

FINDING BRAVE

with Kathy Caprino

Transcript

Finding Brave Episode #24

7 Damaging Ways Parents Are Keeping Their Children From Growing Up

Kathy Caprino: Unless you have consciously addressed it, you're probably reliving many patterns from childhood that you actually aren't aware of and wouldn't choose. Hello, everyone. This is Kathy Caprino, and welcome to my podcast, *Finding Brave*. I've created this show for everyone who longs to create something bold and brave in their life, to rise up, speak up, and stand up for who they are, and to reach their highest and biggest visions. Each week I'll be speaking with inspiring guests from all walks of business, leadership, entertainment, the creative arts, and the entrepreneurial world. And they'll be sharing their intimate stories of finding brave and offer their best strategies for building your most rewarding, joyful, and meaningful life, business, and career.

Kathy Caprino: Hello, everybody. Kathy Caprino here. Welcome to *Finding Brave* this week. How's it going for you? How's the week and the weekend? Speaking of weekend, I am recording this on a weekend, which is really unusual for me. I typically do these during the week on Tuesdays. And I just want to share this before we launch into today's episode content about parenting, but I think it relates, really.

Kathy Caprino: If I'm going through something, I think that, I'm guessing that a lot of my listeners or community are going through it too. Who would nod their head at this question? Do you feel like you are just running so fast that the way you are living and sleeping and eating and breathing and even walking is compromised, is just on such, you're on high gear here? Well, I want to tell you I experience this a lot, especially when I'm in a growing phase of my business, which I am. And I think probably since mid-March I have just been racing. Not enough sleep, and every time I say that, I think of Ariana Huffington and her wonderful thrive movement, and it's all about sleep and how important it is and how we neglect it.

- Kathy Caprino: But I really saw that everything that I was doing in a physical way and a spiritual way and an emotional way was just way too ... What's the word? Stressed, that's the word. That's the word. Not enough sleep. I finally, this weekend said, "Absolutely enough." I happened to be by myself. My son isn't here. He's with me this summer during college. I just turned it off. I unplugged. I don't know if you're like me, but I actually take my phone with me into every room that I go into my house. I mean, that's just crazy. Crazy town. How many of us are doing the things that we read about that we know are wrong, wrong for ourselves? This weekend I did everything that was just for me, for my physical and mental wellbeing, and I slept and slept and slept. I took the dog to the beach and just walked. I let my mind and body rest. I ate differently, drank a ton of water. Oh, I feel like a different person.
- Kathy Caprino: I do want to start this off. Really, if we're going to talk about parenting, everything we do for our children starts with us. The very first thing I want to say is, they will do as we do, not as we say. If you're running around like a crazy person, not yourself, stressed out, eating terribly, your body doesn't feel right, that's what you're serving as a role model for, so take care of yourself. Take care of yourself, first of all, for you. But secondly, for your children. It makes a huge difference, I can say. All right. That's it. That's that.
- Kathy Caprino: I wanted to launch in and talk about seven damaging ways parents prevent their children from growing up. Eeks, I hope you're sitting down because any of you who are a parent, is a parent, I'm 100% sure you're going to recognize yourself in one of these ways, because I think it's how we parent today. Let me give a little background on this. I think some of you know I had an 18-year corporate career and then left it, just woo, left it behind, and really wanted to get into the helping profession and help people, and I became a marriage and family therapist. I got that master's in three years and then worked for quite a few more years as a therapist with individuals, couples, families, and children. I want to tell you, that experience, the whole thing, was the most life changing thing I've ever been through, and it changed me as a person, as a professional, as a therapeutic individual and as a parent.
- Kathy Caprino: That experience and the training taught me so much about how my own childhood was flawed in terms of how I grew up and what I experienced, and how I unconsciously was recreating much of that. This is lesson number one of 100. What you learned in childhood has gotten through, through osmosis. Unless you have consciously addressed it, you're probably reliving many patterns from childhood that you actually aren't aware of and wouldn't choose if you were aware of it. Part of this is, we learned in therapy training, greater awareness equals greater choice. But you can't choose a different way to be and a different way to parent and a different way to love and a different way to communicate if you're not aware of what you're doing. I'm hoping this podcast for all parents is going to help you with that.
- Kathy Caprino: A little bit more background on this, after I left being a therapist and became a coach, a career and executive personal growth coach and a writer and researcher and speaker and trainer, I began writing for Forbes, having a column on Forbes. That started in September 2011, I think it was. Part of what I love about that is that I get to interview people that are just stunningly brilliant and making such a beautiful impact. And I get to choose who I interview. Nobody's telling me what to do. It's fun.

