

This transcript was exported on Sep 17, 2020 - view latest version [here](#).

Peter Englert:

Welcome to the Why God Why Podcast. This is Peter Englert, I am here with our illustrious producer, Dylan Carnavale. I'm also here with our faithful co-host, John lamaio.

John lamaio:

Not illustrious, just faithful. He comes every time. I don't know, he's here.

Peter Englert:

I thought that was a nice-

John lamaio:

It is nice.

Peter Englert:

Anyways.

John lamaio:

Yeah.

Peter Englert:

And then we have joining our second interviewee club, Jennifer Frary. She is a Counselor in Rochester, New York. Today, we are going to be talking about the question, why is self-care so important. John, what are your thoughts?

John lamaio:

Well, I think there's a couple of misconceptions that we can have about this or extremes, I'll put it that way, maybe not misconceptions, but extremes. I think some people don't recognize the importance of self-care. So it almost is like a selfish thing they think. Whereas I've seen other people kind of take it to the extreme of like, "Well, I can't do anything for anybody else because I need to take care of myself." So, I think there are people who battle on all those extremes and I think it'll be great to have a conversation about what is healthy self-care look like and how could that look in our lives? So yeah, you?

Peter Englert:

I'm going to sum it up in three words from Parks and Rec, treat yourself.

John lamaio:

Treat yourself. Yes.

Peter Englert:

There we go.

John lamaio:

Hello, Parks and Rec.

Peter Englert:

And I agree with that. And I think sometimes self-care, like what you said, it becomes a label to do whatever I want, but other times I even been struggling with this, I don't Sabbath well. I was on vacation and I did a semi-church related posts. And John lamaio said-

John lamaio:

I did.

Peter Englert:

He's like, "This is interesting. My friend from vacation." So, I think we have to kind of figure that out. Jennifer, you can help us out.

John lamaio:

Yeah, and this is the great part about Jennifer being here is she's a therapist, so she can help us just in our lives. That's what this is for. I hope that you don't mind you being here to essentially help us, Jennifer. Thank you.

Jennifer Frary:

I'm really glad to be here to offer help. I can tell you need it.

Peter Englert:

So, we've kind of brought up a misconception about self-care. What are some of the misconceptions that you see in doing therapy? Are there ones that we missed or is that kind of the biggest one that we brought up?

Jennifer Frary:

Well, I'd say there's misconceptions and there's myths. We get this impression that it is selfish. Many of us come up feeling like we have to meet certain standards to be loved in the world. Or we come from church backgrounds that say, "Serve, serve, serve." And that's the most important thing. So the selfish versus self-care component comes a lot. But I also hear people on the treat yourself end, I heard Donna in my voice said that, that was great. That I think it's all about pampering. I have to spend a lot of money and do a lot of things to get facials or massages, et cetera, in order to care for myself. And that's a myth, it doesn't have to cost any money to do self-care.

John lamaio:

Yeah.

Peter Englert:

So, I just kind of want to go off that. John got me all excited. We got to go on. And so I think it'd be helpful, what's the difference between self-care and selfishness? How would you define that?

Jennifer Frary:

Yeah, that's a great question. And for me, it's fairly simple. If I'm being selfish, it means that my needs wants and worth is more than yours. If I'm doing self-care, it means mine matter too.

John lamaio:

That's interesting. Can you expand on that for a minute? Because as I hear you talk about that, there's something in there that resonates with me. So, selfishness is my needs matter more than yours, self-care is my needs matter too.

Jennifer Frary:

Right.

John lamaio:

Can you expound on that?

Jennifer Frary:

Yeah. So if I wanted to make time to go to the gym, which I don't, let's be honest. And I said, and you said, "Well, I need this, this and this from you." And say, "Well, too bad, so sad. I'm going to go do everything I need to do for me, regardless of what it means of how it affects you." That's selfish. But if I say, "Well, let's figure out how I can meet my needs and help you get yours met." That's self-care, because I have to take care of myself in order to adequately take care of others.

