kind of a feeling. I also think I was thinking about how, you know, there are some guests that I listened to and I really value what they're saying, and I want to know more, but in the moment I'm like, I just don't, I don't want to have the Headspace, but it's the fact that we have so many different types of guests on that.

I know when I'm ready, I can go back in. [00:24:00] And hear what they have to say, or I'll be working with a client and they're struggling with something, then I'm like, oh wait, we had Julie lift got Haynes on that episode. And now I'm going to go back and listen to that episode or pick up her book, your turn, or recommend that to a client.

And I think it's, it's fun when you have episodes that you want to share, share with other people.

Michael Herold: Yeah. I, I agree with all of that for me, the perfect episode results in three things, eight throughout the episode. Um, I don't want to take the headphones out and I'm laughing a lot. I just want to listen to it because it's so easy and so entertaining to listen to them more importantly.

However, what they Anna said is that when I'm done with the, with the episode, My behavior is already changing. And I had this happen recently with, uh, the author of how to change [00:25:00] where during the interview I had like light bulbs go off and I'm like, that's what I've been doing wrong for for decades. Like, this is how this is, this is how I do it.

And, and suddenly, you know, the next day, so many things were a lot better because of all the stuff that I learned in that 60 minutes of interview. And an

already my life changed to a certain degree. And the third seal of quality is when, during the interview, I already jumped on Amazon and I'm like not buying the book because my wishlist is like long enough to last me through three more pandemics that that's not happening, but I put it like, this goes on my wishlist like this.

I can't forget about this book. Like one day I need to make, make time for it. That's that's what makes great introduce.

Yael Schonbrun: I love all of those. Wait, so can I ask a follow-up question? This is a question that I, that I, this is a question that I love to ask in general, but I think that all of us really get into books and, and, you know, get [00:26:00] our curiosity gets sparked.

So what are you guys all reading right now? And I'm curious if there are books that are related to psychology or not, because obviously psychology is of interest to all of us, but it's not the only thing in our lives. I feel like I should just point toward this enormous stack of books, in

Debbie Sorensen: fact. Okay. I will tell you a personal story about myself, which is that every time I go on a vacation or a trip, even if it's like two days, I like bring a separate bag filled with books because I, I get library books and I have books that I own, and I like to read on paper more, but I.

Right now I have a heavy fiction book going into light fiction book, and I have a book for the podcast and I have like three or four other psychology books. I've been meaning to read and just a little of this and a little of that. So my personal, I just wish I had more time, um, to read them all. But I think to me, I'm just reading all over the place and like little bit here and there.

And then. Go [00:27:00] on vacation. I don't know what kind of mood I'm going to be in. You know, I might not be in a non-fiction kind of boot or like a page Turner who knows. I just can't, I can't make up my mind.

Yael Schonbrun: So what's the fiction book you're reading. So I'm reading this book.

Debbie Sorensen: It's called it's called what's it called the mirror and the light or something it's here.

Hilary meant. Book, it's a third her series on, um, Cromwell, which was, you know,

Yael Schonbrun: out of all the first one. And I couldn't, I couldn't, it was so recommended highly, and I just couldn't. But maybe that's when that is for better in paper,

Debbie Sorensen: it's not a breezy book. It's like, I don't have a slog, but it's very good.

So, but it's taken me a long time to read because it's slow going.

Katy Rothfelder: I am similar to Debbie and that I think I have five or six for books going. Some of them are based on what y'all recommended. So I've got a couple of [00:28:00] fiction books and then I've got multiple books on audible, and then I've got my clinical training books, which one of them is Debbie.

What you just recommended to me, the written exposure for PTs. I

Yael Schonbrun: can't remember the author of it though.

Debbie Sorensen: Marks and Sloan, I think. Yeah. That's the trauma treatment world.

Katy Rothfelder: I'm reading that one. And then Diana, actually you did some social media posts about, um, is it the Fox.

More?