I get to curate a lot of content. Part of how I learn about amazing people is through my clients, my coaching clients and my course members. I have two courses, The Amazing Career Project, for people who want to improve and change their careers, and The Amazing Career Coach Certification, for coaches who want to learn how to coach in a deeper way than most coaching training. Programs teach you, so my course members and clients often point me to people who are moving and shaking it.

Kathy Caprino: One person, years ago in 2014, one client said, "I am following Tim Elmore, who is the founder of an organization called Growing Leaders." And she said, "I love his work." And I said, "Oh, wow. I'll check it out." I did check it out, and I fell off my chair. Tim's work is powerful and he's training young people, teens and young adults and parents and educators all about: How do we grow leaders? It doesn't mean just being a corporate Fortune 100 CEO. It means: How do we lead our own life? How do we become leaders in the way we are living and communicating and managing? It's just incredible stuff, so I'm going to link to Tim below, and all of his great work. We did do a podcast on this recently, so you can check that out. I'll link to that as well.

Kathy Caprino: I want to talk about my take on ... We did an interview together, Seven Crippling Parenting Behaviors That Keep Children From Growing Into Leaders. And that post from January 16, 2014, has 7.8 million views, and it's the most viral post I've ever done. When we wrote this, and it started to go viral, it's a wild thing to watch something go viral. It just explodes. It balloons, and you can see it happening. You can see, oh wow, it's at 10,000 views. And oh my goodness, in 10 minutes it's at 20,000 views. And look at the comments. We got hundreds and hundreds and hundreds of comments, and I still get questions and comments. And was on a radio show about it, so it's a hot topic.

Kathy Caprino: I want to talk about seven damaging ways parents prevent their children from growing up. It's a little bit of a different take, and it's my personal experience as a parent, as a therapist, as someone who coaches people. So that's where that's coming from. All right. Let's jump in. What are the seven ways we keep children from growing up? What I mean by that is, yeah, they're physically going to age, of course. But I'm talking about growing up as self-reliant, self-confident people who can guide their own lives. And you know, I'm just going to say it like it is. I'm not going to mince words. If you don't want that, if you just want them to do what you tell them, that's bad parenting, bad unequivocally because you're going to cripple them. Gosh, I've seen it. The crazy thing is, I've seen all of the effects of bad parenting.

Kathy Caprino: When I work with midlife professionals, they can't make decisions for themselves. They can't decide what career they want. They can't speak up for themselves. They can't negotiate for themselves. They can't communicate without emotion, without being defensive. Everything we're doing to our children and everything that has been done to adults as children is absolutely self-evident in their work and in their life and in their relationships. I really believe that there are certain behaviors that are bad, that are negative, that are damaging, that are crippling. I can see the effects of it in adult life, so that's where I'm coming from.

Kathy Caprino: Let's start with the very first one. We don't let our children risk. What is this about? Our world today is so full of scary things, and the internet and our news headlines exacerbate it. I mean, you can't watch the news and not have your high blood pressure go up.

I mean, they say in the news, what bleeds, reads. Meaning, it's going to be negative headlines that people read. You know, in some ways that's true of our writing as well. Seven crippling parenting behaviors, that's the thing that goes viral because everyone wants to say, "Oh no. Am I a crippling parent?" It's a tough world right now, much more so than 20, 30, 50 years ago in terms of our access to the negativity. Many of us, as adults and parents, haven't regulated our own emotions. We're a nervous wreck and we're insecure and we're scared. We want to protect our children and keep them safe and keep them risk free or from taking risky behaviors. We're scared. We're scared to death. Don't you agree? Nod your head. I can't see you, unfortunately.

Kathy Caprino: What happens is, we turn into that kind of parent that doesn't let them experience anything. Brené Brown and her amazing work has said ... She's one of my favorite authors and speakers and researchers. And she said, "When we blunt vulnerability, we blunt everything. We blunt every emotion. We blunt every experience." Well, I think the same is true here. When you blunt their ability to experience risk, you blunt their experience of everything, so you really have to learn how to let them take risks and let them learn how to judge what is risky behavior. If all you're doing is telling them what to do, then they go off to college and they can't even judge for themselves what is risky behavior. They don't have a monitoring mechanism. How many people have heard the millions of stories of kids who aren't allowed to drink a beer in high school? Then they go off to college and they're bingeing because they don't have a regulatory system about deciding what is risky behavior. You've got to let them risk.