John lamaio:

Yeah. And that seems like that's a level of maturity that's required for that, right?

Jennifer Frary:

It's something we grow into. Yeah.

John lamaio:

Right.

Jennifer Frary:

Yeah.

John lamaio:

Yeah. And it's a learned behavior. So you're saying self-care is learned?

Jennifer Frary:

In a lot of ways we are relearning because infants come into the world knowing that their needs matter. And they scream and scream and scream until they get their needs met. They know their needs are important and it's a matter of survival. Then our culture and our world teaches us that maybe we're not as important or as worthy of having our basic needs met. And so we have to relearn our worth.

John lamaio:

Right. And maybe the way that some people deal with relearning that is then to go back to that infancy stage of like, "Well, I'm just going to scream and holler until my needs are met."

Jennifer Frary:

Yeah.

John lamaio:

Which isn't a very necessarily mature way. If you're doing that in your 20s, that's not really helpful.

Jennifer Frary:

Yeah, sure.

John lamaio:

Yeah. That's really, really interesting way that you've described the parallel between those two. And I think that's the first time that I've heard that. That's really helpful. I appreciate that.

Peter Englert:

Yeah, I guess you're a follower of Jesus-

Jennifer Frary:

I am, hardcore.

Peter Englert:

... and you brought that up. I love it. Not all of our listeners are, and we appreciate that.

Jennifer Frary:

We love you too.

Peter Englert:

Glad you're here.

Jennifer Frary:

You matter also.

Peter Englert:

So, I guess how do you kind of reconcile just based on what you just said, a biblical understanding of self-care versus the word, because I think what you're saying makes a lot of sense and it's funny, I don't think anyone disagrees with self-care, but in practice, I feel like we're terrible all the way around.

Jennifer Frary:

Yeah. Well, our culture in general, I got these messages growing up that if you were going to take care of yourself, it meant making sure you looked right for society. Keeping up with the Joneses financially, but also do you have the right body type? Do you eat the right way? Do you belong to such and such club

that means you're worthy and have value? And so any of your taking care of yourself was towards a goal of fulfilling something, someone else set out for you. And in the church sometimes, as a female growing up in the church, I felt like I got a lot of messages around serving others and taking a back seat in my needs in order to put others ahead. And I don't think they're mutually exclusive to take care of myself and take care of others, as I just said. So, as a follower of Christ, I think it's about making the time and the space to take care of myself as a temple and as someone who's missioned to make disciples. I can't go out and love my neighbor if I'm not well cared for myself.

Peter Englert:

What I love about that, and we've mentioned this on the podcast before, but I think the passage that's most misunderstood is Paul writes in Philippians and he says, "Defer to one another and love." Now, that might be a Peter kind of. So, we read that as an American 21st century and on the surface level, it looks like, Oh, just be a doormat. But if you really go deeper into that passage, it's if you're deferring then Jennifer's deferring to me, we're all deferring to each other so they can get help. And I think about this, it is ridiculously hard for me to say now. And I envy people, and I envy people that can, but I also, like I was even thinking about this with John. It's a lot of work to schedule these podcasts. And for John, he's making such a big sacrifice. So, I'll get on the phone with John and I'll be like, "Hey, we're about to interview four episodes. Are you free?"

Peter Englert:

And I'm sitting there feeling that, and he totally has permission in my head to say no or reorient, but I don't feel like I have that permission. And I look at that biblical verse that there are a few people in my life where I feel like as hard as it is, I can say now, but I don't know, that's kind of how I've been wrestling with it.

Jennifer Frary:

But I also think there's a lot of biblical examples of Jesus putting his boundaries up. And this sort of speaks to the end of our podcast. So, I hope this doesn't mean we cut things close, but I think Jesus really saying, "Follow me." And I've set an example of what it means to have healthy boundaries, to take time away from the crowds and the masses and be with my God, to be quiet, to rest and to let someone else take care of me. And those are all self-care acts that you could find on any homeopathic type, Instagrammer or website that you should do those things for yourself. But we also have it in this ancient book, that self-care is important. Even though, those words probably didn't exist in Hebrew.

