Jessie O'Brien, NAADAC: Hello, everyone! Welcome to today's webinar rewiring your life presented by Erica Spiegelman. My name is Jesse O'brien. I'm the director of training and professional development here at Nadac. The Association for Addiction professionals

Jessie O'Brien, NAADAC: feel like it's been a long time since we've had a webinar, and I'm so glad to be back here with all of you. I hope you are, too, with me behind the scenes today is our training programs. Manager Hayley Hartle, who will be addressing any issues or questions that you might have

Jessie O'Brien, NAADAC: throughout this webinar. So you have a lot of support here today from us at Nadac. Just reminder we're using Zoom Webinar for today's live event. I feel like most people are familiar with zoom but just in case a quick review of the main features that we are going to be using here today at the chat box. I see most of you already found that feel free to chat with each other. Comment. Answer any questions that Erica may pose during the webinar today. If you have questions for us or for Erica, make sure you put those in the Q&A box which is also on my screen. There, that's where we collect all the questions that she may be able to answer at the end. If there's time allowing also, if there's questions for us, we can type a quick answer for you in there. We do ask you keep the questions in the QA. Box and the comments in the chat box, because if you put questions in the chat box they often get lost. It moves very quickly at times.

Jessie O'Brien, NAADAC: Finally, we do use zoom for close captioning it is has been enabled, if you would like to see the subtitles, you can just click on that little up arrow and click show subtitles. And

Jessie O'Brien, NAADAC: there you go. You're off.

Jessie O'Brien, NAADAC: all right. So I'm going to go ahead and introduce our webinar, presenter today, Erica Spiegelman. She's a wellness, specialist, recovery, counselor, podcast host, wellness, media contributor and author of 5 published books, including the bestseller rewired she's done online self care workshops for over 15 companies. And we're really privileged to have her here with us today. So, Eric, I'll just invite you to join me. And I'm going to turn myself up and stop sharing.

Jessie O'Brien, NAADAC: and you can take over.

Erica Spiegelman: Hi, hi! Everybody! Thank you so much for the introduction. I'm so happy to see everybody from all over the country. I see in the chat box. Hello! From Reno, Nevada, Tennessee. It's so special. I feel really grateful to spend this time with you and really appreciate you guys taking the time to learn about self care and kind of my my method methodology around my rewired program. Just to let you guys know a little bit about me.

Erica Spiegelman: and the kdak, 2 a drug and alcohol counselor. And I've been in the field for over 13 years. 14 years. I've been sober 16 years myself. I have had a private practice, for, you know, over love the last decade and also worked in many treatment centers. In the Los Angeles area.
Erica Spiegelman: and doing groups. And you know, that's how this all started as I was doing, groups working for a very high end treatment center in Malibu and I put together 75 groups over the course of a year. I'm a writer. So a literature major for my my Bachelors of Arts and so I've always been a writer, and it's funny how things come full circle. I started writing, you know, worksheets for people

Erica Spiegelman: and teaching them groups on cognitive distortions and authenticity, and all these good things that I felt helped me personally and professionally what was helping my clients at the time. And then I realized there wasn't a lot of literature out there about rewiring and and not so much rewriting from a neuro perspective. Scientifically. But more about a neuro perspective of how? How do we change our identity? Our thought habits.

Erica Spiegelman: Our narratives, the things that have kept us stuck for so long. And where did we pick up on these stories? You know our family of origin, our history, our culture, where we grew up, all these things really matter. And they're they're what drives our thoughts and our thoughts drive our actions. So I started really thinking about

Erica Spiegelman: rewrite writing a book, and and that's how my first book, rewired came to be and so rewired, became a bestseller and a lot of centers still to this day use my my book and workbook. There's a workbook to I, there's a free manual on my website for community meetings. If anyone wants to start a rewired meeting, there's online rewire meetings. There's rewired meetings in jails and prisons and juvenile detention centers right now. So it's it's taken on a life of its own, and I'm extremely grateful to give people another option in terms of a a way to get

Erica Spiegelman: on a healthy path. And so this is what this workshop is about. I'm also the

Erica Spiegelman: CEO and a co-founder of a new treatment center that'll be opening in 3 weeks called New spirit recovery. We're in Encino California. It's a residential Detox center, and you know, an inpatient center. So I'm excited to be able to bring this to people live, you know, in person and for for us to kind of

Erica Spiegelman: do something new and different in the treatment world. So anyway, I welcome everybody. I just wanted to to give you a little bit about my background. How all this came to be cause I always feel like that's interesting and important for people to know. So if you have any questions, feel free to again leave it in the QA. Section. I'll try to get to them at the end.

Erica Spiegelman: The intention for this workshop is for everybody to

Erica Spiegelman: think about their own self-care habits. We're all professionals in this industry. And burnout is high. And we're taking care of others. And we're taking on the energy emotionally, mentally, mentally, and physically, spiritually. So it's important to implement

Erica Spiegelman: really in terms of rewire and implement these non-negotiable self care habits for us first, and that way we could treat others right if we don't do it first for ourselves. It's gonna be very hard, you know, to model that behavior

Erica Spiegelman: so welcome. This is thriving with self care my rewired approach
Erica Spiegelman: hope everyone could see it clearly. And like, I said, just thinking about how you know, little kids learn like when little

Erica Spiegelman: kids are growing up right. It's the behavior that is modeled to them. It's what they see. It's not what we teach them. I could tell my child not to get on his ipad. But then, if I'm on it all the time, that's what he sees right? So again, it's thinking about that, too, as we start is like, what are you modeling in your life?

Erica Spiegelman: Not only for your clients professionally, but in your personal life, for your kids, for your loved ones. And I think it’s something important to

Erica Spiegelman: think about as we start. So in terms of self care. I mean, just move this bar. Sorry, you guys.

Erica Spiegelman: okay, so the goals for today.