Kathy Caprino: How do you do that? Don't hover them. Don't smother them. When they come to you and say they want to try mountain climbing, don't immediately say no. I can relate to every one of these seven damaging behaviors because I think I've done all of them. But thankfully, I grew aware of them a little later on and changed it. I noticed that my husband, now my ex-husband, he would say yes to them much more frequently. My knee jerk reaction was nope, nope, nope. You can't do that. No, you can't hike with your friends. No, you can't. Oh, it was everything. I just was a nervous wreck. You've got to let them risk, so before you say no, before the word comes out of your mouth, before you have that knee jerk reaction that you want to remove risk from their lives, stop yourself. And tap into: Why am I saying no? Why do I feel scared? And it's going to be your insecurities and your fears around risk. I'm sure of it.

Kathy Caprino: The second behavior is, we rescue too quickly. Sadly, the research shows that children do not have the life skills that children 30 years ago had. We swoop in and do everything. We rescue and give them what we think is assistance, when really we're doing everything for them. But they're not navigating through hard challenges. What's an example? Your kid does poorly on a test, you're calling the teacher, or worse, you're doing their homework. If you're sitting there every night doing your child's homework, and I know there's some mitigating situations, there's some kids with some very challenging learning disabilities and learning disorders.

I'm hoping when that's the case, you're getting advice and guidance from experts about the level of help that you should be giving your child.

Kathy Caprino:

But on average, we should not be doing what they are supposed to be doing for themselves. Right? If we are doing for them what they are supposed to be doing for themselves, we're crippling their ability to grow.

Look at everything from the homework, to: Could they be earning money? Are they 17, 16, and they haven't gotten a job? They haven't gotten a license because you're driving them everywhere, and you're okay to do that. Think about the ways that you are swooping in and doing for them, or fixing the problems that they have and the challenges and not letting them do it. Then they can't become competent. They also, let me tell you, the parents that swoop in and fix something actually steal from your child that ability to feel satisfied with their own actions and proud of them. That's how you find brave, doing the things that scare you, not having your mother do it or your father do it.

Kathy Caprino:

A third way we keep kids from growing up healthfully and successfully and in a self-reliant way is, we rave about them too easily. Gosh, that brings up a story. I was kind of a championship tennis player. Went to the states in New York, number one on the team. Neither of my kids really love tennis nearly to the degree I did, but my son and I still play, and we have a ball playing, and he's a great athlete, so it's fun. But when he was little, I remember I would rave about him and say, "That was great," and, "That was perfect." And my dad was watching once and he made a comment. I can't remember it exactly, but it was something like, "I think you're raving too much to him, and I think he's not going to understand his playing and the level that he's playing at if you keep doing that."

Kathy Caprino:

I was so hurt, but I think it falls into ... I think he was 100% right, and I think it touches on this third thing parents do that keeps kids from growing up, which is, we rave too easily. There's a self-esteem movement that kind of spurred on since baby boomers were little kids, and it took root in the 80s. It was about everybody's a winner. Everyone gets a trophy. Everyone is perfect. Everyone is at the highest level. It's not accurate and it's not life. I see it now. Parents don't want to give constructive criticism because they feel that's going to hurt their self-esteem. I have people in my own circle that I know really well. They won't give constructive feedback to their kids. They don't want to say anything that isn't a rave. That's crippling your kid. Right? If you rave too easily and if you disregard poor behavior on their part, or behavior that's going to get them into terrible trouble in life, or behavior that's disrespectful, or behavior that crosses important lines, or behavior that reflects values that might trip them up later.

Kathy Caprino:

If you don't comment on that and parent around that, they can learn to cheat. They can learn to lie. They can learn to avoid reality. They haven't been trained to face it, so you don't want to rave too easily and too much. It's important to really be realistic. Not everybody is the top player on the soccer team, not everybody is. And understanding that is an important skill in life so that kids aren't racing out thinking they're the best and trying to be the best when it's not going to happen for them in that one field or arena.

