

# Ep 114 V2 Leslie Carr

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## SPEAKERS

Dr. Leslie Carr, Jen Marples

### Dr. Leslie Carr 00:00

I think there is an expectation that we have as women, that really, we should be able to be superheroes in a way that is just not realistic. You know, it's amazing how much we do in our little silos. And I think about even the women that have young children like the rates of postpartum depression and that kind of stuff are really really high in the United States in particular, in part because we don't have the support that we need. So it's interesting to think like there are very real consequences to our mental health that we're talking about that are no joke and part of what is required to to address that is to be unflinchingly honest with yourself about what you're going through.

### Jen Marples 00:59

Hello, and welcome to the Jen Marple Show. I'm your host Jen Marples, a champion of midlife women and cheerleader for all women dedicated to helping you embrace and rock the second and best half of life. Each week, I'll bring you conversations with incredible women who will inspire us educate us and motivate us to live our very best midlife. I'll also pop on solo to share my best advice, tips and tricks to help you unapologetically go for your dreams, embrace your age, and become unstoppable. If you are itching for a change, ready to pivot, or looking for a second act, stick around as this is the show for you. And know this you're not too fucking old. Hello, everyone, and welcome to the Jen Marple show today I've got a beautiful guest. Her name is Leslie Carr, Dr. Leslie Carr, excuse me. And she is a clinical psychologist. She's based in Los Angeles. And she has become a dear friend because I met her through a fabulous group called the white Alliance. You've heard me talk about it on this show. And again, sidebar, align yourself with the most amazing women and your life is going to be so much more rich, and joyous and supportive. I'll get off that soapbox. But you guys hear me talk about this all the time. So I never miss a chance to re emphasize and underscore the importance of female friendships in mid life. So Leslie is a new friend and a dear friend. And I'm so excited to share her with you today because she is going to not only tell us about her entrepreneurial journey, she's going to give us tips and tools on how to navigate the murkiness and the muck and the joy that is mid life. So I am so happy to have you here today. Leslie, I cannot wait to dive right in.

### Dr. Leslie Carr 02:42

I'm so thrilled to be here. Thanks for having me.

**Jen Marples** 02:44

Welcome. I've just wanted to have you on the show forever. And I'm so excited that you're here today. I'm

**Dr. Leslie Carr** 02:48

so so excited to be here. Can't wait to dive right in with you.

**Jen Marples** 02:52

We're gonna take in. So before we get into sort of the nuts and bolts about mental health, and some really great tips and tools you're going to share with my listeners, let's get started with your own entrepreneurial journey. So you are a clinical psychologist. And by reading your information, I know you kind of started in that path, took a break, jumped back in and you're doing a couple different things today. So tell us all about it. Yes, it

**Dr. Leslie Carr** 03:13

has been a journey. So if I really rewind the clock to my youth, because it's funny to think that I had gone to undergraduate school, knowing that I was going to major in psychology. So just even in terms of the break that you're talking about, I had always had these two twin loves psychology and music. And when I graduated from college, and I was making decisions about what I wanted to do with the rest of my life as a young person, it felt a little early to me to go straight into school for being a clinical psychologist. So I took a break. And I did the music thing and was a performing musician in New York for a while and had day jobs working for record labels. And did that until I realized that I just was wasting my time and not really following I think the path I really needed to be on. So I went back to school, got the doctorate, eventually got the license, and started a business that basically from the beginning has always had in the outside, I was building my private practice and doing that stuff. But also engaging in a lot of creative pursuits, doing a lot of speaking and 2015 I put out an e course with the website mind body green.com For anyone who's familiar with them, you know, eventually went along to create a podcast that just wrapped up its third season. And in a nutshell, I think one of the things that I've realized about myself over time, and it's funny that it did take a little bit of personal realization to come to this. But nonetheless, I think really what I am in a lot of ways at my core is kind of an artist like almost even more so than being an entrepreneur per se. I think what I have is a very creative spirit where I really thrive when I feel like I'm creating things. And funnily enough in my full blown adult life Here, I think my career as a psychologist has become kind of the canvas of my art where I use my degree, you know, to speak and to get my message out into the world and that kind of stuff. But when I really think about what lights me up and keeps me going, it's creating. I love

**Jen Marples** 05:16

that. So you have a small private practice right now. And you've told me you're not exactly taking on new patients, you're doing that. And you do go and speak to companies, is that right?