Erica Spiegelman: understanding what self carriers and why it matters. And this is also more than just, you know, we're covering the typical self care. I wanna really dive deep into self care and what that really means. And so we'll review the cornerstones of it

Erica Spiegelman: like I said before assessing our own self care practices. And, you know, trying hopefully, by the end of this, to develop some new ways in which you can incorporate

Erica Spiegelman: something new into your life. So, as we know, neglecting self care can lead to physical, emotional, mental health problems, everything is connected. And you know, I think having discipline and routine is one of the most helpful ways in which we can begin to practice self care. You know we do something once a week, twice a week. It's really not going to be effective. So

Erica Spiegelman: preventing burnout, increasing resiliency, being proud of yourself, having positive self regard right, that all comes from following through being consistent, being proud of yourself. And so that's why it's really important

Erica Spiegelman: to do this

Erica Spiegelman: as regularly as possible in terms of all these things. So we'll start

Erica Spiegelman: first with physical self-care. We'll move to mental, self-care, emotional, self-care, and then spiritual self care today.

Erica Spiegelman: So as we know. And this is why, also, when I talk about physical self care, it's more than just movement and exercise. Right? It's about

Erica Spiegelman: the fact that I think a lot of us neglect.

Erica Spiegelman: you know, making this a priority, that, like, we take our bodies for granted, and we put other people first, and we put ourselves last, or our work comes first, like, let's say we have. You know,
something we wanna do in terms of moving like a workout class or a walk that we want to do. And yet someone calls you. And you, you know, you move things around. And again, we don't have those non negotiable set in place. So really think about ways today that you can create non negotiables around movement, even if it's like 15 min in the morning. That's all you have time for is.

Erica Spiegelman: you know, a stretching routine, or a moment of reflection, and going for a short walk you know anything that, like, you know, allows you to honor. You know I tell my clients that's like on like, you know, if you could create your own plan for your recovery, it's to do something around physical self care, emotional self care.

Erica Spiegelman: mental self care and spiritual self care daily. And maybe there's one thing like running. Let's say, you know, running for me help change my life. When I got sober I did not run a day before that, but my brother said to me, Hey, let's go for a quick run, just do a block, and I was like, I can't even do a block. Do a block. You'll be fine. You could do a block, so I did a block, and then I did 2 blocks the next day, and then II started. II could do this. I'm strong, and it was a mile, and then it was a 5 mile, you know, and it just increased from there, and it became something where

Erica Spiegelman: I incorporated it daily, not like a long, long run, but like a 2030 min run, and it changed my life. I became confident in myself.

Erica Spiegelman: Someone I see I had seen at the coffee shop, said to me, Oh, you're the runner, girl you're you're the girl that runs. And I started crying because I never my life thought that someone would see me as a healthy person, right? A runner no less so again, there's so much value in pushing ourselves to move and to see what we are capable of doing so.

Erica Spiegelman: Beyond that, too. What is your physical self care? Do you?

Erica Spiegelman: Are you proactive or reactive? Do you? You know schedule doctors, appointments ahead of time dentists, do you? You know?

Erica Spiegelman: Do you do all of that routinely? Or do you wait for something to go wrong? And then you react. So those are the 2 different kinds of kind of physical self care. People fall into reactive or proactive. So think about it today and how we could become less reactive like once something goes wrong. Oh, then I then I start eating better. Then I start sleeping better.

Erica Spiegelman: Then I make the doctor's appointment. Once I have a toothache, then I finally call the dentist right? We don't want to set ourselves up, for, you know consequences, and you know God forbid! Something happens like you could have prevented right. So let's try to be more preventative and proactive in our health

Erica Spiegelman: stress management. We talk about physical self care. Stress management is key, because

Erica Spiegelman: we on a cellular level are affected by our thoughts and our stress. And that leads to physical ailments as well, okay, back, I've seen clients, backaches, stomach issues, digestive issues, pains everywhere. I mean, literally from stress. Right? It it. It really takes a physical toll on us. So when we
usually typically talk about physical self care, we don't talk about these things. So this is why this is important. So making sure, you guys

Erica Spiegelman: have stress management techniques that are healthy. You know, journaling. You know, if you have to communicate something, write it out first. If it comes that if you're stressed about something, how we can communicate better to the people, we need to to reduce stress. If it's you don't have enough alone time. How do we get healthy solitude? Can we delegate more? Can we ask people for help? You know there's so many different ways in which we can manage our stress. So if you need

Erica Spiegelman: other ways after this, please feel free. I can send everybody a list, even but there's a lot of resources out there to give you an idea of stress management techniques, meditation, breathwork, painting, cooking. I mean, there's so many things that help, you know, every individual is different, but reduce stress. Taking a walk, taking a hike

but find those things, you know.

Erica Spiegelman: and then also, being assertive, is really an important thing in life, like most of us, fall into the 3 categories of being assertive. Oh, sorry, say, passive. First, right? Passive kind of letting people make decisions for you, you wanna say, walk all over you. You don't really speak up, and those could be due to a lot of fears and old narratives. But being passive.

Erica Spiegelman: being, passive, aggressive.

Erica Spiegelman: aggressive, or assertive, right. And so, again, assertive. Being assertive is really important because we could speak up, speak our truth, say it in a way where we're honoring ourselves and where it's effective, right? And if we're too aggressive, obviously, that's not going to be taken while or passive. Aggressive, too, is not usually

Erica Spiegelman: the best way to communicate. So again, let's look at our style of how we communicate. like those you know. Think about yourself. Are you passive. passive, aggressive.

Erica Spiegelman: aggressive, or assertive. And then I statements that really helps. I know we tell our clients this a lot, but

Erica Spiegelman: remembering this for yourself is is important, you know. I feel I was disappointed. I was upset right. Nobody can really argue with the way that you feel. So again. We're not pointing finger and saying, Well, you you upset me, and you did this right instead. I feel

Erica Spiegelman: disappointed, or I feel upset when you did this or said this. So you know, learning again how to swap out certain things in terms of language, and how we speak to people is also important. So practicing that it helps and do we know how to say no? Do we have good boundaries, or are we

Erica Spiegelman: taking on too much which is creating stress in our lives which is having a physical toll in our bodies. And then also, when we are communicating and trying to be more assertive.

Erica Spiegelman: paying attention to body language if you're going to have, and you know a talk with a
colleague. Right? Let's say, look at them in the eye, shoulders back.

Erica Spiegelman: you know. Take a deep breath before. Feel like you emotionally already. And if you're not, that's okay. Checking in with yourself, managing your emotions. Am I, too, upset right now to talk about this effectively. Okay, I am. You know what? Maybe I'll wait a day right? So again start small, but kind of use some of these

Erica Spiegelman: different tools in terms of feeling, feeling it out around how you could become more assertive. Right? I think it's it's hard for people that have not been assertive in the past.