- Kathy Caprino: The fourth way that we damage our kids and stop them from growing up, is that we let guilt get in the way of leading and parenting well. What do I mean by that? I see so many parents that aren't parents. They're grown up kids, and they want to be friends with their kids, but you're not their friend. You're their parent. It's a very different role, so the reality is, your kid doesn't have to love and be thrilled with you every minute. In fact, if that's what you're going for, you're damaging them, right? You're also spoiling them. So you've got to tell them no. You have to tell them, "Not now." You have to let them fight for what they really value and need.
- Kathy Caprino: We tend to give them what they want, everything they want. Oh, gosh. I remember when I was making a lot of money in corporate life. I had such a hard time saying no. No to the video games, no to the Xbox. A lot of this comes from my childhood. My boundaries are not good. I've had to work so hard on, I'm going to say no to you and you're going to be mad at me. And you might be mad the whole day or the whole week, but that's how it's going to be. I'm not going to give into this. No, I'm not. Most people have an incredibly hard time with that, especially people whose boundaries were not well formed when they were children.
- Kathy Caprino: Another thing we struggle with is, if we have multiple children and one is doing beautifully in this one way, we are almost embarrassed to praise them in front of the other child or reward them in front of the other child. That can lead to a real coddling situation. It's unrealistic. Both kids, or all kids, aren't going to perform in the same way on the same things. You certainly want to make them know that love is unconditional, that you love them no matter what. But if you've got one kid who's a tennis star and the other kid doesn't play tennis well, you're not going to not praise the tennis star for tennis. But you'll praise the other child for his gifted ability in art, or singing, or math, or whatever it is.
- Kathy Caprino: Another thing that Tim talked about in this interview, which I love, is be careful not to teach your children that a good grade is rewarded by a trip to the mall. If you reward kids with material things, here's \$10, here's \$100, here's a car, what the research shows is, it's going to cripple their ability to feel intrinsic motivation and unconditional love. Be very careful when you're rewarding kids with material things. It can truly backfire and it can truly develop into a very materialistic way of looking at what life is. That means they don't understand how to motivate themselves for the passion to do the good work without the reward. That's a very negative thing as people grow up.
- Kathy Caprino: Number five is, parents don't share their past mistakes. There's a double-edged sword with that. Let me talk about it. Healthy children and teens, we're talking about teens and young adults here, they're going to want to spread their wings and try new things. Right? And you're going to want to encourage them. But you do want to share the relevant mistakes you made at their age when you were doing some of this stuff that they're trying. Now let's give a healthy example. A kid is already a star, or singing in the play, on the tennis team, and is in National Honor Society, but wants to try one more thing. You can already see incredible signs of stress and that they're not sleeping well, and they have high anxiety. Well, maybe you were what I call a perfectionistic over functioner, doing more than is healthy, more than is appropriate, more than is necessary. You're still surviving and trying to thrive through that.

Kathy Caprino: You might say to your child, "Listen. I think you could probably handle that. But I want to talk to you about the effects of perfectionistic over functioning, trying to get an A plus in everything and trying to do too much." Now some kids can handle it, but you know your child. Are they stressing? Are they having anxiety? Are they not able to sleep? Are they having an eating issue? You know your kid, so you might want to say, "Listen. I have taken on too much a lot of my life, and this is what's happened. This is what I feel when I don't do that. Let's talk about that." You're sharing your past mistakes. Don't hide those. Share how you felt when you faced a similar experience.

What drove your actions? Like, I was a perfectionistic over functioner, and I was trying to please everybody. What I learned from it, it's better to please myself. It's better to do less and do it well and do it because I'm passionate about it. It means something to me, rather than trying to please my parents. Me to you, or whatever, or my teachers.

Kathy Caprino: As Tim says, "We're not the only influence on our kids. We're the best influence." We need to be the best influence. We need to be the role models and share those mistakes. Now the research also says that's a different situation when you're talking about illegal drugs. The research shows, and I will find an article about that, that parents that say, "Hey. I tried cocaine. I know you're thinking about it. I know your friends do it. I tried it and it was really bad for me." Unfortunately, when you're talking illegal drugs and substances, the message that gets through to the kids is, if mom and dad could do it, if it's good enough for them, it's okay for me. That's what the message says. The research says you don't want to. It's not a good idea to share about your past substance abuse behaviors because they're going to get the message it's okay for them, even when you're trying to tell them it went terribly badly. Okay?