**Dr. Leslie Carr** 05:27

I would actually say it's a little bit more often, sometimes companies but even more often, the popular audiences and things like that, just this past Thursday, I was at this live event in Hollywood, that was

super cool. That was all around was in celebration of Mental Health Awareness Month, and it was sort of mental health for creatives. And so I was one of the speakers at that event. But um, yeah, what I find myself talking about more than anything these days, is just all of the stressors that we're under, which are many as you and I both know, everybody who's listening. But whether it's, you know, political polarization, climate change, the impact of social media and technology on our lives, like we are really inundated with stress. And usually when I'm speaking to people, and if I think about all of the projects that I'm working on, and what they have in common they are that you know, how we are going to survive as people on this increasingly very complicated planet.

**Jen Marples 06:26**

And this is why I wanted to have you on and have this really deep discussion, because, you know, as much as I go out, I'm very mindful, because you know, there's a toxic positivity out there. I'm a positive person, but I also talk about how real it is. It's like, you know, one day you're like, I like to joke like, one day you can be Beyonce, the next day, you're like, what the actual hell is happening. And then, you know, you peel back the layers of, we're all dealing with so much stuff at midlife, so it can be jobs, it's husbands, it's kids, it's aging parents, I had, my dad was in the hospital for a couple of weeks, you know, where we were all on pins and needles. And, you know, so there's all this stuff, just normal stuff that's going on. And then I find myself constantly thinking, like, almost pining sometimes for how it used to be, like 20 years ago, when nobody could reach you. And you could just kind of shut things off. And I'm just wondering, Is society and work and especially social media in the way we have to be in the world right now? Is it making us crazy, because I feel like almost have ADD, and I don't I actually talked to provider about it. And I it was really just the sense of complete and total overwhelm of everything that we have to do everything we have to pay attention to. And I know we'll get into this, but I know the best people in the world have designed everything to take our attention away and to give us those a little those little dopamine hits, if it's social media, or whatever the hell it is. It's like we have to triple down to just be in a place of just not being distracted. I actually had a little and the reason I'm bringing this up is because yesterday I was talking to my husband, we go on nightly walks to kind of decompress and talk about our days. And I said, you know, I really had a focus just on one client yesterday, we were doing a whole session, it was multiple hours at a prep for and be with her. And I said in the weirdest way, it was calming, to focus on one thing for the whole day. And so I really noticed that because normally in a day, you're like, Oh, we are with a client, or you gotta go to this, and you're promoting that and you're running up to this, and you're running up to that, and you're running off to kids, and you just kind of go you're like, Oh my God. And if we're not mindful of that, we can be in this state of chaos hamster wheel, where it's like, oh, there's a squirrel. And it's kind of like you're just eating sugar, and there's no substance, you're not actually getting to any kind of steak. So am I alone in feeling that way?

**Dr. Leslie Carr 08:45**

Not in any way, shape, or form? Are you alone? With that? No, I think that you're hitting the nail on the head. And to ask you to answer your question from earlier, you know, isn't making us crazy, like I would argue that it is you know that it's very much so a crazy making system that we're in. And it's wild to think about the role specifically that technology plays in this. Because I think that we are at a point where we really have to be and I think not enough people know how to do this. We have to be militantly boundaried. With where we put our energy and how we spend our time. And it's really, really interesting. I think one of the things that technology does to us and one of the things that really takes

