



## Episode 50:

### **Are You a Host or a Hostage? Getting off the Energy Roller Coaster with Christine Jewell and Evan H. Hirsch, MD**

Evan H. Hirsch, MD 0:00

Hello and welcome to the FIX YOUR FATIGUE podcast. Whether you can't get out of bed in the morning, your energy crashes throughout the day, or you're a biohacker looking to optimize your energy, productivity and focus. This podcast is for you. I am Dr. Evan Hirsch. And I will be your host on your journey to resolving fatigue and optimizing your energy. And we'll be interviewing some of the top leaders in the world on fatigue resolution. Welcome.

Hey, everybody, welcome back to the energy MD podcast previously known as the FIX YOUR FATIGUE podcast, super excited that you're here with me today, because today, we're going to be talking about some really exciting things about are you a host or a hostage getting off the energy roller coaster, with my friend Christine jewel. So let's learn a little bit about her. So she's a certified high performance coach and certified health coach who helps successful leaders to upgrade their lives by moving beyond the superficial into a whole new playing field where deeper love aligned relationship, aligned leadership and endless adventure are the norm, not the exception. Oh, I just love that. As a mother of six ages six through 20, through a blended family, a wife and a multi six figure business owner, she is intimately familiar with the overwhelm and burnout that can come when chasing the dream, as well as what's possible on the other side. She loves to help people upgrade their relationships create vibrant health by igniting their spirit and opening their eyes to what else is waiting for them as they step boldly into a new operating system for loving, leading and living. Christine, thanks so much for joining me today.

Christine Jewell 1:48

Thank you for having me. I love to be here with you.

Evan H. Hirsch, MD 1:52

So let's start off with a little bit about your story. So you used to be a holistic health coach and practitioner and an entrepreneur. And you hit a breaking point. Tell us a little bit about that.

Christine Jewell 2:04

Yeah, I used to.. Well, I think once then always right. Once an athlete, always an athlete, I was a very competitive athlete competing at high levels. So athletic background, which got me to pursue my passion of opening my first holistic health and wellness studio, I was coaching triathlon athlete working with athletes working with a lot of entrepreneurs and high achievers, because I was one myself. So here I was, you know, going hard. Everything about me when I opened that studio was about pushing. In fact, the name of my business at the time was called push, push fit studio, the minute you walked in, it was like nothing good exists within your comfort zone, suck it up, buttercup, you know, everything was all over the walls like that. And that was no pain, no gate, opened my business when I was going through a divorce from my husband. And so I had three young kids and I was like, so passionate about health and wellness and coming from a marketing background. I remember like, okay, am I gonna go back to the marketing world and like work eight to five, oh, my God kill me. I don't want to do that I will pursue my dream of this wellness facility, which had always been a hobby for me, athletics and coaching and stuff. And I went all in. So really well. I wanted to bring that up because I started that business from a fire under my ass, which I want to talk about that the decisions we make, what they originate from, and the actions we take. So I opened this business in reaction to the divorce, yes, needing to provide for my kids. Like just I was in hustle, go go go racing mode. I was racing all the time. I was racing almost every weekend, training up to 24 hours a week working training 24 hours a week on top of the training that I was doing with my clients and my appointments. And then I had the three kids. So this went on for about 10 years of doing this and then being in business masterminds. You know how they are sometimes right everything in entrepreneur world, it's like okay, now we're not only chasing metals, we're chasing money and profits and who's the top of this and it was a very competitive, masculine oriented, you know, just the old world system. I have just everything was a push in my life and then also in my relationships. I had been pushing after the divorce, right? I was just like, I don't need a man, but I want one but don't get too close, you know, so everything was like, hard. Everything in my life was forced PUSH Challenge because I was addicted to adrenaline. I was addicted to gas. I was addicted to the grind the hustle and I would always needed stimulation, right? So you know, your body can only take so far. And so I hit a point about three and a half years ago, three and a half, four years ago almost now, where I was laying facedown on the floor of the yoga studio was it was in my birthday weekend and I remember laying there and here I was like the super quote unquote fit athlete by the world standards, you know, like 15% body fat and really fit racing all the time, and how does successful business and I could not even move my body, it was like, I was stuck on this yoga floor, every muscle in my body was like in excruciating pain as if something was like I was set on fire from the inside, like, my fascia was like thick bands around my body holding me in place. And I just remember sitting there and I was starting to cry. And I was laying in this puddle of tears, because it was like this moment that we've heard that the Body Keeps the Score. And it was a moment where everything that my body had been holding and suppressing and pushing through and grinding through, like, that moment was kind of like a breaking point for me, where my body just said, No more. Like, I'm not going anymore. I literally felt my body say you're not going anymore, like No more running, no more chasing no more, no more push no more of this business. And it was like my body basically telling me that is the moment like, everything's got to go. Because I'm not doing this anymore. And it was a moment where everything had just been in force for so many years and so much pushing, and I knew, you know, when you know, you are getting close to that moment, but you ignore it, and you keep pushing anyway, and you ignore it, and you keep pushing anyway. And that was really the breaking the straw that broke the camel's back, were like, after that everything's unraveled really fast, the business pretty much burned to the ground, my relationship burned to the ground. And my body was like, Yeah, we don't get to work out anymore. In fact, you don't get to run, you don't get to lift weights, you don't get to do anything, we get to sleep.