Erica Spiegelman: To feel like they have a right to, to, you know, speak their truth and speak up, but you do, and you could change this at any point in your life. It's never too late, you know.

Erica Spiegelman: Movement obviously right, a big part of our physical self care. But our body is our narrative. Right? It's it's the way we feel in our bodies

Erica Spiegelman: shows up, and how we show up in the world right? How we, what energy we bring into a room, you know, when we're doing anything in life, body, body, language, how we feel in our body. If we feel weak, if we feel in pain, if we feel strong all of that matters. So it's really important to try and get into some kind of good routine like we just discussed

Erica Spiegelman: sleep reviving ourself.

Erica Spiegelman: I like to call it revive because it's really sleep is about recharging, clearing out our bodies. If this is the most important thing I talk about, my clients is trying to get people that aren't on good sleep routines on to good sleep routines because it could change you, and again, a cellular level. If you could begin to see how lack of sleep affects our food choices, it affects our mood. It affects

Erica Spiegelman: our energy, it affects our cognitive health, all of it. So again, it's not a luxury, it's a necessity.

Erica Spiegelman: That's why sleep deprivation was used as a form of torture for very, very long time, hundreds of years. Because if we don't sleep we're not thinking correctly, we're not feeling, you know we don't feel balanced. So again, our overall health is connected to our sleep habits and patterns, and

Erica Spiegelman: I always

Erica Spiegelman: try to help people create this wind down routine, and everyone's looks different, because some people will say to you, Erica, it helps me relax to be on my phone at night, and you know, to check my social meetup. Okay.

Erica Spiegelman: let's do it for

Erica Spiegelman: 10 min and set your alarm for 10 min instead of an hour. Right like. Don't get lost in a hole a black hole of of technology, and be totally wired and watching the news. And you know, so everyone's different but trying to figure out for you boundaries around. What is your routine? I even have
a client that she likes to fall asleep with the TV on. Okay? Well, then, could you put a timer on the TV. Make sure that it's actually goes, you know, shuts off at some point. So there are ways around it. But a wind down. Routine is is good to think about

Erica Spiegelman: taking a hot shower. You know anything that kind of signals to your body that it's time to to end the day. Nourishment. Obviously, food is our fuel, and

Erica Spiegelman: a lot of the time, I think people, you know, forget people that are busy that are working. Forget to, even, you know, eat, or what did I eat today? Or I was snacking mindlessly or like, I'll have people that will say, like, you know, yeah, I had lunch, and then I had. I don't even know I was, you know, doing work, and I was eating at the same time. I was in the car, and I brought a yogurt. And I, you know, nobody's really slowing down mindfully to pay attention to like.

Erica Spiegelman: okay, what am I eating? How do I feel when I eat it? Do I feel full? Am I still hungry? How did I feel afterwards? Did I crash right away? What what was that, did I, you know, to eat too many carbs, whatever it is, but it's bringing mindfulness and intention into our nourishment practices just for try it for a day like if you're someone who mindlessly eats or forgets to eat or over eats without even really realizing it.

Erica Spiegelman: Mindfulness is such a powerful.

Erica Spiegelman: really powerful way to change all of that and just slowing down enough to give yourself the 10 min to sit down for 5 min is all it really takes to sit down and stop and think for a minute and look at what you're eating and be present. It's so much more rewarding and satisfying and healthy.

Erica Spiegelman: mental self care. Okay, so yeah, this is, this is big, as we know, right? Like, I was just saying one of the things that really changed my life and has changed. You know, hundreds and thousands of others is learning how to reframe.

Erica Spiegelman: reframe old ideas, new ideas, reframe our thoughts if we need to, and not not every thought needs to be reframed. But the negative thoughts definitely do or we can begin to see things instead of with judgment, with curiosity. Right? I like to say that to people is like, if I'm always judging myself, or judging others like

Erica Spiegelman: or judging a situation, why did this happen like, how? How could this happen? You know? Versus. huh? I wonder why that's happened? I'm that's I'm curious of why this happened. You know. What is this supposed to teach me? What am I supposed to learn from this? You know that is so much more effective, so reframing our behaviors.

Erica Spiegelman: is, is big in our thoughts, obviously in our ideas and helping others do. That, too, is very powerful. So

Erica Spiegelman: you know, it's somebody like I for for a long time used to see my mistakes or failures as final versus seeing it. This is what is, helped me change, and opened up a whole new world which is there is no, I mean a failure is a failure. Yes, but it is more of a lesson right? II did do. How I thought I was going to do right, but I learned so much, and focusing on that instead of the negative, you know it. It
creates just a new opportunity for all of us.

Erica Spiegelman: to to see life differently, and then obviously, our challenges into opportunities, weaknesses into strengths right? And so I think reframing is one of the most powerful tools

Erica Spiegelman: and boundaries when it comes to our mental self care.

Erica Spiegelman: Identifying what feels right for you and what doesn't feel right for you. Writing that down is the way we begin.

Erica Spiegelman: So you know, if you have someone in your life, let's say, or these are boundaries with yourself, because we we should have boundaries with ourselves and others. But let's say we're talking about another somebody that you know, is belittling, or gossips about people, or let's say

Erica Spiegelman: is disrespectful in some way. Right. We have to realize, like, you know, when you. This is what I always come against when you I will right. When you are disrespectful I will walk out of the room. I will hang up the phone when you guilt me. I've asked you before. It makes me feel bad about my past. And I'm gonna hang up the phone or I'm gonna have to step away from the relationship right? We need the consequence. So when you I will, and the consequence

Erica Spiegelman: we need these boundaries not so much that we have to say them verbatim to everybody. If anybody treats us poorly, or or shows up in the wrong way. But knowing this in your own mind of what is acceptable and what's not, and then you can figure out how you want to communicate it. Okay, you could. If it's a parent or family member, right? We're not gonna say I'll never talk to you again. But again to say, You know, when you raise your voice.

Erica Spiegelman: Dad, you know I'm gonna walk out of the room. That doesn't. It upsets me, and it triggers me, and it doesn't make me feel well. And if you keep doing it, I'm gonna have to step away from the relationship eventually, you know. So again, there's different ways. We could communicate it, you know, depending on

Erica Spiegelman: the relationship, but just kind of knowing in your mind what your boundaries are, and how you would like to deal with them is very helpful. It's preparation, and preparation is always key. And then, like, I said, how do we set it when you, I will, and the consequence. So it's a nice way to to teach people about that, and also the boundaries for ourselves, you know. I always have my clients make a list of non-negotiables when they're trying to change their lives for the better. You know.