Kathy Caprino: All right. Number six, damaging behavior. We mistake intelligence, giftedness, and influence for maturity. Wow. Intelligence is often used as a measurement. But what we mistake it for is maturity. We think a brilliant kid or an intelligent kid is more ready for the world challenges than they often are, and that's really a mistake. Like Tim talks about, if you see some young professional athletes or young Hollywood starlets, we've all seen it, we've seen them crash and burn. They're not ready for the challenges. Just because they're a shining star in something doesn't mean they have maturity to deal with life's challenges. Just because there's giftedness doesn't mean that giftedness pervades all areas like confidence. A lot of people struggle, as we see. Oh gosh, these suicides that we're seeing, there's depression, there's anxiety. There's unable to cope with the challenges.

Kathy Caprino: When you're gifted or incredibly intelligent, there are more challenges. Well, that's not necessarily true. I'm going to take that back. When you're struggling and have disorders and learning disabilities, there are terrible struggles as well. So I take that back. What I would say is, don't assume that a gifted or highly intelligent child has what it takes to cope with that gift or that burden sometimes, and the challenges around them. It's just not true.

Kathy Caprino: The seventh is, we don't practice what we preach. I want to talk about this. It's our responsibility as parents to model the life that we hope our children want to live, or model the life we want them to live.

Part of that is character, values, what it is to be dependable and accountable and honest and truthful and authentic, not a liar, not a cheat, not a backstabber, not someone who thinks everyone else is to blame and is not accountable. But if you're not behaving in that way for them, they are going to learn and model what you do. So if you tell them, "Don't lie and don't cheat," and then they see you cheating on a tax form, or telling a lot of lies. Gosh, I think that white lies, I think we all tell them. I just told one this week, so as not to hurt someone. I think we tell them. I'm talking about, sure, be aware of the lies you tell. Also, be aware of more inauthentic behavior, more dishonest behavior as well.

Kathy Caprino: Your children are watching you. Watch yourself in the ethical choices you make because they're going to notice it. Don't cut corners on that, on that character building behavior. Show your kids what it means to give selflessly, for instance, to be ... Oh, and you know what's going on today. There's so much hate. My last podcast was on that, how not to feed the hate. If you hear them doing it, and you say, "Hey, listen. Let's talk about that. Let's talk about the kindness that I'm not hearing." Well, if you're sitting there backstabbing and tearing people down and writing things on your ... I can't believe that. I was going to say writing things on Facebook. I can't believe how many parents talk about their kids on Facebook in a way that would be mortifying to them when they grow up. Don't do that. Don't do that. Facebook isn't your journal. It's not your private journal. I know people who talk about their husbands in horrific ways on Facebook for everyone to see. Don't do it. If you're that anxious, go to a therapist. Write a journal. Work through what you're feeling, not in a public arena. Know that your kids are watching, and your kids are reading.

Kathy Caprino: I know one woman, gosh, she writes about her kids constantly. They're too young at this point, but they're not too young later. What's on the internet doesn't go away. It's out there forever. Really be a role model for ethical, kind, compassionate, empathic behavior because they are watching and they're going to do what you do. The overarching theme here is, it's so important to be more self-aware than we are today. The thing that I'm talking about in a lot of these parenting behaviors is boundaries. You've got to know where you end and the child begins. You are not them and they are not you. You don't want to make it that you're the same person. They have their own needs, their own values, their own beliefs. You need to let them grow and develop into who they are meant to be. The only way to do that is to maintain a really healthy boundary. Don't rescue. Don't coddle. Don't try to fix everything for them. Don't take away risk for them. Let them face the world in age appropriate developmental ways that are going to help them grow into self-reliant, confident people.

Kathy Caprino: If you need help, go to a marriage and family therapist. They're trained. I'm biased, but I think it's the best therapeutic modality because it's based on systemic behavior, so it doesn't just look at what the child, or what the teen, or what the young adult is feeling. They look at the context with sustaining that behavior because it's not only within the individual. It's contextual, so it looks at the context. It looks at system behavior. It looks at communication. It looks at all these things that are actually shaping an individual, and it's fantastic. If you don't know of any marriage and family therapists, there's a wonderful association, The Association of Marriage and Family Therapists. There's a therapy locator on that, and I'll link to that below.