away from us is because there's this constant pole that it has this way our cell phones, our smartphones, and all of the other stuff. It has this way of making things seem urgent that are not urgent. Some of that is how the devices are actually designed. They are designed to be addictive. They're designed to pull in our attention and make us feel like something is urgent. But a lot of it is just the sort of how inundated we are with it all I think that it feels urgent in part because it can feel sometimes like it's So much to keep up with. And I think that, you know, especially if I look at young people today that have never not had this technology in their lives, you know, they're really, really struggling because they have no conception, no memory of the time that you're talking about. But I also longboard very much where the stuff wasn't in our lives at all. And the only way, it's interesting to think that technology isn't all negative, obviously, there are a lot of positives. But in order to harness the positives, and remove, or at least minimize the negatives, I think we really, really have to empower ourselves to be the boss of the device, and to not let the device be the boss of us. And, you know, some of this stuff is idiosyncratic in terms of how we can make it work for us and what boundaries we want to set. But I think making sure that you're not just kind of constantly plugged into your phone and constantly plugged in to what other people are wanting and needing from you. You know, there's so much that I could say about this. But what's top of mind for me right now is just depending on what it is that you want to do or create in your life, there is no mental bandwidth for that. If you're constantly chasing your tail, where your iPhone is concerned, you know, you've got to have moments where you're in deep reflective thought, you have to have moments where you can concentrate. And I think a lot of people are struggling with the symptoms of ADHD right now, regardless of whether they really technically have it or not, you know, do they meet criteria or not? Because so many things in our lives are pulling on our attention. So fantastically.

**Jen Marples 11:38**

Yeah, I'm Well, I'm glad you said all that. And it's interesting, the one point you made that's, I want just to reiterate, so everybody understands and hears that was that. It does give you this sense that everything is urgent. Yes. And when I'm meeting with clients, and I'm running this mastermind, and they were even telling me like we're getting overwhelmed with all the information, I said, there are the things you need to do to market your business, but you have to get on top of it. It's like there's the time management and batching things and shutting things off. Because we can't be always on we can't do everything. And I guess it's this push pull. Because as much as I actually love social media for I've met so many wonderful people, and you can stay connected and it's opened up the world. Like anything, you can't have your hand in the candy jar like 24/7, because you're gonna end up with diabetes or worse, or something, right? So it's putting constraints on all of that. So we can speak and keep our peace. And like you said to just having that thoughtful time and spending that time with ourselves and being disconnected. I'm a big proponent of that as well. So stemming from this, and I know I just know, because I've talked to so many women in his life of this feeling of kind of like this overwhelm. So I'm wondering, because you're in it in the thick of it. You talk to people all the time. What do you think the biggest mental health challenges are right now for women in midlife, like what are we dealing with right now? What should we be on the lookout for?

**Dr. Leslie Carr 13:03**

That's so interesting, because what I think about when I think about this, it's such a big an interesting issue.

**Jen Marples** 13:11

It's a dissertation, basically, I'm asking you to answer Yeah,

**Dr. Leslie Carr** 13:14

but but like, I kind of want to be like, wait until you get me going. Because I have so much to say. I mean, when I really think about the challenges that women are experiencing in midlife right now. It breaks my heart, because there's the overwhelm that we're already talking about, right? There's the overwhelm of being digitally tethered to like everyone you've ever met in your life, you know, the way our phones can kind of treat us. But I think there's a bigger and more pernicious issue here. Which is to say that I think women these days are in a phase of doing it all, you know, like, the thing that I want to start with is the thing that's not going to blow anyone's mind or as our friend Bronwyn would say, melt anyone's faces in the sense that we've all heard this phrase before, right? That women aren't having it all. We're doing it all. But I think if you actually peel back a layer on that, and you look at what's actually happening, you look at the sort of ingredients of that problem. What I see is just that, unfortunately, I think the Feminist Revolution, in many, many ways, left men and boys behind in a lot of ways. So what I see in the women that I work with, and a lot of my female friends and all of the women that populate my life, is I see women that are crushing it at work, and at home and are really not being properly supported. I hate to say it often by the men in their lives. You know, I think there's just a very pernicious issue of women who you know, we can talk about mental load and that kind of stuff. We women that are carrying a tremendous burden between motherhood taking care of the house, you know, they're bringing home the bacon, they're frying it up. It's like amazing how many cliches I want to use right now. But the problem is real. And I don't think we're talking about it enough, even though we talked about it. I don't think we talked about it enough.