Erica Spiegelman: I won't allow this in my life, or if this happens like, I will make you know if if this happens, I will step away from a relationship, or I wanna hold myself accountable certain things. So I'm gonna make you know a routine and be in bed every night at 100'clock. I'll be up by 7 like those are also boundaries. You could give yourself right? So it's about

Erica Spiegelman: being aware about deciding on them and then following through with them for the boundaries with ourselves, and the more we do that our brain will change, the pathways will change. We'll be proud of ourselves, and before we know it it will be easy to do. You'll just be doing it without having to really think about it.
Erica Spiegelman: Time management.

Erica Spiegelman: mental self care. So again, procrastination is something that will always create anxiety and stress for ourselves. So trying to tackle that.

Erica Spiegelman: And you know, ways to do that is keeping a calendar again, like I’m talking about non negotiables. It’s it’s about following through right, even if you just schedule one or 2 things, and that’s it. That’s it for the day. Just one or 2 things. That’s the priority and get it done. I guarantee you you’ll be proud of yourself. You’ll feel good, and the next day you’ll get the other 2 things done. And again, it’s about small steps forward. We don’t have to set huge goals right. So it’s just small goals, objectives.

Erica Spiegelman: Creating that roadmap. However, it’s effective for you. If really tell people to get, you know, a planner, and you could keep it on your phone. You could keep 2 calendars. But pen to paper really helps our brain.

Erica Spiegelman: In a way in which we, we, we hold ourselves accountable. We remember things better. We could actually visually see it in front of us if you keep it somewhere nearby. So I love that and then delegation of responsibilities. If you’re overwhelmed. If you have too much on your plate, ask for help, please. Doesn’t mean that you you’re not capable. But again, we can’t do everything in life. So learning how to delegate is very powerful. We don’t have to do everything by ourselves all the time.

Erica Spiegelman: And then the big thing for mental self. Care is cognitive distortions.

Erica Spiegelman: You know, I think

Erica Spiegelman: clients love love, love learning about this because it's like the Aha moment of Oh, my gosh! I do catastrophize. I'm always saying this to myself in my head. So again, being aware of our thoughts right? What are the thoughts in our heads? What are those negative thoughts like, can we? Can we begin to be aware of what’s going on? And you know, If you know, for years and years and years. You know, we live, some of us mindlessly about like our own self talk, because we’re just going through life right? We don’t realize. Oh, my gosh! I do do that a lot. And once the awareness is there, things can change, and it's very powerful. So maladaptive, cognitive distortions, catastrophizing

Erica Spiegelman: the worst case scenario. Right? I’m going to a job interview. I’m walking into the interview. And I’m like, Oh, never gonna get the job. Someone’s smarter than me. I’m not qualified enough. Blah! Blah! And how am I gonna go in with the energy of not feeling confident? Maybe not looking them in the eye? Right. It’s gonna it. It totally affects us. And the way we show up in the world. So try and realize. Oh, my God, I’m catastrophizing something, thinking of a worst case scenario that is not even hasn't happened yet, hasn't even unfolded yet. Right? So again, reframing that

Erica Spiegelman: I’m gonna get the job, I’m gonna be great. I’m worthy of it. I’m capable. I’m know I am smart. I can do this right. That is very powerful, that reframing. But you have to first recognize that you do the catastrofizing, so

Erica Spiegelman: the should right I should have gone to a better college. I should have taken this job. I
should have gotten out of that relationship. Right should, should, should, should, should should, and that doesn't allow us to really move forward. If we're kind of stuck

Erica Spiegelman: spinning about the past, right? So we have to come back to the present. And you know.

Erica Spiegelman: accepting what happened has happened, and that we can do better, and that this unfolded, maybe for a better reason, you know, and just having a new belief around that filtered and polarized thinking.

Erica Spiegelman: you know, learning to

Erica Spiegelman: embrace the that. There's gray areas in life, you know. Filter thinking is seeing something like a tunnel like we could only see it one way. We can't see that there's other ways around. They could possibly be.

Erica Spiegelman: So again, we see this a lot politically. Right now. I mean, we we see this open our world all the time. Right? And so again, it's about

Erica Spiegelman: embracing both sides of things, seeing the gray areas over generalizing. That this is, you know, in our heads. We do this a lot like oh, I'll always be late! I'll never! I'll never get healthy. I'll never get sober. I'll never find the love of my live. I won't. I'll never do this, I, you know, and that

Erica Spiegelman: it really keeps us this really negative head space, right? That there's no other possibility. Right? We have these blanket statements. So really making sure

Erica Spiegelman: for yourselves. And when you're working with clients, if you hear these words, come up to correct them and say, Hey, listen! I notice you say

Erica Spiegelman: I'll never do that right, and that's limiting yourself right? We yes, you are capable of doing that. We could find a way. Let's be more. Let's be more mindful. The language you're using again, bringing awareness to this changes people's lives. So just being aware, is the first step personalizing right? When everything is about us.

Erica Spiegelman: You know somebody walks by you and doesn't give you the biggest smile and say, Hi, like they usually do, and we internalize that. Oh, must be me. They're mad at me. What did I do?

Erica Spiegelman: It's not. Maybe it's not you. Maybe they found out that their you know dog is sick, right? Or something happened. They got a flat tire it it most of the time. I would say. You know 90% of the time. It's not about us. People have a lot going on in their lives. So to remember that. And if you are someone that personalizes. For whatever reason, what is, what is that about? You know psychologically, what is that about emotionally? And there's a lot of work to do around that

Erica Spiegelman: and then control fallacies. Feeling like we never have choices in life. That we, you know again restrictive thinking. That you know. That's that's also very.

Erica Spiegelman: you know, that's not a good way to be either. So we have to realize that we have many
more choices than we realize. We can create any life that we want to create. Which we'll talk about in the next emotional self care. But yeah, so these are some of the cognitive distortions. There's also like future, you know.