Diana Hill: Yes, the mouse, the mole, the Fox.

And they're another one yellow

Yael Schonbrun: beautiful book. Yeah.

Katy Rothfelder: So I have that on my nightstand. I have a Reese Witherspoon fiction book that I work on in the evening some times, um, or not, not by Reese Witherspoon. It's hurt her sunshine book [00:29:00] club. I seem to have pretty good luck with. Um, and then I'm, let's see on audible listening again to Jill's

book the be mighty that's probably my third time around, cause I just need to hear the concepts over and over and over.

Uh, and then the paper palace, have you all heard of that book? It's a New York times fiction. Kind of thing. So

Yael Schonbrun: lots of books,

Michael Herold: um, I'm absolutely the same. I have so many books open. Um, I'm 95% on audible, um, because I'm a very slow reader and I don't like the fact that I need to make time to read on my Kindle.

Um, I like the fact that I can cook and I can work out and I can brush my teeth and I can still go through books. So, um, I'm reading act on your. My Leisha McDonogh. Whew. Um, that's my only like Kindle book. I can only commit to one Kindle book [00:30:00] at a time because it takes me so long. Um, what I learned from how to behave is that my, my Stephen King.

Um, audio books only go when I work out. So if I want some to listen some more to his books, I need to work out, uh, which has helped a lot temptation bundling for the, when, um, when I go to sleep, I always listen to a Terry Pratchett. Discworld novel. I just started beginning and I go through all of them and I start at the beginning again, and then there's some political stuff.

Thrown in and in terms of self development, psychology, I just finished unwinding anxiety from Judson brewer finally, which was such a, such a great book. And before that meant search for meaning, which I read at least once a year.

Diana Hill: So, I don't know if listeners are feeling a little intimidated by the number of books that you all are reading. [00:31:00] Like all of a sudden I have this like, oh, I need to catch up and start reading. , I get overwhelmed by reading too much at a time. And. , I had that experience on the podcast where it's like, I feel like I should be reading all these books.

And I've had recently had that experience with preparing for the summit that I'm doing that from, from striving to thriving summit, where I had to literally read like eight books within a very short period of time. So I'm taking a little breather from reading right now and, just letting my mind. Rest and, and trying to lie.

Okay. I will say I'm reading two Harry Potter books with my children on a nightly basis. Wow. And, uh, the illustrated Harry Potter is the bomb. That's all I can say. So, yeah, I'm taking a little bit of, a little bit of a.

Yael Schonbrun: That's awesome. yeah, I think like Diana, I sort of go in these phases where I'm reading a lot and then I sort of take a break I'm I'm definitely in a reading a lot phase right now.

So I usually [00:32:00] have a book going on, audible that is. My fun book because it fits for the podcast or for work. I need it in paper. Cause I write all over my books. I defile my books, but it's how I learn best and retain information and sort of remind myself of the things that I can't remember. Um, but on audible, I am reading a John Le Carre book it's called.

Hang on. I have to look it up. It's called tinker tailor, soldier, spy, and John. The Curry is not an author that I would normally pick up. The reason that I picked it up and I often do this when I'm reading a book and the author references other books. And I, if I like the author, I'll, I'll, I'll have my interests peaked.

So, um, I was reading a Nora Ephron book of essays and she was, she had this one essay that was about all the books that had really. Change the course of her life. And she loved John Le Carre. So I was like, oh, I guess I should read them. Nora Frank. He says that he's great. So it's a little hard for me to get into, but I think it's pretty fun.

And then, I'm doing a couple of [00:33:00] books for the podcast on happiness science and. Then I have a bunch of books going with my kids. I'm reading, Winnie the Pooh with my youngest. And I actually just finished a twisted tales book with my oldest kids. And if you guys have never heard of them, they're really fun. They're like takeoffs on traditional fairytales, but it's like a different ending, but they're just like really clever. And, um, it's fun if you're into Disney movies and can kind of reference back to them. So that's what I got going on.