Christine Jewell 6:46

We get to feed our body, and then we repeat. And it was the beginning of a really, you know, deep journey of healing for me to to really cultivate a new relationship with myself with my body, with my health with men, and redefine and reorganize everything in my life to the life that I have today, which is I would say full of life force feeling really good and really alive. And operating from a place of I mean, ease true ease. And by the way, I want to say for the people listening is that ease does not mean you sit around on your butt and just eat bonbons and everything comes to you. It means you are relaxed in the process, you are enjoying life and you feel fulfilled and alive. And you have more than enough energy for all the things that matter.

Evan H. Hirsch, MD 7:34

Brilliant. So let's talk about how to get there. So, you know, you talked about pushing. And so then what's the opposite of that? Is it pulling or allowing what is? How do we how do we move to that space? Well, I

Christine Jewell 7:48

think that it's you know, a lot of people don't really realize even that they're in the push, we kind of have this delusional idea that I'm not pushing, I'm good. I'm like a high functioning adrenaline junkie. You know, sugar addict, I'm a high functioning workaholic. And I mean, I actually hear people say this, right? Like I can I can go on like four hours of sleep. I'm good. I can you know those people right like that. They're constantly saying, like, I can go on, hardly eating meals, no sleep, I can just go. And so we've kind of get into this delusional state where we're like, No, I'm, you know, I'm not pushing I'm, you know, going after my dreams, I just have a lot of energy to burn. And it's like, not really, you know, in your soul, that that's not true. Because you wake up exhausted. You wake up anxious, you go to bed, your brain can't turn off, right, you're exhausted in the middle of the day. So for me, I mean, I think like a my body just completely hurt. So when I could no longer I went from winning every race I entered to like not even being able to run down the street without having to stop my body literally put on the brakes. And so for me, it was like getting to that point because I'm a hard headed person and stubborn like a lot of us are that it took a total breakdown in a way for me to say, Okay, I can't, I can't do I can't push anymore. And to be honest, I don't want to either. And I had no idea what the alternative was. Because it was terrifying. To slow down. I was terrified of falling behind. I was terrified of losing my passion. I was terrified of losing my all of it right? So it was really a time to be training and for me going within and beginning to cultivate the fire in my heart. Instead of the fire under my ass. Right? Instead of always needing to have something to push you that you were afraid of or that you were trying to run away from or run towards. It was really cultivating what is it that I get to be excited about at this stage of life that is exciting to me that is a fuel in my heart. That is actually pulling me pulling me forward. And I think that when we can make that switch It is like a magnetic force that just pulls you like a flow of a river. You know, when a river is moving fast the rivers moving with or without you, a lot of people try to get in the river and swim the opposite direction. And there's the against the current because they like it hard. I'm like Screw this, I'm not gonna be that athlete that has to swim against the current all the time, because I actually used to train like this, I used to get in the river and so immigrants. Instead, I was like, I'm just gonna jump in the river and swim with the current, I can go a lot faster. And that's the pool energy. Like, how about we just start tapping into the flow of the way things work and ride that wave? Instead of fighting everything in our life all the time?

