

RYBPod_Ep85

Welcome to Rock Your Brain. Rock Your Life, the only podcast hosted by a high-achieving tech leader and certified coach that teaches you how to use proven cognitive tools to rewire your brain so you work 10 to 20% less while crushing your goals, and you'll do this in 180 days. Hi, I'm Sarah. After decades of frantically overworking, never believing I could achieve big goals in my life, and feeling constantly anxious, overwhelmed, and burnt out daily at work, I finally figured work out.

I learned how to work less while identifying and nailing goals I never thought possible. I learned how to feel calm, confident, and a sense of ease at work. So if you're a high achiever who wants to achieve big goals but doesn't even think it's possible unless you work a gazillion hours or doesn't even think big goals are possible in any way, shape, or form, this podcast is for you.

I keep it simple. You'll learn the neuroscience based cognitive tools I and my clients use daily to work less while achieving more than they ever imagined. Quick side note, you'll run the risk of being passionately in love with your career.

Sarah Moody: Hey rockstars, how y'all doing today. All right before we get started with the episode, I've a huge favor to ask of you. If you're somebody who's been does seem to the show and you love it, please. Um, give us a review on iTunes. And if you already have thank you so much, your reviews totally help others find this work.

And I want every woman on the planet in tech feeling calm, feeling confident, navigating heartbreak, all the things. Okay. So thank you so much for helping me spread the word. I love you guys for that. Thanks. Okay. So last week my romantic relationship ended and an old friend I love deeply died at the age of 89.

It was quite a week. It was a week of feeling a ton of really difficult feelings. And really living in the human experience, which you've heard

me talk about is just the 50, 50 of life. And what it got me thinking is, you know, life is full of beginnings and life is full of endings. That 50 50 of life makes up the experience of us being here.

Oh, that's being on this planet. Like, you know, imagine if you just wanted everything to be great, you wouldn't have the contrast of life. You wouldn't really be able to appreciate that. Great, you know, scoop of ice cream, if you hadn't had some like terrible ice cream, right? So the contrast of life is so important for you to be able to like, love and enjoy all the things that you love.

So, yeah. You know, life is full of the good shit and the hardship, and here's the terrible news. Y'all we can't escape this human experience. As much as we try with over-exercising eating too much drinking too much, you know, serial dating people and all the other buffering activities, that we do so that we could escape, you know, challenging feelings and what I know just from listening to my students and experiencing what I've been experiencing over the last few last week, or so is endings feel shitty and they feel hard, whether it's a romantic relationship and you were in love, and that ended whether it's a friendship that you had with someone

and they ended it or you ended it, whether it's, you know, kids leaving for college and it's like a new chapter of life, but it's the ending of them being at home or it's a death. Like what I experienced in the last week, if someone you really loved, or maybe it's the ending of a dream where you found out that you didn't get that job that you really, really wanted.

All of these are endings, and I know they can feel really shitty. I know they can, you can feel a lot of discomfort and sadness and fear and anger. And I started thinking about, you know, why we hate and literally want to do anything to not have to face these endings. And it's, you know, I've just come up with the answer it's because.

They require that we feel anger. They require that we feel lost. They require that we feel sadness. They require that we feel scared and fearful and feeling these feelings is really flipping hard. Last week when

my romantic relationship ended, I felt shock and anger at first, and then I felt more angry and then I felt sadness.

And I felt scared and I felt sorrow. And this is my first time navigating loss with the skills of feeling that range of emotions and accepting them and allowing them to vibrate through my body. But a 30 seconds or 60 seconds or 90 seconds, or maybe max two minutes that I just watched them vibrate through my body.

I've never had this skillset ever. And here's how I feel seven days after doing the simple steps that I'm going to share with you below, I feel a sense of ease and calm. I feel a sense of comfort. And power it becoming best friends. Would these four feelings. So I want to share my playbook with you because it's freaking on unbelievable kind of blowing my mind.