Erica Spiegelman: what? What is some of the other ones? like a future tripping, they call it, or you know, thinking that you, you know, you know what's gonna go on in the future. There's there's a bunch of other ones. But I think these are the most common that I that I see. So if you like this work and this interests you, there's there's so many books on this, and there's a lot of good tools in which we can help people

Erica Spiegelman: healthy living. So what kind of relationship do you have with your thoughts just for everybody to pause for a moment?

Erica Spiegelman: Are they positive most of the time? Are they only negative around certain aspects of your life? Right like, you know, is it, you know? Are you insecure? Maybe in just certain parts of your life, but but really secure in others which I think tends to happen. But regardless, let's try to work on our own thoughts today. And you know, when negative thoughts come up that normal, it's

Erica Spiegelman: everybody has them right. But it's about being aware, asking where they came from. Is it true? No, it's not true. Is this something that I am, you know.

Erica Spiegelman: projecting? And again, it's just bringing the awareness, and having the internal conversation will change our will change our lives, you know. I think if we're just mindlessly going through life again.

Erica Spiegelman: Well, how did I get stressed. Oh, I just got like a hit of anxiety. Where did this come from? Right? But if we're mindful about our thoughts, be like, oh, cause. I was thinking about a bill that was that I was late paying. That's where the anxiety came from. Okay, now I know. So let me pay that Bill, right

Erica Spiegelman: slowing down and becoming more aware mindful, is so so is so good for us, so trying to practice that. And evolution, whether we like it or not. We're always changing.

Erica Spiegelman: that's life, you know, and a lot of times when change comes people to people in in their lives. There's a lot of fear around change. There's a lot of resistance around it. And again, I think it has to do with our narratives around change

Erica Spiegelman: and trying to see change as an opportunity. Instead of something that is is a a fear per se, and looking at your routines. In life, and seeing like, is this a good, healthy routine, or is this a rut? Now I've fallen into? Because I think you know

Erica Spiegelman: a lot of times. even myself. I feel like I had to have a have a really good routine, a night. I get into bed early, and I, you know. But again II fall into a rut, because I do the same thing every night, and I don't necessarily like

Erica Spiegelman: go and have experiences that are inspiring, or I'll say no to something, because it doesn't fit in with my little light routine. So I have to push myself to like Erica. Does this feel like a rut?
Can I? Can I, you know, do something that I feel, you know, is exciting or new or inspiring, and that always does feel good. So again, bringing mine mindfulness to this thought of yours of routine? Or is this a rut? Is this? Serve me still? Should I change it now?

Erica Spiegelman: yeah, because some things start out as healthy and great. And then again, we need to upgrade. We need to change a little bit in order to feel

Erica Spiegelman: alive in order to feel good

Erica Spiegelman: and then emotional self-care. So

Erica Spiegelman: we'll talk about authenticity in a minute. But the word authenticity means you are. You are the author of your own life. So that's a big one. We we can all have the lives that we want.

Erica Spiegelman: and we just have to know how to get there. So allowing yourself to feel is is the first way. So again, with our with a lot of the times with my clients, you know, they've been using drugs or alcohol or other behavior behaviors, that

Erica Spiegelman: dependent behaviors that you know, basically a

Erica Spiegelman: create this disconnect and fragmentation from feeling anything at all, any emotion and the minute that they do feel an emotion right? They they use over it. So when you're finally free of drugs or alcohol, or abstinent from a behavior, a flooding of emotion comes up right. And I think it's wonderful and healthy and normal. But it's overwhelming. So again, I think a lot of us

Erica Spiegelman: handle our emotional experiences differently. Some of us shove things under the rug, or I don't wanna think about it, or I'll think about it later, right versus allowing ourselves to feel there's so much power in

Erica Spiegelman: an uncomfortable emotion and just lava, letting yourself feel it and letting yourself cry, letting yourself,

Erica Spiegelman: you know, regulate naturally right? Instead of turning away from it. So again asking yourselves, Do you turn toward your emotions, or do you turn away from them?

Erica Spiegelman: And again it could be, you know, different parts of our lives like you could turn, you know, you could feel emotional around your kids, but not feel emotional with your partner, or you can, you know, feel

Erica Spiegelman: anger really easily and frustration. But you won't go near sadness right? So again, it's about thinking about why is that and kind of looking at your own reaction to your emotional life.

Erica Spiegelman: And then the authenticity

Erica Spiegelman: this word changed my life. I mean, I feel like when I changed changed my life. I use this word as my north star of like. Now that I am putting so much effort into creating a healthy life. For
myself, I wanted to feel authentic. I wanna be able to be myself to speak my truth to

Erica Spiegelman: choose something that I enjoy doing every day right. I wanted to feel authentic. I wanted to feel congruent right with my values. If again, we'll get to values after this. But all of this matters and is connected. So

Erica Spiegelman: you are the author of your own life. That's what it means in Latin. And

Erica Spiegelman: if we're wearing masks right, our our clients will ask them to, are you? What masks have you worn in your life? You know? How have you hid your authentic self? You know? Do you put on a happy face, always at work, but then at home you're a different person, or vice versa, or, you know, around certain friends. You act in a certain way, but not, you know, but it really doesn't feel authentic to who you are.

Erica Spiegelman: again, not being authentic, you know, disconnects us, fragments us.

Erica Spiegelman: and leads to a lot of health issues and a lot of health problems so

Erica Spiegelman: trying to find your authentic voice and your authentic self. And there's a lot of ways to do this, and looking at your choices? And do they reflect your authentic self?

Erica Spiegelman: The choices that you make in your life? Does that support? And does it feel congruent to who you are internally, and a lot of my clients will say I don't know who I am, you know, like I haven't. I haven't been myself for a long time. I don't even know where to start. Okay, then I'll say, well, then, who are you like? Who

Erica Spiegelman: who are you not? I go backwards from there like or I'll say like, Are you a let's say we just say like, Are you? Are you somebody who's empathetic to others. Yes, okay. Well, there, there's one, you know, there's one trait and another trait, and you know, just going through a list. But again, looking at your choices moving forward. It's important to feel like they're congruent to your values and what you value. And we all value different things. So we'll talk about that in a minute.

Erica Spiegelman: Communication when it comes to emotional self. Care is everything. If we cannot communicate

Erica Spiegelman: in a healthy way how we feel and and allow that to be, you know, effective and feel confident. That's that's, you know everything. So, making sure our words

Erica Spiegelman: and our actions are congruent to that. They like. If I say I'm gonna do something, I'm gonna do it right. That follow through. Is important. It it allows us to see ourselves in such a better light. We look at ourselves as more reliable. People see us that way, too.