**Jen Marples** 15:22

So what can we do? Because I'm very deeply aware of this. And all that I read in the women I talked to and myself, I'm right in there. And I did go down a big road. And you know, you've heard my story, everyone listening, Leslie's heard my story about the big burnout that happened because I was abiding by society's rules. And the more or the more the more the more and like, let's have three kids, and let's live in the city and run a PR firm and be on the board to charities and what like, it's hard. Yeah, it was. And nobody should be doing all that at the same time. And yet, I know I have a natural default. And I feel like I do more. And I've got to pull myself back from the brink. But I know we're all like, I'm the default parents in the house. I have a supportive spouse, I can tell him what to do. But I remember reading some book, it's like we're at one of us is the default parent if you've got kids. So one is the one that has the orthodontist appointments. The okay one is graduation, Wednesday, Saturday. CO and your house, right? So have like that all runs and like most of our partners unless we brought them in and said Go take something and manage it. Mostly, it's the women. So I know it's like I saw this funny meme. It's like, if you want to know how a woman's mind is, it's like the computer with 17,000 browser tabs open. Like that's a woman's mind. When it goes back again to that feeling of calm I had yesterday working with one client all day, because all I had to do was focus on her. I shut everything else out. I wasn't thinking about orthodontists, I wasn't thinking about my own marketing or an event I had, or my husband or the car that needs to be fixed. And the LSAT and and and and so we're all dealing with this kids or not. We're all dealing with this overwhelm and what society expects from us. And I've got to push back because we need to make those rules for ourselves of what success looks like and how we

want to live our lives. But for most of us who are in it, and there is no perspective, right? And people are listening going up. Okay, well, you guys are talking about, you know, I've got to take your kid to an appointment. I've got this, I've got that I've got a presentation next week, I'm going to New York in two weeks, I've got a shop I've got to do. I can already hear all the chatter. What would you say? Like what are your biggest tips for us for everyone listening to help manage all that? Yeah, so we don't go crazy, because I feel like a lot of us feel like we're going crazy.

**Dr. Leslie Carr 17:37**

Oh, absolutely. It's really interesting, because my brain is moving in a couple of different directions. I know in a little bit. It's important for both of us, we're going to talk about community and the ways in which women can support one another. But I think right now, that would not be an effective solution to the problem that we're talking about. The word that is blaring in my mind right now is boundaries, like how do you set appropriate boundaries around things? And some of it is like the boundaries that you have around technology, right? Because how do you even keep your head clear if there are no boundaries around that. But I'm also thinking about the boundaries that we have around our time. You know, it's really interesting, I think that it is vitally important in life that we be unflinchingly honest with ourselves as unflinchingly honest as we possibly can be. And I was thinking about what you were saying before about the notion of kind of toxic positivity. And it's interesting to think that, you know, you and I are both really positive people. I'm a big believer in the power of positivity. But I think that positivity becomes toxic when it's a lie. And there are a lot of women that probably need to be having very hard conversations with their partners, their spouses, and a couple of key people in their lives, about the level of burden that they're carrying. Because what we're talking about right now, like everything that you just said, is a fast track for burnout, like big time burnout, I think there is an expectation that we have as women, that really, we should be able to be superheroes in a way that is just not realistic. You know, it's amazing how much we do in our little silos. And I think about even the women that have young children like the the rates of postpartum depression and that kind of stuff, are really really high in the United States in particular, in part because we don't have the support that we need. So it's interesting to think like there are very real consequences to our mental health that we're talking about that are no joke and part of what is required to to address that is to be unflinchingly honest with yourself. what you're going through?