Evan H. Hirsch, MD 10:42

So good. Yeah, for sure. And that one, I love the fire in the follow the fire in your heart instead of the fire under your ass. It's so good. Because

Christine Jewell 10:52

the fire in your ass always requires your lifeforce to keep it going.

Evan H. Hirsch, MD 10:59

Yeah. So then the pole. So then how do we get into that state? To to be able to allow that energy to move us?

Christine Jewell 11:12

Well, I think you know, I don't I'm so curious if you have this? I'm sure you do. Because all those years when I had this bricks and mortar facility, one of the first questions we asked people I still do to this day as a coach is what do you love? Like what lights you up? What do you really want? What do you clearly want in your life? And I will tell you that over 90% of people cannot answer that question. Truly, can you relate like really like to the point that they light up and they're excited, and they really are turned on, they'll give you some answer. But it's usually what they think they want, or what they think they should do even worse, or what their wife is telling them they should want or what their husband or whatever. But for somebody to really have that level of lit up, turn on in them, I think requires a couple things. Number one, it requires that we slow down a lot. Because you can hear the whispers of your heart, you can't hear the whispers of your soul. You can't even listen to your body really clearly and what your body's telling you it needs. Unless you're still enough and quiet enough. And this is why I believe God off often sends us flat on our back. Some sort of sickness, dis ease that puts us flat out so we learn to listen. It's like, I feel like it's the universal not this a shut up, sit down, be quiet. And listen. And I think that we can either cultivate that. And we can choose that and learn to meditate and slow down just slow down the pace of life. So we can begin to listen to our inner man and our winner woman and what our hearts wanting more in our life and what our bodies wanting more. Or we can wait for the universal kick in the ass, which puts us on our back where we're forced to listen. And so it's like, I don't necessarily think you need a crisis. But a lot of people do need a crisis before they'll give themselves permission to change the pace. And I think the changing the pacing is probably one of the fastest ways to begin to give oxygen to that fire in the heart is to get out of the same rhythm and pattern that we're in every day, we all have a pattern to the rat race that we do, right. And as you tap into more of your natural rhythm, more of that fire starts getting oxygen and you will begin to have desires and you'll begin to have vision and you'll begin to have that pull. Right, the next step is heeding the call and taking action. And that is always a challenging piece, isn't it for people because they heed the call or they have the vision or they get the dream? And then they hesitate.

Evan H. Hirsch, MD 13:49

So then is slowing down talking about meditation? Or are you talking about letting things go simplifying your life?

Christine Jewell 13:58

Yes to all of it. Yeah. And to write, I believe it's a slowing down of our pace. Because, first of all, I think that the much of the world I call it a slave system, I think a lot of the world's programming is an enslaved system where it's using our life energy to keep the system alive, right? It needs these humans frantically pumping out producing and it's so unnatural. And it's so against the way creation works. I'm a big fan of looking at nature itself as a great teacher. How does creation work? Not everything is moving all the time. 24/7 their seasons, right? Their seasons, and cycles. And so I think the first thing is realizing we're not production factories. We're creative beings, which go through seasons. I don't want to be a factory. I don't know who does, right. When we're a production factory, we don't have access to that kind of fire in our heart. We have to move into creation to being creators. And in order to do that, we got to slow down the pace of life number one that might be eliminating things from our schedule, learning to say no to anything that's not a hell yes. Infusing breathwork meditation, like so many practices prayer or, you know, deepening your spiritual practice. And really, I think just ultimately, spending time in nature with yourself is so essential. Because when we disconnect from everything that is fake, in organic production base technology base, and we're able to plug back into nature with ourselves in that space, we like the voice comes really fast and really clear. This is why most people have their visions, they go on vision quest, right, we go on vision quest, we go to the mountains, we go on trips, and we have these epiphanies and we get all inspired, and then we come back, but we plug right back into the same pace. And then the noise washes out all of that fire. And it's kind of like the Chinese elements of earth, water, wind, and fire, you know, for all, all fire all the time. And we're all air because we're always up in our head. There's no flow. And there's not a lot growing, there's not a lot of life, you know, everything's burned out and dried out.