Erica Spiegelman: There's respect in that

Erica Spiegelman: conflict when it comes to communication. We have to look at this narrative around conflict. A lot of people say to me, well, you know, I don't want to communicate this because it's gonna
cause a conflict, or I'm gonna let someone down or I'm gonna feel judge, right. But conflict and having a different opinion, is healthy, and

Erica Spiegelman: when we don't say something, we do not only ourselves a disservice, but that other person a disservice, too. They can't grow, they can't learn. They won't ever change. If you can't speak up and explain what is going on with you, and why you wanna have this conversation right? And again, we're always thinking we're trying to protect people. But really, what we're doing is not allowing them the opportunity for growth, too. So trying to change that narrative a little bit is important. And again.

Erica Spiegelman: if you, if you're soverse to conflict, think about, you know, in your household of growing up, what was there a lot of fighting

Erica Spiegelman: were you told not to speak up about and come, you know things that would ruffle someone's feathers like, is there narratives around that which now as an adult yourselves. Are you still

Erica Spiegelman: thinking in that same way? You're still behaving in that same way? And if you are, and it's not helping you, how do we change that? Right?

Erica Spiegelman: And

Erica Spiegelman: yeah, cause I think II hear a lot people say like I was. I was told not to like, you know, we're not supposed to talk about anything in our family. We're just supposed to go along like, everything's fine. Right? Okay? Well, then, II get why, you can't.

Erica Spiegelman: You know why conflict seems uncomfortable. But we can. We can learn how to rewrite these narratives.

Erica Spiegelman: Empathy, considering different perspectives, obviously helps everyone involved in a conflict. So

Erica Spiegelman: putting yourself in someone else's shoes.

Erica Spiegelman: and

Erica Spiegelman: relationships, emotional self care like getting to know you is the most important relationship. You are your most important relationship, because we don't feel well balanced, and we don't feel like we are working on that relationship. Then

Erica Spiegelman: our other relationships also will suffer so we might as well try and cultivate a well balanced relationship with ourselves. And how do we do that? Again? With the emotional awareness, with the communication.

Erica Spiegelman: I, you know, love, positive self talk. II always encourage myself. I'm my own share. Leader. I'm my own champion. I have to be we all have to be because no one else is gonna do it for us. So again, starting to have this internal dialogue with yourself, and if you tend to have negative self talk, to start changing that like good job, Erica, you did a great job today. You did this, this or that was great,
Erica. Like you, you know you. You allowed yourself to relax

Erica Spiegelman: all day. You took care of yourself. Good job, right? I have these conversations myself. It sounds silly, but it works and it's life changing.

Erica Spiegelman: and then spiritual self care.

Erica Spiegelman: So I call this living pono and Hawaiian living pono is

Erica Spiegelman: means living in harmony right? And that that for them is spiritual self care. So we talk about spiritual self care. It's very. Some people are like, what does that even mean right. But again, it's the connecting with yourself, your, your your spirit. And so

Erica Spiegelman: I love the way that Hawaiians. This is a normal conversation topic is living, pono, living in harmony and balance and all aspects of our lives, including your chosen spiritual life. And I say, chosen because there's, you know, we all individually are so different. We've come from so many different kinds of backgrounds and histories and traumas. And you know, just

Erica Spiegelman: cultures, places in the world, you know, every everyone's different. And so again, your spiritual path could look like religion. It could look like nature, you know, where you feel connected most to yourself, or something higher than yourself, right, higher power to to God, to nature, to an energy, to a thing, whatever that thing is, you know, or it could just be again choosing a practice of gratitude. My spiritual care is a practice of gratitude. Every morning I wake up.

Erica Spiegelman: and I reflect it, even if it's like 30 Si really do drop in. I'm not just saying it verbatim, but I'm like. take a deep breath. I usually take 4 deep breaths. Hold it for 7.

Erica Spiegelman: Let it out an 8. It's 4, 7, 8. It's a really good way to. you know. Calm your nervous system and focus. And I just kind of go over really quick about dropping in. And what am I grateful for today? To me it feeds me spiritually. I feel like. I am

Erica Spiegelman: taking care of that part of myself, even with that very short practice, right? And then there's other things. I'm giving you examples from my own life. But walking really helps putting on music being out in nature, you know. Some people tell me spending time with their animals, and you know there's so many different things that feed us spiritually, and that is virtual self care, so don't overthink it. And when our clients get intimidated by this

Erica Spiegelman: topic, which I find happens. Just

Erica Spiegelman: tell them let's look at this lightly, like, let's let's try and like what helps you feel most connected to your inner self, something bigger than you a belief whatever that is. Or we could just start with

Erica Spiegelman: our value system, too. This really helps in terms of a conversation around spiritual self-care.
Erica Spiegelman: when we feel spiritually misaligned, or we feel UN like we're not connected right? We feel that kind of like

Erica Spiegelman: inner disconnect. It's probably has something to do with the way we're living, right? Our choices we're making. So it's important to teach this and for ourselves.

Erica Spiegelman: what are what are our values? What does that even mean? There are guide posts in life, right? Our values mirror who we are and who we want to be.

Erica Spiegelman: what are our values? What does that even mean? There are guide posts in life, right? Our values mirror who we are and who we want to be.

Erica Spiegelman: and

Erica Spiegelman: we can live in a way that we're true to our values, right? If we're mindful enough. So I have 3 values, and it's about being authenticity, being authentic, being honest with myself and others.

Erica Spiegelman: and being loving, loving the word loving. Let's say these are my 3 values. Then I know in life, like, if I'm you know if if I come across somebody and they're dishonest and they lie right. And I I'll probably think to myself that's probably not the best person I wanna be around, because that's not a value that I share. And if I choose to have that person my life, then I'll always be thinking that they may lie, and that's gonna feel incongruent. And I'm you know. So again, instead of you know, saving myself all of that

Erica Spiegelman: I recognize. Okay, maybe this person needs to change. But I could. Okay, I could be aware of this that our values are different and then decide what I want to do. But knowing your values is helpful, identifying them.