**Jen Marples 20:02**

Well, I love that I talk about that all the time, about being vulnerable. And I know for me, I've done the work, you know, I've got a therapist I've worked with since I was 30, I will still reach out when I need her. I also have friend groups, whoever is going to talk, I talked, I talked on my podcast listeners, I let it all hang out. But for for as much as I'm out there, it's because I've done that work. And so I know that someone who hasn't gotten to that place, it might be terrifying to actually ask for help. And or be really open about it and say, Hey, I'm having this issue with is with a kid or if it's a boss at work, or whatever, an aging parent, because I know women, there's so many women that I'm talking to, like, people have moved home to take care of their parents, like they had to completely change their lives to be the primary caregiver. Or they've had to, you know, step back and pull back on some of their hopes and dreams because they needed to be with kids. And now kids are leaving, and now they're left with like, I don't even know what to do, I'm depressed Is that normal, I shouldn't be depressed, I shouldn't be asking for more. There's that whole thing. And so that has to end. But when is and I really want to get



into this because you know, I'm like, There's no shame in getting help game I like I say, get as many people on your team, your support team as you possibly can, and search them out. And you and I will talk about this sometime, it doesn't have to cost a lot of money. Sometimes if insurance doesn't cover a therapist, you just gotta we got to be creative and find the ways to get that support. Because I know this. Lastly, we're not meant to do life alone. And that's what I feel like is the problem is that even in this connected society, so many women feel so alone,

**Dr. Leslie Carr** 21:42

yeah, for a lot of people, it's not real connection, it's not true connection. You know, people are connected through their phones, they're through their devices, they're, they think they're connected, because they're texting, and that's not connection.

**Jen Marples** 21:55

And even if women are, you know, meeting in real life, or they have these friend groups, and they feel like there's some facade, and there's all that, if it's the the parent group, or the tennis club, or whatever it is, we've all been guilty of that. And I call it like surface level conversation. But I like to go deep. Like when I meet people, it's like, tell me if you blot out when you had your babies tell me if you're about to get to the worst. You know, like, Let's go deep. Well, let me tell you about me and hope you don't run away. But that's the way this is to your point. Like, if we're not getting and having those deep conversations, and you don't need 100 people, it can be one good friend that they know where the bodies are buried. But like leaning on that friend, I know I have several of those friends. I know, we've known each other for almost 40 years. So it's like that group, we can lay it out. And that group has seen divorce, it's seen death, it's seen all these things. Because you know, I'm 53. So a lot of this stuff has happened. But to have that support is so important. So how can women get that support? Like how do they know if they need friends? Or if they actually need to start seeing a therapist? Because there's something that they just can't get past? Or there's something that's popping up? Like if it's a past trauma, or a really deep inner critic that's actually stopping them from progressing in their life?

**Dr. Leslie Carr** 23:11

Yeah, let's get into that. I mean, it's so interesting, because the answer, you know, sometimes is that they might need both. But I think it's really interesting to think about the differences between these two things, right? Like, what can we ideally get from our friendships versus you know, what, when do you need professional help? To back up for one second, there's something that I hear you saying that I think is really important that I want to draw people's attention to, because it's interesting how there's this thing that's kind of dancing through this conversation, like, you know, if I feel this way, am I crazy or like, but I feel like I have ADD, you know, according to the specialist, I don't or, you know, you think about this picture, you're painting of this person where it's like, you know, well, you don't really think you're depressed, but you feel depressed. And I think the first things first, what I just want to really make clear for people is that this is what our mental health is. There's a message that I hear in mainstream culture that kind of drives me crazy sometimes where sometimes people will say, like, oh, well, I thought that I was depressed, but then I just realized I was in an unhappy marriage. And it's like, spoiler alert. That's what being depressed is meaning that like you, you felt depressed, and then you realized it was because you're in a shitty marriage. And the point that I'm really trying to make and what I'm trying to draw people's attention to is that we live with this message in our society, that if we're struggling in