Evan H. Hirsch, MD 16:14

Okay, so then take us through this concept of host versus hostage. What does that mean?

Christine Jewell 16:23

What one of the things I you know, really have moved away from is I had definitely through all of my athletic career and as an entrepreneur, too, we heard it in the personal development world, we've heard it all like mindset is everything willpower, you just have to have the strength to not put that thing in your mouth. You just have to have the willpower to, you know, talk yourself into it. And I really think that that's a really hard way to operate. That mindset is everything because you're trying to think yourself into it. Right. And I'm one of the things that's been really powerful for me is really harnessing this idea that our bodies are vessels and channels, like they're just vessels right that allow lifeforce energy to flow through us, right. Everything is either adding life or taking life away, and we're just a vessel going through where we're able to receive life and then pour it back into the world or we're consumers in a consumerist society where we eat we eat, we eat, we consume, we consume we consume, but we consume a lot of dead things. We consume a lot of dead television, dead information, toxic information, we become toxic, and we actually reduce the lifeforce. So as one of my

things I always say is, what if we're instead vessels and we're always hosts, where they're hosting more life force more energy, we're hosting joy, we're hosting things that multiply, or we're a hostage to that which destroys that which takes life away. Right. And so this has been really, and we know this, because when we're a hostage, when our energy is depleted, and we're hostage, we're a hostage to anger to, you know, resentment, we're a hostage to bitterness. Because we're not honoring our boundaries. We're not saying no, we're saying yes to everything, all of a sudden, I become a hostage. And my life force my energies, like, you know, it's talking about people with I always ask them, like, where's your mental capacity? What's your physical capacity? The minute resentment takes over and takes root because they're not having healthy boundaries in their life, or they don't know how to say no, to the things that are not for them. What happens there, right, our capacity just drops to the floor. So we became a hostage. And now we're literally being used as a tool. We're just a tool, right? We're just like, mindless kind of going through the motions. And a lot of people I speak to, and I'm sure you do, too, in your own practice is like, they'll say, like, I'm just kind of going barely going through the motions. Day in and day out. I get up. I do the same thing. I go to work by the end of the day, I collapse on the couch. I don't have energy to play with my kids. I don't have I don't want to make love I don't it's like you're a hostage. Where is your vital life force? Or are you hosting passion? Are you hosting love? Are you hosting joy? Are you hosting the vitality of a life force to multiply everything around you? And I really like when people when I asked my clients that a lot, especially even when we're on calls, I'm like, Are you are you a hostage right now? Or are you hosting and it's really to help has helped me and my clients a lot in terms of like, if I'm about to put this in my mouth, or if I'm choosing to stay up till one o'clock I know I'm going to be a hostage tomorrow. I'm gonna be held hostage because to held hostage to coffee held hostage to energy drinks, how to hostage to low productivity to all of the you know, self bashing that goes on where we're exhausted. So I really encourage all of you know the listener Just to kind of think about how often are you spending time in a place where you're really hosting this optimal energy level? And life force, which is now giving back? Or are you? How often are you just a hung up a hostage, you know that your life force is being used and taken from you.

Evan H. Hirsch, MD 20:20

That's really good. So is that is that a place that you recommend where people start is looking at where they're a host where they're hostage and trying to move more into being a host?

Christine Jewell 20:31

I think you know, one of the things I like these ideas of looking at yourself as a vessel or host or a hostage and being able to separate yourself from the I am or I, I have, and I don't have, because one of the things I see people, what that actually trips them up from beginning anything is they'll say, Well, I don't have any energy. I have no energy, I have no energy. And I like to say, well, there's a lot of energy moving through you right now. Right? So right now you're a hot like, you might be a hostage to, you know, these different things. But instead of saying, This is who I am, or this is what I have, or don't have people label themselves, and then they get, it's like they're in the box, right? And so I like to move away. First of all, I challenge people if you're starting, be careful of what you speak out of your mouth and what you claim you have or don't have, right? Oh, I have this disorder, I have this thing and I and all of a sudden they become the thing and they are confused. Now you're a meshed your identity is a meshed with that. So when you're trying to break that, the patterns or interrupt there's actually a part of your psyche. That's like, but that's who I am. Who am I without that thing? Right? Who am I? If I'm not exhausted? 24/7 That means I didn't work hard enough. Who am I? If I don't whatever drink on the weekends with my friends and family. I'm not lovable enough, right? And we have all these weird and meshed attachments, with these identities that we label ourselves with, and also what we say we haven't