John lamaio:

Yeah. This is a fascinating way to go about it. Let's dive right into what you just said. Are there aspects of self-care that you're like, "This should be on your list." If you're practicing self-care, maybe not everybody has the exact same list. But there should be some things probably that are common across the board. Is that right?

Jennifer Frary:

Well, I think that the themes of our self-care are probably uncommon, with the way that looks right. That's one of the common misconceptions is this is how you do self-care. And in order to be good at self-care, you do these things consistently. And that sets up for a person like me who wants to be perfect and finds that that's challenging in many areas of life. That if I set that up, then I miss something for a

day and then my hands go thrown in here because I've failed. And then there's a whole spiral that goes with that. But that's a different podcast.

John lamaio:

A shame spiral. Is that what it is?

Jennifer Frary:

Yeah, one of those.

John lamaio:

Yeah, sure.

Jennifer Frary:

So I think there's so much value to asking ourselves like, "If I could, with no restrictions, do something to take care of myself, what would I want that to look like?" Take all the barriers out of it, all of the excuses, all of the reasons that that's not something I can actually do and start with that dream. If that dream is going to the spa every week, figure out how you can make steps to make that happen. If that really feels like it will fulfill and re-energize and refuel. If your friend says, "Well, I want to take good care of my body, so I'm getting a gym membership." Well, the taking good care of my body part is great self-care, but not everybody needs a gym membership.

John lamaio:

Sure.

Jennifer Frary:

So, I think there really needs to be a sense of what would make me whole, what makes me more of me and dictate what my self-care list will look like based on that?

John lamaio:

So, again, I don't want to get too specific in it, but would you look at it in terms of body, mind, and spirit kind of aspects of self-care?

Jennifer Frary:

Yeah. That could be a great way to look at it. Although, I also see each of those are so integrated. Hard for me to separate one from the other, because they're all a system that works together to make us who we are.

John lamaio:

Right. Yeah, it's a very Western thing to separate them all, to keep them all separate but your body impacts your spirit, impacts your mind, impact everything, impacts each other.

Jennifer Frary:

Yeah. And I would say if somebody is really looking to get started on a self-care routine, it's finding five minutes a day. Very small, very simple, very manageable. And that might be making sure that if you've

got little kids, you barricade the door to the restroom and take that time for yourself. And take a few extra minutes in the shower and notice what the water feels like on your skin. Have some mindful moments. It can be really simple to take those things.

Peter Englert:

So is that your type of self-care? Not that you have a child named Matthew that would barricade.

Jennifer Frary:

Yeah. Well, it's gotten so much better. We're going into first grade and I we've learned what privacy means.

Peter Englert:

Okay.

Jennifer Frary:

So there's definitely been improvement there. But it does mean that I have to take a few minutes to take some deep breaths. Because if I'm not having some good self-care moments in my days, I'm not the kind of mom I want to be. I'm more snippy and snappy. Happy wife makes happy life. That's a rule in my house and it's also, "If mum ain't happy, nobody's happy." So self-care that I do for me means that those things can happen better in my house.

John lamaio:

So can you expand on what that looks like for you? Obviously, we are asking you to have your formula for everybody, but what does self-care, and this is probably look different at different stages of your life.

Jennifer Frary:

Sometimes it looks different every day.

John lamaio:

Right, yeah. So what does it look like now for you?

Jennifer Frary:

Yeah. Well, one thing that has been really important in the last six to seven years of my life is being consistent with going to therapy. As a therapist, that's something like, never trust a skinny chef, never trust a therapist who hasn't engaged in their own work. And even in good seasons, I continue my contact with my therapist because I want to maintain the work that I've done. That's an hour of my life every month I take for me. And that, again, benefits everyone in my life. So that's important.