Michael Herold: I have a followup question to that actually, too. And they're purely self-serving because I definitely need help with that, uh, with all of your reading, so many books, and then having to remember all of the concepts.

So you can go into the interview and you're prepared. How do you take notes? Yeah. You said that you write in your books. Um, for me, that never works because then I have to like, copy that out and put it into like digital form. How,

how do [00:34:00] you take notes and retrieve notes? How do you know where you wrote down?

What, where, when. Fill me in on all your secrets.

Diana Hill: a notes section on my phone because sometimes my questions for folks come up when I least expect it, I'll be like, going for a run. And I get back to my run. I have all these ideas that I want to jot down. And so I'll keep all of my notes for interviews in that note section.

And then when I'm reading the book, I'll put my notes in that app. And what I find interesting is that oftentimes my ideas don't come while reading the book. So to have that default mode network, when you have that mind wandering, or you're in a conversation with a friend, that's, when my questions are generated, because.

When I'm in the book and I'm reading the book, sometimes the questions can be a little bit dry. Like, can you tell me more about what unwinding anxiety is? Right. But if it's I'm out in the world and it's like, okay, whoa, this could be an example of unwinding anxiety right [00:35:00] now. So it can be applied a little bit better.

So that's how I keep organized. And then half the time, all the notes that I write down, I never even used an interview. I get sort of like super deep into whoever it is that I'm interviewing. I get to know all of their staff and all the ideas. And then once I get , in the moment, all of that kind of goes away and I'm just in the moment with them and whatever comes to the surface, rises to the surface.

Debbie Sorensen: I'm a copious note taker by nature. I think I'm a pretty visual learner and processor. And so I like if I'm attending a talk or a lecture or something like that, I will write a lot of notes down and like Diana, a lot of times I never really look at them again. Sometimes I do though. And I just have all these different notebooks.

Hard to find like which notebook did I have at that particular conference or whatever. But I think for podcasts, private really depends how much time I have, because if I'm really having enough time, I will take a lot of notes as I'm [00:36:00] working through a book and then go back later to use those, to formulate some questions and some ideas.

But I think sometimes it's more of a last minute rush job and I'm just kind of skimming through the book as quickly as I can. And, um, in that case I don't necessarily have a whole lot of time. Um, but that's, uh, there's a part of me that feels really unsatisfied that cause I like kind of want to have the notes partly to refer back to later.

And, um, but it's really, to me, it's really a pen on paper kind of thing still it's like, I like to read on paper, but I also like to hand write notes. Super inefficient, but that's okay.

Yael Schonbrun: I'm I'm the same. So I, unlike you, Diana, I really like my questions come up as I'm reading. I think this is why I love podcasting because when I read books, I always wanna like ask the author.

Did you think about this? Or how did you come to that? Um, I sometimes, I think even pre podcasting. We have these internal dialogues with authors, but now , I can actually ask them. So I'll like [00:37:00] jot a note. Oh, I usually read books with like, Old school with a highlighter and a pen. So like highlight it and be like, oh, ask this.

And then when I prepare for an interview, I'll I generate a document that has all my different questions. And I think I actually really do have a hard time with anxiety during interviews. So. When I get anxious, I, my mind goes blank. So for me, it really does help to have those questions in front of me because it sort of anchors need to like, okay, here's where the conversation can go.

Once in a while, if I relax, it can be more like what Diana was expressing of it just being kind of like a natural flow. But a lot of the time, um, you know, I am able to kind of go through the questions and then it's fun because you know, it really does end up being a dialogue with the author. You could have otherwise just had in your head.

And I just want to sort of put a note out here that like, for all the listeners out there, that we're always excited to hear your thoughts on what you would want us to ask [00:38:00] authors. So, you know, if there are topics that are of interest, you know, never hesitate to reach out to us because that makes it even more fun because then it can be a dialogue between the author and you as well.