don't have. So where I started is asking people to become an observer start to get curious, what am I saying yes to a lot. What am I saying no to what am I entertaining that I don't like entertaining? What am I tolerating that I no longer want to tolerate? Right? Asking these questions, and am I adding life force or am I taking is taking life force from me. So I actually think starting with a good set of questions that we can ask ourselves in these micro moment by moment, decisions as we're going through right is way more powerful than coming with a whole plan and like trying to follow this deep, complicated thing, but we do life moment by moment. And I think that when people you know, walk into a kitchen, they're like, Oh, I always overeat, that's what I do, or, you know, I can't help myself, I'm a, I'm a junk food junkie, or whatever the thing is, you know, like, whatever, they're, they naturally gravitate towards their identity. So we can begin to ask ourselves better questions, these microscopic shifts create massive ripple effects in a new direction. And you know, that when your body has a different experience, even if it's a slightly different one, now we've had a new experience, and the body goes, Oh, that's kind of cool. Maybe I want more of that, right. So we want to introduce more new experiences, instead of focusing on what we're taking away.

Evan H. Hirsch, MD 23:27

So good. And it's interesting, as we get older, there becomes less of the beginner mind, right, we get put into these boxes of these things that we do every day. And oftentimes, we become experts at these boxes, right? So I think that that's, that's so important to get back into that beginning mark, the beginner mind, which in some ways, is what you were talking about initially with travel, and getting out in nature is that you start to see things that are novel, you know, and that helps to rewire the brain.

Christine Jewell 24:00

Yeah, the novelties, right. And that's why I say endless adventure. Like really, that's the root of all my, you know, adrenaline junkie nests from the past where I said, you know, I was I was addicted to having adrenaline always, because, you know, I had had some blueprints of that growing up. But I do believe we're all created for novelty, right? We thrive in new environments, that's when our creativity centers open up, that's when we have the best you know, intimate time with our partner or spouse, you go to new locations you go on dates is why everybody loves to date. And yet, people again, to your point, like we get so rigid and fixed, we get rigid and fixed and how we work out, we get rigid and fixed in our routines every day, we get rigid and fixed and what we eat, you know, I think, I don't know, you probably know the stats on like, people eat the same, you know, seven or 10 foods or something over and over again. And this whole thing about endless adventure is interesting because again, going back to when I had my clinic, like people would come in, and I'd say, What do you want? I want to be able to do fun things with my kid. I want to be able to travel with my grandkids, I want to go do like that was their main reason, right? Is the soul the heart wants to go and explore and play and do and yet we're not willing, a lot of the times to be curious and be open minded. It's like, Well, which one? Is it? Do you want to adventure? Or do you want to be boring and predictable day in and out? Because if you want to have spiciness in your life and adventure and fun, let's go put that on. As we go experiment and play with some of these new practices. It starts here, right? Like, it's not about going on a trekking trip in the mountains. It's, yes, we get to do that. And the attitude, the energy, all of it starts here with the next meal or the next decision, you know, the next conversation we get to have, am I willing to play in the unknown as the norm?

Evan H. Hirsch, MD 25:53

Yeah, so important. I know recently, for me, when I was feeling burned out, I came back to my values. And I have a very, you know, I have a high value of fun and play. And I was like, Yeah, I'm not doing any of that. You know. And so how do I incorporate that back in? Into my life?

Christine Jewell 26:13

I love that you have that? Because I think it's so underrated that we're not, we're not playing enough, even as adults, like, where did this rule come up with that you have to stop playing when you grew up? Like, you add years to your life? And all of a sudden, you have to get serious? Like, I'm not sure where did that come from? Like, right? I am all for play. So I love that. And I hear you're a really good dancer, too. So

Evan H. Hirsch, MD 26:40

that's right. Um,

Christine Jewell 26:43

which is kind of fun. Because also, what are the real quick, what are the things I always tell my clients is like, start dancing with your wife. Because when they get rigid and stiff, and like start dancing together, it'll tell you a lot about your relationship and your mobility, how flexible you are, how playful you are. Or if you're, you know, rigid and stiff and not comfortable with each other. So anyhow. Well, tip there.