John lamaio:

So in good seasons, you're spending an hour of ... I'm just trying to break this down for people who are listening so that they're able to go like, "Oh, okay, this is helpful." In good seasons, you're going an hour a month, in seasons where you're experiencing a little more stress and like, "Oh my goodness, what's happening in my life now?" How often are you going during those seasons?

Jennifer Frary:

Could be weekly, could be every other week. I allow myself to sort of make it an accordion. In good seasons it gets a little wider, when it's tough bring it a little closer together. And I think giving the flexibility to our self-care needs and how frequently something has to be done is something we all need permission.

John lamaio:

That's really, really good. As people who are faithful listeners to this podcast will know Peter and I are huge fans of therapy. So, there you go. Wholeheartedly, endorse that.

Peter Englert:

And what else do you do? I mean, that's huge right there. So we want to get the therapy plug, but yeah, go out.

Jennifer Frary:

We love our therapists. And pray for mine, add her to your prayers. She could use that. I also think it's something I've been learning over time, especially after adding a child to my life is that I had to get better at saying no and keeping the boundaries on my time, energy and resources, because I love to say yes and let people know I'm here to help them and support them and be on board. And so I would say yes to things because there was an opening on my calendar. Well, I can do that. So, I guess I'm going to, and giving myself the opportunity to say, 'You know what? I could do that, but that time would be better spent re-energizing and refueling myself, so that I'm better at when I do have.' "I really want to do that. I really want to be able to engage in that." So the word, no, N-O period. No explanation necessary has become an important part of my self-care.

John lamaio:

Yeah. That's really, really important. And how do you know when you feel like, "Okay, I want to give myself permission to say no on this," because some people that comes very natural too, some of us that's not as natural for us.

Jennifer Frary:

Yeah. That's one of the things I've been learning or relearning is where to put those boundaries. And I have to check in with my body quite often. Am I already experiencing tension somewhere? Is there a red flag going off that I'm already reaching a capacity? Right. When I think about saying yes to that, what's my response. So, it has to sometimes be, "Let me get back to you on that." So I can check in with myself and know, is this a place that's appropriate for me to say yes or a place I have to say, "No, that's not going to fit for me right now."

Peter Englert:

Kara Powell, she works for Fuller Youth Institute. She said that for her team, what she said was, "If it's not an immediate yes, it's probably a no." And I think about that and I think it's worth, John, us to kind of talk with Jennifer about, because I don't think people realize. So I grew up hearing the phrase like, "It doesn't hurt to ask." Let's just be honest, it hurts to ask. I think that there's this idea, I'm just asking, but if you don't know how the other person is kind of taking it, it becomes really difficult. And that's where

even, I think saying no is kind of this boundary because there's certain times that you want to put up a boundary for self-care and you can say no, but you don't.

Peter Englert:

And then there's other times you just can't say no. And I don't think people talk about that enough. I think with a work in job, as a pastor, if I get that call at 10 o'clock at night that someone's in the hospital. Yeah, I'd love my sleep, but I can't say no there, and that's kind of the difficulty about those boundaries of self-care and saying no. I don't know, how do you manage through that?

John lamaio:

Well, I think maybe ministers, therapists, we got kind of a same thing in common. You know what I mean? There's a lot of commonalities there in terms of people are always in need. There's never a time where people stop having needs. But my ability is not 24/7, so I can't be there for everybody every time they have a need. So, I've had to over the course of my life, learn to just say, "Once this time hits, I'm off the clock." I've had to turn notifications off of my phone. I do that regularly. I don't have my emails notification go to my phone.

John lamaio:

I'll update it when I want, but I don't automatically have it blow in there. Because there's constant email. I could be notified 24/7 just going around in an anxious tizzy if I had everything turned on my phone. So for me, a lot of it is just how many notifications are getting sent to me. And I view all of those as our request to, "Hey, pay attention to me, Hey, pay attention, Hey, pay attention." Whether it's intended that way or not, I think so. I've had to eliminate some of that in my life. I think that's been a big help for me.