- Kathy Caprino: Some tips to move forward and address these issues. Allow them to attempt things that are going to stretch them and help them fail. Talk over the issues you wish you'd known about in childhood. That's a good tip. These are from Tim in our interview. Discuss consequences if they fail to master certain things. Sit down and talk about, here's what could happen if you aren't honest, or are going to cheat. Let me just talk to you about what's going to happen. Right?
- And why we're doing this, and don't make it judgmental and don't make it ... Just come with your compassionate, empathic heart so they can trust you. I mean, part of these issues is: Do they trust you to love them even when they're going through hard times?
- Kathy Caprino: Help them match their incredible strengths. Everyone has strengths, but everyone doesn't have them in the same way. Find what their gifts are, their natural talents and passions, and help them match those to what they can do and what they can focus on. Teach them that life is about choices and tradeoffs. They can't do and be everything. Just as I was saying in the beginning of this podcast, we as parents, as adults, sometimes forget that. It's important that you understand that. Don't be a perfectionistic over functioner. Don't think you can do everything and be everything.
- Kathy Caprino: Initiate or work with them on some adult tasks, like when they're about to get a credit card. Work through their statement with them. Help them do a budget or help them negotiate something. Help them start learning adult behaviors at age appropriate times, and teen and young adult is when you do that. You know what, we talk about mentors and sponsors, how important that is in life. Have them find mentors. You know, don't be like, "Oh, they're going to their teacher and asking questions more than they're coming to me." That's a good thing. That's a good thing that they have a support network, not that they're going more to other people than you. That might be a red flag that they don't trust you or feel safe with you. But encourage them to have mentors and people that are in their life who can teach them things that maybe you can't teach them.
- Kathy Caprino: Help them envision a future that's exciting for them, that's juicy for them. I mean, if your kid is all about homework and getting As, have them talk about: What are we doing this for? What are you doing this for? What's exciting and juicy to you? What's meaningful? Have them start talking about that so that they can build a relationship with themselves and not just be trying to please someone else. Celebrate with them as they move towards autonomy and responsibility.
- Kathy Caprino: A lot of parents that I see and a lot of parents that I work with and a lot of people that I know are not fostering autonomy because they don't want their kids to be autonomous. Yikes. That is going to cripple them. I promise you. They're going to be midlife people someday, and they're not going to know how to manage their life the way they want to. I hope this is helpful, folks. I hope so, hope so. I do want you to know I'm not judging anything here. I've made every one of these mistakes and millions more. The key is growing aware and having that kind of relationship with your child where they can push back on you and you can be okay with that, as long as it's respectful and as long as you're in the fabric of their lives in a way that you understand them.

But you're not overly weaving the picture of what their life should be. Let me do that. Hope this is helpful. Please comment, comment, comment anywhere this post appears, which is on Facebook and Instagram and Twitter and on my LinkedIn profile and on the *Finding Brave* page. Please comment. I'd love to hear your thoughts and your questions.

Kathy Caprino: I'd also love to know when I do these solo episodes. What are the topics you're struggling with? It can be personal. It can be business. It can be entrepreneurial. It can be leadership, career. What are you struggling with in your life the most?

I would love to dedicate a podcast to that. If you are wanting hands-on help, I want to tell you my Amazing Career Project course, you can go to amazingcareerproject.com. The enrollment right now is closed for the summer session. But we'll open it up in the fall. And it's a transformative course. If you're a coach and you want to learn all about how to help professional women build happier lives and careers and learn how to use my Amazing Career Project content, go to certification.amazingcareerproject.com. In the fall, I am opening enrollment for that 17-week certification. For a very affordable help, I have *Finding Brave* group coaching, and that's once a month, \$75 a month. This is a little plug for all the ways I can give you hands-on help.

Kathy Caprino: It's pretty powerful. We have a small group. I cap it to 40, and it's much less than that right now. For \$75 a month, you can join me on a call. Ask your questions. There's a great Facebook group, so there's a lot of ways for me to give you hands-on help if you'd like that and have group support in the process. And of course, if you want private help, kathycaprino.com/coaching-services. You can find all my private coaching programs there. All right, my friends, hope this is helpful. Can't wait to hear from you. Please do take the time now to back off from the incredible hamster wheel and roller coaster that may have become your life and breathe and be with yourself. Take time wherever it soothes and nurtures your soul and your body and your mind. All right, my friends, take care. Have a great week and I'll see you next time. Bye now.

Kathy Caprino: Thanks so much for joining us today. And please don't forget to check out findingbrave.org for more programs, resources, and tips. And tune in next time for your weekly dose of *Finding Brave*.