Michael Herold: And what would be the best way for them to reach them.

Yael Schonbrun: Email or social media. so our email addresses off the clock psych@gmail.com. And then you can also ping us questions through Twitter, Facebook, or Instagram.

Diana Hill: Perfect. And you will get a personal email back. I manage the email account. So fair warning, my email box is pretty full, but you will, you will get an email back from.

Debbie Sorensen: And Diane is the person for the job because you like to respond to emails promptly. Unlike me, who's an email slacker.

Katy Rothfelder: I have a question I'm sure there are listeners who are like me, who were either at one point, you know, in their graduate program [00:39:00] or a brand new clinician. Um, and I wonder, you know, what you all would want to say to those listeners and then thinking about.

Listeners who are maybe more established, like you all who have been in practice for many years or who have books or own practices or present at conferences? Like what would you want to say to them?

Yael Schonbrun: Well, keep in mind that Debbie and I are very young. So

Debbie Sorensen: 29. These are lies [laughing].

Diana Hill: for me, a tagline that I've been trying to. Probably do throughout my whole life and has been hard, is to be true to myself. So be true to you. And I think that, especially for graduate students, there's just a tremendous amount [00:40:00] of pressure to perform and that can lead folks to not be. To themselves, or have to kind of put on this, this show and lose themselves along the way.

So I would say that would be a suggestion, a thread that I would carry throughout we also have folks that aren't in psychology that aren't listening. So, you know, moms and people that are super geeked out on psychology and listen to this show. Of being true to you, that the, the, the people that we bring on, the ideas that we talk about are sort of like the ingredients and you are that you are the chefs.

So you get to put them together in the, in the way that works for you and apply them in your life, the way that works for you. And the way that works for you

may not be the same as the way that works for us . So be true to you. That'd be my tagline.

Yael Schonbrun: I think my tagline would be to stay curious.

I think, you know, whether that curiosity is inwardly directed about what your experiences and how you can create more connection, better success in the workplace, you know, more happiness at [00:41:00] home. Curiosity is, is really, I think what this podcast is about. It's like curiosity about how to flourish more in all the areas that are important to you.

And, and to figure that out curiosity is like one of the most essential ingredients and we can look to science and we can look to the information that comes from inside of us and from our surroundings. Um, and hopefully. From this podcast, you get some guidance and sort of, you know, where to direct your Searchlight and of curiosity.

But as Diana said, you know, then, then you get to sort of take it in and decide what, what you'd like to do with it, how you'd like to apply it. But I think, you know, that open curiosity is, is such an important place to start from. And that's why. Podcasts like ours, I think are so helpful because they sort of offer you different kinds of evidence backed, really solid kind of information that you can, , extract from.

Debbie Sorensen: I think the one thing I would want to express to people is just [00:42:00] gratitude for. Taking the time to listen to us, because I think in this world we live in, there's no shortage of information. It's everywhere. There's a zillion podcasts. There's a zillion things online. And I appreciate everyone who spends their time with us. And I hope that it's worth your while. I mean, it really hope that we provide people with something that's meaningful to them. So thank you.

Michael Herold: So I, I have a question, um, that is loosely tied to what, what you just said. Debbie, there's so much stuff out there. And I was, uh, jokingly mentioning my, my wishlist on Amazon if you're minutes ago, which is way too long. Um, How do you deal with the fear of missing out and what would be your, um, your tips for someone who's from maybe from coming comes to the podcast from a self-development world and [00:43:00] wants to just work on him or herself and another there's so many books, so many concepts there's productivity, there's self-actualization, there's present moment that there is, there's so much stuff out there and people don't know where to start. And if

you're anything like me, you're torn apart by the fact that you're not being able to read like 99% of the stuff that you want to learn. Um, how do you guys approach that?

Diana Hill: That's a question that I've been thinking a lot about Michael, in terms of what I see in my practice and this, this term that I got from Rupi cower, who wrote the book Homebody, which is just a lovely book about.