Jennifer Frary:

And you may have already developed something like this into your lives as ministers is knowing that crises will happen and unexpected needs will arise. Most people aren't planning their funeral. They come up, you got to be on call for those kinds of things. So the opportunity to in the rest of your week, when you do have a little more control over your schedule to build in the self-care, so that you're ready and fueled for when those things come up is a big part of the self-care process and the planning ahead for the unexpected.

John lamaio:

Yeah, definitely. I think that's super important to point out that sometimes we can feel guilty for times where there are margin. And I think, especially now, we're still recording this in the midst of the coronavirus crisis. So this is part of the corona files. Some people have more margin during different times of their day than they were used to before. And there can be a certain amount of guilt associated with that. Like, "Oh, I got to fill up this time that I was commuting, that I was spending in my office. I have to fill up this time in order to feel like I'm a valuable person." Do you see that in people that you talk with?

Jennifer Frary:

I see that. And I also see the opposite where some people have far less margin. Depending on how the pandemic has affected a different individual or their household, it's really either created a lot of space or

far less. It's certainly increased anxiety levels across the board and stress and tension. So something that might be something easy for listeners to start to implement is to look at their calendar and block out time, so that the calendar is full. If somebody said, "Hey, can you help me move on Saturday? I know you've got a pickup truck." You can say, "I'm sorry, the calendar is booked." And in my parent's household, they put AOC or AOC on the calendar, which is rear end on the couch.

Jennifer Frary:

It's booked in there. And I loved that. My mom created that. So yay mom. There's this opportunity to say, "I'm booked at that time." Obviously, if someone made a request, they really wanted to engage in, they would just rewrite the calendar, but it's booked ahead. So there doesn't have to be that guilt of, there's space there. I should be doing that thing. It's okay to say no because it's booked.

Peter Englert:

So here's what I'm anticipating with our listeners. We have people that are dating that are married. We have people that have close friendships. Maybe you want to go through it individually, but what does conversation for I need self-care look like? Because for some people it's hard to ask for that. And then on the worst part about it is you could ask for self-care and then the person's like, "You don't need that." I mean, pick a scenario or do you feel like it's pretty general?

Jennifer Frary:

Well, I think we can get down to nitty gritty and some different scenarios, but I think there's some generalities that would go for singles across the board to marry it 100 years. We need to first come to terms internally that self-care is important, that we're worth it, we're deserving of that time and that space. And just set aside the ego trip, set aside the shame spiral around, this as selfish. Really define what self-care is for us and know that we can have that, that it's appropriate to have that. And then there's the opportunity to, if you're a believer, take that to God and help strengthen that.

Jennifer Frary:

And hopefully, every single person listening has at least one trusted person in their life. Someone that loves them unconditionally, that they can have this sort of practice conversation with around, "I'm feeling I need to include this and I'm afraid that X, Y, Z individual might not accept it right away." So, let me practice on you. Let me tell you what I'm thinking, you help me to affirm and validate what I'm asking for and saying I'm needing and then be a safe person to land back on when someone doesn't respect what I've set in place.

John lamaio:

Yeah, that's really important. I think that idea of talking through a conversation before you have the conversation is something that I didn't really recognize could be really helpful. I don't know until, I don't know, few years ago that I really realized, "Oh man, you can actually have a pre-conversation before you have the conversation." That's a good therapist will help you do that.

Peter Englert:

Well, you and I probably do that with Mickeys. Right?

John lamaio:

Well, yeah. So maybe with Mike, I was doing that for several years now, but yeah.

Peter Englert:

Well, and even we're not bringing up the conversation that we assume that the people aren't going to say yes or no, but actually it might require more work. So I'm even thinking about this, good work. So, let's say I'm trying to have a conversation with Robin about Sabbath like, "Hey, we really want to practice this. Let's pick a day to do it." She might come back to me and say, "Peter, I really want to honor you and do that, I think it's going to be good for me too. This is what it's going to take, by the day before we need the bathrooms cleaned the living room cleaned."