some way, or suffering in some way, it's because we're broken or we're weak, when in reality, we are all the sum total of all of our life experiences up to and including the culture that we live in. And all of its, you know, values and expectations and that kind of stuff. So it's like, yes, a lot of people are struggling in a very real way with like real Deal anxiety, so depressed, they're having a hard time getting out of bed. And it's because there is something happening in their lives that they need support with. So to get back to this question of like, you know, when do we need friends? And when do we need professional help? One of the reasons why I love what you do, and one of the reasons why I'm so thrilled to be here is because I love your message about encouraging women to create connections with one another, and also encouraging them to be really, really honest with each other. There is so much value in having the support of good friends and real friends. Are they the people that are going to help you know, rewire your brain from your past traumatic experiences? No. But also your therapist isn't going to be there for you when you know, you're exhausted at the end of the day and just need someone to like vent to who will listen, who cares about you, you know, like, neither one of these things are the whole picture, you really need both of these things. So I think that professional psychotherapy, I mean, first things first, I think that if somebody has the resources for it, and we will get into what happens if people don't, but if you can afford to go to therapy, I don't think you should be waiting for a serious problem in order to go. I am a very big believer in the idea that people should go to therapy, not because something is broken, and they're trying to fix it. But because they want to understand themselves better. They want to grow, they want to thrive. If you can find a good therapist, it will be worth every penny. But if it's a matter of okay, let's say resources are tight, you kind of can't afford to go frivolously there's you're really like your back is up against the wall. And it's like, how do I know when it's time to make that decision. And I would say it's probably if you're struggling with something that really is beyond the paygrade of your friendships, there really is a lot to be said, for the tools that psychotherapists have in their arsenal. And if you are, you know, so riddled with anxiety that your friends are feeling exhausted by like how often you need to talk about it, or, you know, if you really are feeling so depressed, that you're having a hard time getting out of bed in the morning, you know, I can't help but think about women and food because 60% of women self report problematic relationships with food and their body. So you know, if you are to get really real here for a moment, starving yourself for throwing your food up, like that's not the kind of thing that your friends are going to help with. Right. So it's like, I think that we all know deep down when something is going on, that we need professional support with. But a lot of what is kind of coming to mind, even as I'm thinking about this is the power and the value of couples therapy, because in some instances, it's not really so much individual therapy that a person needs, but maybe support for their primary partnership or their marriage.

**Jen Marples** 28:06

Oh, I'm glad you said that. So I'm a big proponent of that my husband and I have been to couples therapy I think I mean, we're married 25 years next month. So I mean, come on, you take a car in for tuneup you take your relationship? Well, yeah, I mean, come on. And I I've talked about this before everyone's heard it. I mean, it's the best money you're gonna spend. And actually even just saying, I could see things changing with my husband, even just us committing to talking openly and saying, let's commit to each other. And to this relationship, things started to change before we even got to the therapist, because just committing to something you're already starting to see that is to see the change.

**Dr. Leslie Carr** 28:48



Ah, man, it's amazing how that works. Yep.