Beautiful of poems. And in it, she has a poem called productivity anxiety, and she says, I have this productivity anxiety that I always need to be doing more, that I'm going to be left behind. And when I start to look at my life, I realize that isn't it, my mom that I want to call? It's like, I have [00:44:00] my mom right now available to me, or I have my breakfast.

And I'm always thinking about the next thing. And I think that our current environment with so much information overload and so many books to read. And so many things to catch up on. We get caught in this feeling of productivity, anxiety that really can drive us to start to pursue things that don't matter to us and not be true to ourselves.

Right? So for me, I think that's going to be. Part of the process is that fear of missing out is going to show up and it shows up for evolutionary reasons and it shows up because our brain is kind of designed to always think about what's the next thing to go get. And we also have a brain that can say, okay, that is, that is par for the course.

And can I accept and allow the productivity anxiety to show up, but then still point myself towards. What's most important to me. Yeah. Ella's episode on subtract. Subtract was phenomenal. And I have had a number of [00:45:00] clients come into my practice and they're just saying subtract, subtract, subtract, because I think that we are bombarded by too much and that's actually part of our environmental problems.

It's part of our, you know, all sorts of things. So I guess my suggestion around that is to accept, allow open up and then put yourself in the direction of what really matters to you.

Debbie Sorensen: I would say something very similar. So I'll just tag onto that. You know, your time is very precious. Like the clock is ticking on your life and you have to really hone in on what is truly important to you.

You know, what really resonates for you and just, there's almost like an acceptance of loss that there's not enough time to get to all of it. But I think if you can just really, I mean, I think even for us choosing which you know, of all the books and of all the people out there who we could interview, how do we pick the ones that we do most of the time?

It's just because like, I care about this for some personal reason. And I think that's, that's [00:46:00] kind of the best we can do.

Yael Schonbrun: Yeah. I'll just add on that. One in, in sort of this overwhelm of choice, domain, one writer and psychologist whose work has really been influential for me is Barry Schwartz who wrote this terrific book called the paradox of choice.

Although you don't have to read the whole book, you can watch this very short Ted talk, which is terrific. Um, but in it, he, in his, in this body of research, he talks about, there's kind of, if you can narrow it down to two different kinds of people, there's maximizers who are always trying to maximize everything, like at the best, the most, you know, do as much as they can not miss out on anything.

And then their satisficers for whom good enough is good enough. And satisficers are happier. And so whenever I get overwhelmed by choice, I just try to think, you know, what's good enough. And I try to let go of, you know, it can't be everything. I can't be the best. I can't absorb all that information. So where do I want to turn my attention to?

What's [00:47:00] good enough for me and know kind of, as Diane and Debbie were saying, like, there is going to be some loss that comes along with that. Um, but, but it can be good enough and that can really contribute to like a more, a sense of greater fulfillment

Diana Hill: the same time.

I also feel like there can be a benefit of putting your all into something when it's something you deeply care. That I think it's okay to maximize sometimes. Like we can maximize in the areas that are most important to us, where we get depleted and we're trying to maximize everything. I love from organizational psychology, this concept of rocks in a jar where it's like, put the, you only have this much.

They only have the size of the jar and put the big rocks in first. Right? The things that are most important to you put those in first, I would add to that allow some space between those rocks, because we all need margins. If we're so packed and I experienced this personally, I'm an over packer in lots of ways.

You all know this about me, but when I don't [00:48:00] have space in the margins and I can't put all of my energy into the areas that are most important to me. Monica Bosco , who wrote the book never good enough talks about sort of the benefits of perfectionism and the benefits of putting your all into something that it's not all bad, but that we have a choice in how we do it.

Debbie Sorensen: Can I ask you all asked us to come up with a question for today and I thought of one that's relevant. Can I go for it? Of course. Okay. And maybe I'll I'll, it's a two-part question. And I want to hear like one to two sentences from each of you. Okay. If you found out today that you were going to die in three weeks, part one, what would you do more of Diana?