Peter Englert:

And I'm even thinking about too, let's say you're having this conversation with your boss. That might be a good time. You might say to your boss, "Hey, I just need to know it's okay for me," I don't want to get HR involved but, "I need to know it's okay for me not to respond to an email from five to 10 o'clock at night?" Your boss might say to you, "Hey, you can't pull out at four 30. I need to know you're up until," and that's really, really hypothetical. We also, we're doing more remote work. I think the other person has to be prepared too, to kind of say, "Hey, I want to help you get there. This is what I'm going to," I don't know. I'm just playing it out.

Jennifer Frary:

Yeah. I think there's a lot of opportunities to, again, have a safe person to play out those scenarios. Most of us go through a what if process in our mind, I'm hearing a lot of that right now, Peter. But what if, what if?

John lamaio:

Let's explore that with Peter for a second?

Jennifer Frary:

Peter is married to an excellent therapist. She can refer him out. She doesn't have to do that work, but she can refer him out. So I think knowing that we have those fears, which sometimes are insecurities around our worth and our value of what we're asking for and what the outcomes might be, and just playing those out, sharing them with someone who's safe and trusted. And if you don't have that identified person, absolutely reach out to a therapist or a pastor that might be in your life, someone can keep confidences and trust and lead you in the right direction.

Jennifer Frary:

So, if it's a job, that gets trickier, right, because our livelihoods might be on the line. We don't want to rock too much of a boat. But at the same time we can set some boundaries. Most of us have a job description. Most of us have hours of operation. And we may have been a little over responsible in order to show that we're valuable. Like, you can't replace me, you can't leave me, so I'm going to work 24/7, even though you're paying me for 37 and a half a week. So shifting that midway could be scary. But hopefully you have a boss or a manager who at least will listen. You can practice that conversation with your safe, trusted person about how do I approach this and try to be respectful, but also ask for what I need?

John lamaio:

Yeah. So I'm hearing you talking and I think I'm kind of anticipating what, hopefully some people out there are thinking right now. And they're kind of going, "Okay, I get kind of where she's going on this, but this pandemic thing, this whole thing has really thrown me for a loop." And I don't know if there's anybody else out there that's feeling the way that I'm feeling right now about stuff. And so this is kind of a little bit of, maybe it's a divergence, but I think people might be wondering this, what are other people struggling with during this time? Am I alone? I feel like that's one of the things that people are really afraid of during this season is that they're the only one that's feeling what they're feeling.

Peter Englert:

And I want to affirm what John said too, because we might not go back to offices. We might be working from home. So I just keep going with that.

John lamaio:

Yeah. I mean, I think it's even helpful for them to understand, and I'm not obviously expecting you to, I'm not naming names here, but what are some of the themes that you're picking up as you hear people talking to you kind of consistently over the last few months?

Jennifer Frary:

Well, it's changed from March to August where we're recording now in the things that are causing the most stress and anxiety about the system. It was almost initially like rugs were pulled out from under us. All of our security, all of our anticipated stability was often ripped right out. And even though there were some folks who may have lived through the 1918 flu pandemic, life looked a lot different then. So, things in our family systems and work life are very different. We also have a lot of social media now, which is great and terrible all at the same time. So one self-care thing that might come out of this is, take Facebook off your phone. If you feel like you can't delete your account, leave it on your desktop. So, you have to sit down intentionally, do it, not have it with you all day long to scroll.

Jennifer Frary:

So I think there is a lot of beauty that we are not alone. We are all in this in some ways together. But as Jamie [Fuss 00:30:31], the District Superintendent of Kendrick Schools where my son is a first grader this year, he said at the beginning, "We got to remember that everyone is in the same storm, but we're all in different boats. And every boat has a different capacity." And so I think we're in it together. We're all having increased stress and anxiety. I can't even talk to a single person who says, "Oh, this has been a breeze, I've loved every moment of this." I haven't met that person. If you're out there get my contact information [inaudible 00:31:03]. But your boat might not be the same as your neighbor's boat, but you're in the same storm, which means we're all going to come out of the storm together. Because the storm ends. We don't know when, but it ends.