Evan H. Hirsch, MD 27:07

That's brilliant. Yeah, we, we actually did that this morning, I was kind of I was feeling stuck. And I was feeling tense. And I went to the kitchen, and I turned on, I told google home to start playing, I want to dance with somebody. And then proceeded down this amazing 80s mix. And then my wife was in there, and she was dancing and staying in. And you know, so it was you know, music is amazing for for getting us back into that space for

Christine Jewell 27:33

sure. Yeah, for sure.

Evan H. Hirsch, MD 27:36

So, how do we do? How do we get more done? With less energy? I know that you're really good at this.



Christine Jewell 27:46

Well, this is a space I like to play in, I like to play in the space of I know, it sounds airy fairy for some people, but like, really? How, what if it gets to be easy? What if it gets to be fun and highly effective and highly productive? But what if it gets to be really enjoyable, and we get to enjoy the process and the right while also allowing a lot of things to happen around us. Right? So there's a lot of talk around flow state, there's a lot of books around flow state by to flow state is a big conversation for athletes, you know, extreme athletes, and musicians and artists. Well, really, I'm passionate about flow state living for everyone, ever, you know, our non athletes, like you could be a housewife, you can be an executive, and we can be playing in this state of flow throughout the day where we're moving with the current. So I want to bring us back to that visual visual that I did earlier of the river. You know, when we look at life, or a project or a company, there is a natural current that's happening anyways, there's a natural current that's moving around us That's called life, whether you're alive or dead, like it's gonna happen with or without us, right. And so I think that if I can tap into the natural current of life, in again, this requires slowing down, or this business, right, like, how fast does this business actually need to move or want to move right now? What feels good? What pace would feel really good to me? And we can almost jump in the current. And you gotta tune in a little bit, right? Am I trying to fit swim faster than the waters carry me? Well, how do you know because you're trying to do too many things. Right? And you're trying to control everything, you're trying to go faster than the currents willing to go. So you're dissatisfied with your team members, you're dissatisfied with your kids. You're dissatisfied with yourself because you're always trying to swim ahead and you're not honoring your own pace. Maybe your wife's pace here and you know, there is a lifting up and bringing people along and then there's a lot of us that just grab everybody's hand and go come on. You're going too slow, you know Oh, and we've got our kids in a million activities and our schedules are jam packed, I'm like, you're probably trying to swim way faster than the current. Or you might actually be trying to swim. totally opposite of the way that the current is trying to take you, you know, you can tell your family right now needs something different. But you guys are still forced into an old system, right. And I've talked to a lot of clients where they're still doing activities or forcing their kids to do things. And it's like, it is not the time or the season for that anymore, right? The family needs something different reconnection or your team needs something different, right? It might be a quarter where your team needs to come together, and set vision and clarity. But you're trying to drive profits and growth, and you don't realize you're swimming against the current right now. Because pretty soon, that whole thing, everybody's going to be exhausted, and everything's going to start breaking. So I like to invite people to, what does it look like? What What would feel more in harmony? Right? If this was easier, what is the easiest, most powerful way to go through this process, because I like simple, clean, powerful, and it reminds me of water, you know, flowing. And so just a simple example to we were talking about before this call is my husband and I are in the process of buying a new home. We I live in Canada, he's been living in the US. So we're packing up two homes, we are in two different countries. And we're moving to North Carolina. And we decided at the beginning of this move, you know, everyone's like, Oh my God, you just gotta get through it. It's going to be exhausting, you're gonna be tired, it's gonna suck, you just have to get through it. How many times do people say I just have to get through, fill in the blank this age of my kids this season? And I was like, Yeah, you know, I'm not gonna get through anything, I'm actually going to enjoy, this is going to be fun to your point, Evan, right, like this move gets to be fun. I'm excited about it. And I'm gonna stay in that zone. And so there's been multiple times throughout this process, where we were kind of trying to swim faster than the current. And I had to pull my husband back a bit and say, You know what, babe, we're just gonna take an extra night and stay overnight in a hotel for a night or two, you know, in this moving process, instead of rushing ahead or, and right. Before I got on this call, I called my real estate agent. I said, Can we just move the closing by a couple days, two days, is all I needed. But I could feel that I was, you know, there was some contraction and resistance and pressure. And I'm like, really? Can we just two days, 48 hours, boom, everything opens back up. So it's just being able to honor to right, like, what am I actually pushing or trying to, you know, pressure my way through? What if I