Diana Hill: just lots of time with my, with my kids. , just lots of looking at their faces and their hands and their feet, and listening to their little voices and time with my spouse, my husband,

Debbie Sorensen: Katie,

Katy Rothfelder: similar to Diana. I [00:49:00] think I would spend a lot of time with the people. That I love the most and spend a lot of time outside connecting with

Yael Schonbrun: things.

Debbie Sorensen: That's mine too. I'll jump in here. I would just go somewhere beautiful with the people I love and savor every moment, Michael.

Michael Herold: So I'm going the opposite route and always a little bit of safe to admit that knows crew. And it's my last three weeks I would do a lot of painting and I would do a lot of playing video games, which is always comes after work after work, after I did all the good stuff, right.

I would do a lot of that. And, uh, I just realized that my plans for this weekend were spot on.

Yael Schonbrun: I think I would do a combination of time with my family and my loved ones, my friends, my good friends. And, um, and writing, I dunno for me, writing is like, it's, it's like a way to leave a [00:50:00] legacy in a way, and, and hopefully leave the world a better place in some way.

So it's sort of like that present moment, connectedness with the people that I love, but also feel, you know, I want to leave with a sense of having made a positive difference in a more enduring way.

Debbie Sorensen: Okay. Part two. And we'll go in reverse order. So three weeks to live, what would you do less of or not do at all?

Yeah.

Yael Schonbrun: I would stop trying to eat healthy. I would just like eat junk all the time. I mean, I love junk food. Like I would eat donuts and burritos like constantly. So no spinach.

I do think that I would still rent and I feel good when I run. Although if I eat a lot of junk and went running, that might not be great, but I would stop trying to eat healthy.

Debbie Sorensen: Michael.

Michael Herold: Yeah. So that's a brilliant idea. Junk food, for sure. Um, I would also stop replying to messages that I don't feel connected to.

Like I [00:51:00] would give myself admission to say, oh, look, there's a WhatsApp message coming in a telegram messenger, Facebook messenger. I'm not going to reply.

Debbie Sorensen: I would stop doing paperwork and domestic chores. Someone can clean up that mess after I'm gone. I'm sorry, whoever it is, Katie.

Katy Rothfelder: I know this is an action, but I think I would, I would stop doing so many of the things that are rules in my head, like break.

I would break some rules. Even with, you know, I love exercise, but there's are rules in my head about what types of exercise I should be doing. And I think I would break some of those rules and not do those things.

Debbie Sorensen: Diana,

Diana Hill: I would stop putting up barriers to intimacy with people. And whether that's my parents or my [00:52:00] husband just dropping the barriers that are sort of the blocks to just really knowing them and loving them.

Michael Herold: Well, we slowly have to start wrapping this up or almost on the hour here. Um, this was fun. Like psychology. Maybe we should start a second podcast. We call it. Psychologists off the clock off the clock. That's not

Diana Hill: a big rock, Michael.

Debbie Sorensen: That's not making it in the

Diana Hill: jar.

Debbie Sorensen: It's like the uncensored, you know, there'll be like an uncensored cut of a movie or something. It's like,

Diana Hill: let us know if you like this type of episode and you want more of this type of episode, let us know, because we want to hear from you. What types of episodes you like, and we're happy to do this every once in a while.

If you find it. Help

Yael Schonbrun: Diana see that it's a big rock

Diana Hill: emailing me and adding to my inbox. Right.[00:53:00]

Michael Herold: All right, guys, this was a lot of fun. I'm really glad to be doing this with you.

Debbie Sorensen: Thank you all for listening and happy birthday to my birthday, twin

Diana Hill: happy birthday. And thank you to Melissa and Jill who aren't here as well. Um, they're key players in this and this team. So shout out to them.

Michael Herold: Oh

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