John lamaio:

Yeah. What do you think as you envision the other side of this storm, I love that analogy. Do you think life looks different on the other side of this storm? In terms of than it did even before the storm happened? How do you think people will react on the other side of it? I mean, it's kind of conjecture on your part, but-

Jennifer Frary:

Sure. Well, I have a lot of hope for it. It can't be the same as it was before. None of us are the same day to day because we've learned we've experienced, we've come across new ideas. And so when you get new information, you're not the same. Always changing, always evolving. So I think there's beauty and hope in that we may come on the other side of the storm with more compassion, more understanding, more value in caring for one another in our homes and starting there. And I also hope that we've reduced some stigma around getting help for mental health because there is a significant increase in suicidality, in stress and anxiety, depression, substance abuse, all things that are increasing exponentially during this hard time.

John lamaio:

Yeah.

Peter Englert:

I'm curious. That's very hopeful and positive. What do you think could be potential problems and struggles based off this?

Jennifer Frary:

Well, the reality is so many people are really financially. It's putting a lot of strain on relationships. And I think it's going to take us a long time to really come through the storm. Just natural storms Katrina, Hurricane Sandy, those things, there's people still recovering from that. Puerto Rico is still recovering from that storm. It's gone, but there's still rebuilding happening. So it's hard work. And self-care is going to have to be really important in order to be able to do the work. We can't let our gas tanks get empty.

John lamaio:

Right. And I think what you're doing is you're tying self-care into the idea of suffering. The storm is something in our culture tend to run away from. In our culture we focus in a lot on comfort. That's our big deal as Americans. And there's probably people listening to this from all over the world. Thank you for tuning in. We're so glad to have you. But Americans-

Peter Englert:

Treat yourself.

John lamaio:

Yeah, as Americans, we focus in on comfort. And so anything that causes us to go, "Oh my goodness, my comfort is in jeopardy right now." We don't know what to do with it. It's very disorienting I feel like for us.

Jennifer Frary:

Yeah. And I think that's where the myth that self-care equals pampering comes from. That the idea of treat yourself. Oh, you want this amazing Batman costume, treat yourself. But the reality is for me a few weeks ago I had a scratch on my cornea. So self-care for me at that point, looked like, A, rescheduling some of my work appointments so I could make my own eye doctor appointment. I didn't want to do that. It created some anxiety because, Oh, I got to make some changes to what people are needing from

me, but I needed to take care of my eye. And then following that up meant, I wasn't to wear any makeup for a few weeks.

Jennifer Frary:

So then I had to deal with, how do I feel about myself going to work and looking different and the judgment that could come? So it was self-care just to do those simple things that my doctor asked me to do. It wasn't pampering. It wasn't fun. It wasn't comfortable, but it was self-care. So if you hate going to the dentist and that's uncomfortable, if you go to the dentist, that's your self-care. It can be that simple impractical.

John lamaio:

Yeah. So important. I love how you've helped us think through this I feel like at a deeper level than what a lot of people talk about self-care. You've taken us a down beneath the surface a little bit of it, which is really helpful because for some people, when they hear those words, it kind of triggers them. Like, "Oh, I don't want to be one of those people." But you're saying is all of us need it in one form or another?

Jennifer Frary:

Yeah, right. Some people really struggle when they're really feeling depressed to get up and shower, to brush their teeth. Let's normalize that right there. That's hard for people. Hygiene is hard. It feels so unmotivated. So if you can take a shower today, that's your self-care. Awesome, well done on your self-care today. Just basic hygiene.

John lamaio:

Right.

Peter Englert:

Well, and me what I'm hearing too is awareness and celebration others. So if you're doing this it turns into you looking at a friend and say, "We don't need to hang out tonight." Or if you know that a friend's depressed and you say, "Hey, did you take a shower today?" Maybe you don't ask it. But they said, "Yeah, I did." And you're like, "That's awesome."

Jennifer Frary:

Yeah. If I'm your friend, I'm like, "Oh man, you showered today. That's amazing. My friends would vouch for that. I'm asking all of the uncomfortable questions.