don't? What if I slow down a bit? What if we do it a little bit different? And being again, that state of curiosity, right, not attached to the Yes, or the No, but we're really playing with it. And then right away, when I said it to him, it was like, you know, 1000 pounds lifted off his shoulder, because there was so many different things we were trying to do at the same time. And I really believe like, we can do a lot. But we can't do it all at the same time. It's like we've got all these plates spinning. And every once in a while, you just gotta kind of come in and go, Okay, which plate right now gets my attention. Let me spin it, and let them do their thing. And then I'll come to another one instead of trying to hold all the sticks and all the plates and then everything comes crashing down. You know, I speak in a lot of analogies, but I think it helps people put it into context, you know?

Evan H. Hirsch, MD 33:29

Yeah, absolutely. Yes. Such an important reminder, it seems like if you're stuck, or if you're tense, if you're anxious, you kind of need to break that cycle with curiosity and play, you kind of need to get outside of the shoulds. And like, like all these all these constructs that we have, is that kind of what you're saying?

Christine Jewell 33:51

Yeah, and I think some really practical questions. If we're gonna be getting into curiosity, ask questions. Don't make statements, right. So it says, Oh, I shouldn't be doing this. Oh, you know, ask a question like, What am I doing right now? That is not a hell yes. What am I doing out of obligation? What am I doing that I really, if I had 100%, the choice I would not be doing, you know, and just start to pull back some of the things that you're forcing. And then you can even ask yourself, like, where am I forcing things in my life? Because what we forced we break and you know, you're forcing it, it's always hard. Right? So going back to complete what I was saying earlier, is if we're always swimming at get ahead of the current, we always feel like we're running out of time. But if we're actually swimming against the current, it's like, we actually have noticed like everything is hard and takes a really long time. Whether that's cleaning the house, launching a project at work, or you know, going on a date and trying to talk about something with your partner. It's like, you got to know thyself a little bit and go where am I overcomplicating? This you know, the brain loves to accomplish Eat everything from diets to workouts to conversations. And it's like, Am I just adding a bunch of complexity? Because my mind wants to be busy? Like, what does it look like when it's simple? What if it's simple? What if it's easy? What if it's fun. And then watch what happens when all that bandwidth opens up. You know, I was talking to a client the other day that when we started working together, she was always like, trying to control everything, and fighting everything in our life. And all of her energy, all of our bandwidth was going to her kids and her husband in the household. And after we worked together for just a few months, like she's like, all this bandwidth open up for her, she's like, What do I do with myself now that I'm not like, trying to Heifer control them, and like, you know, and now she's bought a new horse. And she's got a new opportunity at the university where she's cultivating her own job that is like, from the ground up, she gets to create, and she's got all these things blooming in her life that are fun, because her bandwidth opened up, so she can play again.

Evan H. Hirsch, MD 36:03

Love it. So let's talk about energy as a life source to create.