I was very much in love with this person and it was a big shock. So I'm in the midst of it all, but I'm going to give you three steps for navigating heartbreak and a part of your life. So this could be around romance, like what I'm sharing. It could be a friend of yours decided to end your relationship.

Maybe your pet died. Maybe you're having a really difficult time with a parent, a loved one, a partner. Maybe you're feeling heartbroken that you didn't get that promotion. You wanted, whatever that heartbreak is, where you're noticing the feelings of anger, sadness, fear, and sorrow. Here are the steps.

I want you to take three simple steps for navigating heartbreak in a part of your life. Number one, allow yourself to feel these feelings in your body. And remember you are not your feelings. You're just a vibration that runs through your body. So scheduled 10 minutes every day to write and feel the anger around what you didn't want to have happen, but has just chatting with one of my girlfriends.

And she's like, you know, one of my best friends just ended our relationship. Guess what? My friend feels a lot of anger. Right and feel

about number two, feeling the sadness, the sadness around what you wished had happened, but now won't ever happen. For me, I've been feeling a lot of sadness around the fact that I wished I could have more time in this romantic relationship, but now I won't write about the fee.

The fear, you're feeling the scared that you're feeling around what your brain thinks may never happen. Again, my girlfriend, who I was chatting with, where one of her best friends just ended their relationship. You know, she's got fears that she will never talk to this person again, but this person will never decide to have her back in her life.

Right about that. And the final feeling that I really want you to feel and allow yourself to feel his loss lost, that you're powerless to change what happened, the loss that I'm powerless to change. What happened in my romantic relationship, the feelings of loss that my friend is powerless to change what happened with her best friend.

The loss that you're powerless to change. What happened when HR decided not to give you that promotion? Right? Feel the loss. Step two. Notice when these feelings come up at any time during the day and find loving words to say to yourself, find that inner coach. I say. I love you, Sarah. You're so amazing.

And I got you love. We're going to get through this. And I close my eyes and I put my hand on my heart when I say this. And I visualize all the love that I have for my incredible self.

And why the inner coach, why is this so important to step two? Because it's so tempting for your brain to find all the things we should have done. We should have spent more time with our best friend. We should have done this. We should have done that. And this is your inner critic and the inner critic will only leave you feeling riddled with shame and despair.

Step three, identify one believable thought to practice daily. And write it down and it must feel believable in your body. Like a sigh mine for the circumstance of my romantic relationship is I'm one step closer to my

forever guy. Now, why do I encourage you to only pick one thought? Because this opens the door to feeling a little bit of.

And relief. What I really want you to focus on initially is feeling the feelings warning. You're going to be tempted to find a bunch of thoughts. So you don't have to feel these, these hard, but very useful, powerful feelings. And I don't want you to give into the short-term ease of thoughts. But swapping will not give you that deep feeling inside of peace and calm and ease and that feeling of, yeah, I got this.

And if you don't know how to feel your feelings, go back to the episode I just published last week called how to feel ease in your life. This episode will give you the skills and the tools around how to feel a feeling. I want you to drop me a note. If you have questions and how to navigate your heart hurting in any part of your life.

So, if you want any help with this, just know that I'm an expert at helping women feel confident in all aspects of their life, calm, ease, navigating heartbreak in a certain part of your life. Like I got you. Okay. I'd love to help you. So I hope you, you can always hop onto my website, book a consult with me and

I love hearing what's going on with each and every one of you. I love you. This very simple three step set of tools has completely changed how I'm experiencing this really challenging chapter of my life. And I hope it helps you in some way around heartbreak that you're feeling in any part of your life.

Alright, I love you. And I'll talk to you next week. Bye.

If you're loving what you're learning in this podcast, you have to come and check out the Rockstar Program. It's my coaching program where we take these neuroscience-based cognitive tools and we use them daily to break through burnout so you can fall passionately in love with your career. So join me over at SarahMoody.com

I would love to have you join me. You could also follow me @sarahlmoody on LinkedIn. Twitter and Instagram. I can't wait to see you.