Erica Spiegelman: And you know also the choices you make

Erica Spiegelman: right in life, how you feel, where you work, who you allow in your life. What you read, what you watch all these things they you could think about that in terms of your values like, does does that watching or reading this? Does it share the same values as me, you know. And so again, I think that there's a lot of information here. Again, I have a whole chapter in my

Erica Spiegelman: one of my books on values. And

Erica Spiegelman: it's it's important. So I list all these values out. So if anyone again needs a list of values.

Erica Spiegelman: I got that

Erica Spiegelman: balance. Balance is a common, you know, theme and spiritual self care. But it is really important cause. When you know, we feel like we're tipping the skills in one way of our lives. We're out of balance, let's say, with sleep and nutrition and movement, the physical self care.

Erica Spiegelman: Then, you know, we may feel emotionally off right. Our mood may shift, we overtired. We're, we're, you know, more emotional about certain things, right? So again, everything, everything is connected in terms of our self care. That's the point of all of this. So being mindful of the scales tipping,
Erica Spiegelman: There's no way we're going to choose balance every single day and be balanced right one day. Something's gonna happen in the world.

Erica Spiegelman: like a recent, you know recently and boom, the balance shifts people. You know, things are going on. Our emotional life changes, our mental health changes, our physical health changes. Again. So it's just being aware. And what do we do when we feel out of balance? What are our tools like? This is? This is the whole point of all this is, what are the tools we can use to help us achieve the balance back, or if I'm you know, if I am feeling like I have

Erica Spiegelman: more. Be off in some way, emotionally like. Okay, then maybe I go to bed super early, one for the whole week, right? Or, you know, get, get in bed early, or start eating differently. Or, again, if if spiritually, I feel off, what is that? What's going on? And again looking at our spiritual life. And so again, everything that I've shared today. Hopefully, we could say to ourselves, like, Oh, this is, you know. Maybe I should pay attention to this part of my self Care, or or that part

Erica Spiegelman: so again, it's interconnected.

Erica Spiegelman: and Honesty. I touched on that just briefly about my own value around honesty. But I think being honest

Erica Spiegelman: with ourselves is the most important thing, because self betrayal is the ultimate betrayal. I know a lot of my clients, the shame and guilt coming out of a a, a place of dependency or addiction and experience like that. There's a lot of a lot of feeling around them, betraying themselves and betraying their

Erica Spiegelman: higher, higher self, betraying their values, who they are. Because when you're hijacked by drugs and alcohol, you're not making the best choices. And you're you're not probably the best version of yourself. That's okay. So again, it's about bringing this conversation around the honesty, the the

Erica Spiegelman: how do we talk to ourselves? Do we? Are we in denial of things? Do we lie to ourselves? And then again lying to others? Is not, you know something that's gonna help us in terms of our spiritual self care. It's gonna create more of a disconnect. So.

Erica Spiegelman: seeing how white lies lies of a mission affect us in our lives. And then, you know, lies just multiply and become a web of lies. So we don't wanna even really start that we wanna try and be in a place where we can be truthful about the things that we need and and who we are, and if we can't exactly be honest. Fine! Let's let's look at that. And why can't we? And how do we

Erica Spiegelman: come up with solutions and assess the situation? There's always there's always a way to move through it. Instead of being in denial of it. Because that's just that'll just get worse.

Erica Spiegelman: Okay, so thank you guys. So much for

Erica Spiegelman: staying with me through this whole presentation. I hope I hope you learned some things about self care and what we could take away. You know. What will you take away with today in terms of your own self care? Maybe some things that you'll
Erica Spiegelman: think about

Erica Spiegelman: teaching of your professional in this field helping people become more aware of. If you have any questions.

Erica Spiegelman: we have a couple minutes. So I just wanted to give everybody a chance?

Jessie O'Brien, NAADAC: Great. So I'm just looking for some questions. Oh, helpful resources! We should leave that up for a little bit, I think, so. They can see that?

Jessie O'Brien, NAADAC: There's oh.

Jessie O'Brien, NAADAC: so you mentioned this from Kathy you mentioned taking time to eat? Would eating at your work desk be good.

Erica Spiegelman: I think if you're eating at your work desk to don't do the work, you know, like, just yes, you could eat at your work desk, of course, but to

Erica Spiegelman: to again be more focused on what you're doing, like the eating and just breathing, and let yourself have some thoughts process the day. So far, you know, instead of doing work on your computer while you're eating. No, I would say not to do that.

Erica Spiegelman: But you could eat at the work desk. That could be your place. But again, just trying to to limit your activity to just eating.

Some great comments here. Some people want parts 2, 3 and 4 that elaborate on all these things.

Jessie O'Brien, NAADAC: let's see, what can we do for long, lasting change?

Erica Spiegelman: Yeah, I think someone said, like, I can do this for 2, 3, or 4 weeks, but then kind of falls off track again. Long lasting change is the routine, like the the non negotiable so how we change our pathways in terms of rewiring like literally literally think about it like carving out a path. Right is through repetition and repetition and repetition and repetition. So again.

Erica Spiegelman: eventually you won't even think about it. Get up and put on your shoes. Go for the walk right you! It's again. It becomes much easier when we do things repetitively. Just like you create a good habit or bad habit. Right? If I smoke every day right? I'm smoky, smoky smoking. I'm gonna become a smoker, right? And so again, it's it's the habit, so

Erica Spiegelman: long lasting changes only happen with implementing routines.

Erica Spiegelman: So I think.

Erica Spiegelman: And again you that language of again watch the language. I don't know who's let me go back to the QA. But whoever wrote this
Erica Spiegelman: like, I can only do the only right. I can only do this for a couple of weeks, and then I'll follow up. You're ready. You're ready telling the story, you know. Watch the, you know. Watch that because it's

Erica Spiegelman: usually I. This has been. This is what's happened in the past. I do this. And then I thought. But you know what I'm gonna figure out a way I'm gonna come up with a routine. I am capable of doing this again. It's just more positive, affirming words around. It also can help, you know, if we think we're limited and we already are setting ourselves up to be limited or to fail. We're not going to be able to do it, as as you know, as we would.