Christine Jewell 36:10

Well, we kind of tapped on it already. But I really encourage people to think like, do you feel like a production factory? How many people out there? And I don't like this terminology around, like, what did you produce today? Were you productive, you want to be more productive? It's like, or performing? I'm a high performer, really? What are we performing for? Who are we performing for? Are we on performance? Like, are we on stage? Performing can be fun, you know, we can have a fun performance. Yes. But I like to say, you know, when we think about this concept of, do I want to be a production factory day in and day out, where I'm just like pumping out the same thing. It's predictable and boring? Or do I want to become a powerful co creator, and empowered co creator, a lot of people who are operating in this, like factory mindset, they're disconnected from what lights them up, they're not doing organic work that is true to their heart, they're usually doing work, you know, they're following orders, or they're just doing the thing, you know, in their zone of excellence that they know they can do in their sleep, because they've done it for so many years. And it's fine, and they're good at it. And that's what people know them for. But it's not really what they want to be doing anymore. They don't want to be doing the same thing they've been doing for 30 years. But they're a production factory now. Right? So they stay in the safe space, and they just reproduce day in and day out. And I'm like, What if we get to move into being powerful co creators empowered? Well, in order to be in the creative zone, you have to have space. Because you need a blank canvas, what are you creating, right? If you're always full, there's no room to create. So the first step of creation is to have space, for vision for ideas for our imagination, for whatever, right. And we've got to have the energy and the life force to put into because we're literally birthing new things, when we're creating we're birthing new concepts where you know, we're literally it's like to coming into one. So it's easy to be a production factory. It is until it isn't because it sucks the life out of you slowly, but you just get up and you do the thing, and you kind of go through life, but to be a co creator. And to be creating means you're honoring the birth cycles, like there's times of like planting seed, right, there's time of watering, there's a time of being patient. And then there's a time of the birthing right the heart before the harvest and stuff. So there's there's seasons or spring, there's summer, there's a harvest, where we reap the benefits, and then we go through winter, which is the quiet again, of the you know, ideas coming in, and the next version or the next iteration. So I love to work with people who want to be powerful creators, powerful co creators, that means like, we get to honor rhythms and cycles, and it's not on 24/7 Because that's not a how anything a creation works. A factory can be on 24/7 But you're forcing a lot of things. Right is your forcing a lot of things. So, you know, I get I get to ask people are you open to ditching these old ideas of having to be producing 24/7 having to have the same level of output all the time, the same thing of playing safe, even in your zone of excellence is starting to tap into this space of genius, potential fought creativity, and I believe that that's where the juiciness of life is and that's where we can actually really begin to have fun as husbands and wives, parents and children, team members, because we're really in this play together and we're creating new, the new all the time, so it's fun. People want to stay around, because it's fun to be there. It's not boring.

Evan H. Hirsch, MD 39:59

I love it. So yeah, that was perfect. Christine thank you so much for hanging out with me today so where can people learn more about you consume your free stuff to get to know you Where would you send them?

Christine Jewell 40:14

Yeah so first of all, I have a podcast called the untamed life and it's all about what it sounds like you are not created to be numbed out stressed out sedated, medicated and bored in your relationships or your body so

you guys can head on over to iTunes Spotify check that out and also if you want to go deeper and just connect with me head on over to connect with Christine jewel.com I think Evans gonna pop the link in the comments of the show notes but you there are multiple ways you can connect with me you can connect with me directly there's a free masterclass you can jump in on so connect with Christine jewel if you want to learn more and enter my world I'd love to have you be part of it. And if you want to just have a listen head on over to the untamed life.

Evan H. Hirsch, MD 41:00

Go on there. Thank you so much. This was this was so valuable, Christine, so appreciate you spending the time with us today.

Christine Jewell 41:09

Thank you.

Evan H. Hirsch, MD 41:11

I hope you learned something on today's podcast. If you did, please share it with your friends and family and leave us a five star review on iTunes. It's really helpful for getting this information out to more fatigue people who desperately need it. Sharing all the experts I know and love and the powerful tips I have on fatigue is one of my absolute favorite things to do. If you'd like more information, please sign up for my newsletter, where I share all important facts and information about fatigue from the foods and supplements to the programs and products that I use personally and recommend to others so that they can live their best lives. Just go to [fix your fatigue.com](http://fixyourfatigue.com) forward slash newsletter to sign up and I will send you this great information. Thanks for being part of my community. Just a reminder, this podcast is for educational purposes only, and is not a substitute for professional care by a doctor or other qualified medical professional. It is provided with the understanding that it does not constitute medical or other professional advice or services. If you're looking for help with your fatigue, you can visit my website and work with us at [fix your fatigue.com](http://fixyourfatigue.com) And remember, it's important that you have someone in your corner who is a credentialed health care professional to help you make changes. This is very important and especially when it comes to your health. Thanks for listening, and have an amazing day.