John lamaio:

Wow. That would be an adventure to be your friend.

Jennifer Frary:

It can be many.

John lamaio:

Yeah.

Jennifer Frary:

I have many.

Peter Englert:

Hey John, did you shower?

John lamaio:

I did, believe it or not.

Peter Englert:

Oh, congratulations.

John lamaio:

I don't know if everybody can smell that in the room, but anyway. Yeah, I did. So, let's bring it on home, Jennifer, I mean, this is a great conversation, so rich. I just feel like I'd love to hear your perspective on what Jesus would say about this and maybe Peter and I can bat lead off as we always do and let you close it out for us. So, Peter, what do you think?

Peter Englert:

So, first of all, I want to thank Jennifer. She was in our Facebook group and we asked what question and she didn't ask for it, but I said, "Well, I'm going to ask you to talk about self-care." So, you did great. It's been super practical. I'm going to go back to Galatians 6:10. So Paul writes about this and in the first part, he talks about carrying each other's burdens, but then he talks about don't be weary in well doing. And I say that because we weary ourselves, not necessarily with terrible things, but good things like work, taking care of the house and hobbies.

Peter Englert:

And I think Jesus has a place for self-care. And I'm leaving this conversation personally with, just because the idea in concept isn't used in a healthy way, doesn't mean it's unhealthy. And so I'm wondering for many of our audience like me, how important it is for us to sit back and say, "What does self-care look like?" And I love how Jennifer put it. That maybe when you're weary and exhausted, it's two more minutes in the shower or it's stand outside for two more minutes or I'm leaving this with Jesus and saying, "Hey, you can take that pocket of time there."

John lamaio:

Yeah. I mean, I think it is important to look at the life of Jesus in this grand scheme and to go, "How did Jesus live his life?" Now, our job isn't to copy everything that Jesus did robotically. But the thing is to look at his actions and go like, "Okay, what was Jesus? What was true about his life? What can I learn from Jesus?" And one of the things that, I think it's in Mark, and I think I've said this actually before that stands out to me about Jesus is that ... It says, "He always withdrew to lonely places to pray." He was always withdrawing. There was this rhythm to his life of engaging with people and then withdrawing from people, and then engaging more with people and then withdrawing. But there was never this overextension of who he was into other people's lives. It was always coming from a refreshed place in his life. So, I just think that's important in the grand scheme of things to remember if that was true of Jesus, then man, how much more do I need it in my life? So, Jennifer, what do you think?

Peter Englert:

Well, I think you guys are nailing it. It's all about follow me with Jesus. This is what I have for you. If you want to see the beauty of it, just follow me, lay down all the burdens. Before we had the statue of liberty of huddled masses and come to me, that was Jesus. This is brown introvert, I like to think of him as, because he did need to get away and be alone and with God to refuel. It wasn't the masses. It wasn't the attention. So I think his life, his ministry, his death and his resurrection really speak to, "You're worth it, you're valuable. I'm here, follow me. I will give you rest. Give me your anxieties. Let's do this together. I'll make it easier for you."

John lamaio:

Right. That's so beautiful. Thanks so much for joining us today. It's so great to have you here. I feel just refreshed after this conversation, even.

Peter Englert:

Hey, folks, as we close, congratulations. We hope that this was a piece of self-care. listening to our podcast. See what I did there?

Jennifer Frary:

I do, it was excellent.

Peter Englert:

Yeah. There we go.

Jennifer Frary:

Well done.

Peter Englert:

Jennifer, you can find her at thrivingtherapy.com. What a great website name. I love that. And there, you can follow her on Instagram. She's on Facebook and she saw on LinkedIn. So, enjoy that. If you're sharing this podcast, we totally encourage you to do that, #WGWPodcast. You can find us on Instagram, Facebook and Twitter @WGWPodcast. And then also our website, whygodwhypodcast.com. Make sure you leave a review, share this with a friend and we hope you have a great day.