Erica Spiegelman: Someone asked about ordering the workbook is that if they just Google rewired workbook, would they be able to find it? Yeah, everything is on Amazon, Barnes and noble.com. My distributors, penguin Random House, has everybody has them. Amazon's probably the best, cheapest place. They always have them on sale there. Yeah, just look up. My name are rewired rewired workbook. I have a coloring book. It's

Erica Spiegelman: for people that like coloring. II just so happen to have it right here. For you know, it's it. Actually, it's about a Mo like emotion. So it has entities to teach teach people loyalty like what are, what are emotions? What are these value words? And

Erica Spiegelman: and then an affirmation book to a affirmation book just came out in November. So that's also great to have you know I'm not trying to.

Erica Spiegelman: So the books, but just to show people there's different resources. The self, the affirming words, positive self-talk. If you don't know where to start by any book that has affirmations or look online. There's free operations everywhere. There's Youtube's on it. But it's really important to like, memorize one or 2 or 3 that really resonate with you and have that in your mind.

Jessie O'Brien, NAADAC: Awesome. Do we have time for one more question.

Erica Spiegelman: let's see when your family of origin is toxic. Can you talk a bit about how to try to maintain self-care and some type of relationship with family? Yeah, yeah, I mean, you know. having that protective self care and not feeling bad about it, you know, not feeling the guilt around it like seeing that this is you

Erica Spiegelman: choosing to save your own life. Really, if we have to go that far, you know. Sometimes it does push us to the brink, and people then drink over it right? So think about it like in in a really serious way. You know, I have to protect myself. See people in small doses doses right like don't overdo it, you know if they're toxic, and let's say they drink at dinner. You don't want to be around alcohol right? Have lunches with people, take a walk, meet someone for coffee. There's so many different ways to create boundaries.

Erica Spiegelman: Awesome. Some people want information about the rewired support groups. Yeah. So the rewired support groups are.
Erica Spiegelman: I'll put it. So yeah, they're on it's rewired zooms. It's a there's a Monday night meeting at 8 30 Pm. Eastern time, and there's one on Fridays at 1230 pm. Eastern time. And I have.

Erica Spiegelman: I don't run them. Someone else runs them they've created their own meetings.

Erica Spiegelman: everyone could see rewired.

Jessie O'Brien, NAADAC: It was Mondays.

Erica Spiegelman: And is there like a link or something? Yeah, the link is the bit dot lee, BITL Y,

Erica Spiegelman: and then the forward slash rewired zooms.

Erica Spiegelman: And they're online.

Erica Spiegelman: And also on my website, everybody. If you want to start your own meeting in your community or have it for your treatment center or use it for groups. I don't care. Do whatever you want with it. It's 15 modules. It's free. You could download it on my website. You go to Erica spiegelman.com. It says, resources. It says free community manual. You download it, and you're gonna have like a a book, basically of how to how to have ideas about topics and things like that for every every week.

Erica Spiegelman: Awesome. Well, I know you have a tight timeframe. So I'm gonna try to honor that and just thank you for your time. And we're gonna go over. I know people were asking about the ceas. So we're gonna go over the seed process now for you all. But, Erica, thank you so much for all this information. Great presentation. We really enjoyed having you with us. Thank you. Feel free to share my information. Too


Jessie O'Brien, NAADAC: alright, everybody. So some people were asking about ce's. This is one of the most frequent questions we get at Nadac after a webinar. So how do you find the Ce. Quiz? So I know Hayley put the link in there to access the Ce quiz for this specific webinar.

Jessie O'Brien, NAADAC: I'm just gonna walk you through how to find it in our Needac Education Center. So you can access the Nadac Education Center from our Nadac homepage under the Education tab hover over education and then click on the Nadac Education Center. Once you're in our Education Center, you can click on education in the upper left corner.

Jessie O'Brien, NAADAC: From there you can see all of our educational material is right at your fingertips. So every webinar has a course that you can search for. If you're looking for a particular webinar, search in the search bar

Jessie O'Brien, NAADAC: and choose the one that you want to go into. Once you're in, you just can scroll down, and all the stuff for that webinar is down there. At the bottom we have our webinars are presented, live
and they're recorded. And then within 24 business hours we post them. The recorded recorded versions. On our Lms, which is what you see here. The live attendees. Those of you who are here today would go into the live attendees section, because those certificates do indicate that you attended the live session. Whereas the recorded webinar is just. It's a recorded webinar, and that's indicated on that certificate as well.

Jessie O'Brien, NAADAC: So if you attended the live one, you would go into the live version, and then, once you've attended the sufficient amount of time for this live event.

the Ce quiz will become active for you. Ces are free for our members in the Free Webinar series. They do cost a nominal amount for non members. So you would just click on the Ce. Quiz and the purchase button

it'll take you to a shopping cart where you would just see you can see it says free here, because I'm a member. If not, you would just submit your payment information, hit, submit

Jessie O'Brien, NAADAC: and then go back into the Lms. And you should have access to the Ce's. The Ce. Quiz. Once you finish the C quiz, it'll just say, go to next item, you'll complete the survey. Go to next item, and then you'll get your. The certificate will just pop up, and it's stored in your account in that learning management system we also give a quick link. So when this ends, you all came into this webinar through a link, probably maybe in your calendar in an email.

Jessie O'Brien, NAADAC: And it brought you to this page where you entered the live event. That screen will change. You'll see a thank you note, and there'll be a click here to access the Ce. Quiz, and that's a quick link to the ce quiz, but it's helpful to know where they live in the Overall Education Center, if you ever want to access them.

Jessie O'Brien, NAADAC: Okay, so just a couple of upcoming webinars that we have, we're back, enrolling after our annual conference. Hopefully, some of you were able to attend.

October 20 sixth. We have our Peer Recovery Support Series, part 9, supporting recovery. Who's who at the Zoo? November first. We have skills for problem gambling, integration? November third, primary prevention moving upstream, using effective strategies. That's part of our new prevention series. We have a 4 part series that we're featuring. And this fall. And then November fifteenth, sustainable, integrated care through community partnerships.

You are not yet a natac member. I encourage you to explore the benefits for yourself and what that might offer.

Jessie O'Brien, NAADAC: there's like, I said. The free cease is a big one. If you are a member.

and there's a lot of other

Jessie O'Brien, NAADAC: benefits and discounts that are available for membership. So consider that. And that's it. Thank you, guys. I hope you all enjoyed the webinar. I know I did. It was really valuable and good reminders, and I hope to see you again on a webinar soon.
Jessie O'Brien, NAADAC: Take care, everybody.