**Jen Marples 28:52**

And then, of course, therapists have tools like I don't have those tools. And it was something that you know, am I unplugged for couples therapy, if you keep having that same argument where you don't even have to have it, you could just take like the tape off the shelf or click a little Spotify playlist to replay your thing. You gotta go figure that out with somebody because they'll give you tools and like these tools. I've shared these tools, with countless friends who are going through their own problems. They said, you know, and they're just good. They're actually tools to use for if you have beefs with business partners, employees, like they're just kind of some universal communication tools. So I call it because a joke I think it came from like the jerk that movie The jerk. It's like, see a doctor and get rid of it. It's like, I am a firm believer of, if you're having any kind of anything internally with yourself with a partner, even a business partner, whoever it is, go get help because you are trained to help us. And so Why suffer and I think for a lot of women, it's everyone's afraid to ask for help. Or it's a sign especially with men too. They think it's a sign of weakness to go see therapy. I'm at the point where I'm like, if there's anybody who can make my life better, I am tripling down and I want you know, if it's between therapy, you know somebody who can help uplift me if it's between that and like new handbags I am let's like therapy retreats, coaching yoga every day of the week and twice on Sunday, because that is the stuff that we need. We need those tools, and support. And I want to share a story with you. Because this is about just advocating for yourself. There's a gal who's on very prolific on LinkedIn. And she's very, she talks about mental health. So I was I was posting on her post today in response, and I set out to the public, I struggled with anxiety. And back in the day, you guys all know my story. With Warren, I had my big break down and I had to burn it all down, I couldn't get out of bed and I was very, very depressed. I went to go explore EMDR and so my therapist couldn't do it. And she wasn't licensed in California. So I had to go to a psychiatrist and then get this referral to go do EMDR and I go to see the psychiatrist, and I'm telling her everything. I literally saying I can't get out of bed. I'm depressed. I have shipped from my childhood with stuff with my dad, like, like I'm tucked down. Like it's time for another type of therapy. I'm tucked out it's not working. Yeah, she basically said to me, Leslie, she's like, you don't look like you need therapy. Because how I present and how I cope is putting myself together. So I don't come in with my hair on fire. I come in looking like I look now put together, make a bong, ready for my meeting. But I'm depressed and I can't get out of bed. So she just took my external view. And so you don't look like you need therapy. Now, thankfully, I knew that was bullshit. And I was like, Okay, I'm out. I know, I need help. Thank God, I was in a healthy enough place to go, this woman is talking shit here. And that was a very dangerous thing to say. And I bring it up. Because we need to advocate for ourselves. If you go in and anybody has an experience like that, you call bullshit on that. And then you go find another provider. But isn't that crazy?

**Dr. Leslie Carr 31:53**

It's galling. And I hate hearing stories like this about other mental health professionals. Because I think to myself, like, I don't know where that woman trained. I don't know what she thought she was talking about. But most people who struggle in their mental health in some capacity don't look like they do. You know, like, there are a lot of people that are, you know, lose celebrities, award winning, you know, actors and musicians that are performing really highly in the world and do not seem from a distance like they're struggling. And the next the next thing you know, they've super excited. It's no wonder like, it's

just like, What are you there's no such thing. I mean, a walk that back, I was about to say something that was an exaggeration, but I think it's a misunderstanding of something about mental health that somebody would look like they're suffering. Lots of people don't look like they're suffering. And they are.

**Jen Marples** 32:50

Yeah. And I just wanted to bring that up, because they brings up that whole that meme or something that always pops up. Every now again, it's like, make sure to check on your strong friends. Yeah. And I always put myself in the camp and that camp and I actually had I had done my birth chart years ago. And typical me I was going through my own mental health crisis, but I was still trying to help other people. And she had said to me, she's like Jen, who's looking out for you. She's a gear trying to help people's lives right now. You can't get out of bed. You're still trying to help other people. And you have three children, you have your business, who's helping you who's listening to you. And that was a huge wake up call is like, No one. No one actually. So that made me like, go back and seek out. seek out the help that I needed. But I'm just so glad we're having this conversation because this will draw up it's mental health awareness month. I always bring this up throughout, because you've heard me say this, people listening, you've heard other guests say this, that the most important thing we can do is take care of ourselves and get ourselves healthy and right in midlife. And it seems like a lot of things pop up. Like if you haven't dealt with something that was maybe from childhood, like inner critic, maybe there's relationships, it's gonna pop up. And of course, just being in midlife, like you said, there's all these external factors. There's relationships, there's aging parents, there's just society, there's all this stuff that we're dealing with. So it's not it's not an indulgence to take care of yourself. It's essential

**Dr. Leslie Carr** 34:19

is absolutely essential. Absolutely. Yeah.

**Jen Marples** 34:22

So what would you say to the women out there then who are like, Alright, maybe I need therapy, maybe I don't like where do they begin? How do they actually find a therapist? Like, what are some steps that they can take? Do they ask their friends? Is there like a website they can look at? How do they try to get because I know it's a very intimate relationship. And so that might take a little research and maybe testing out a few people.

**Dr. Leslie Carr** 34:45

Absolutely. Something that I was thinking about a moment ago that I do think is important to share. I don't think enough people think about it this way. But there's a lot of good research evidence suggests first of all, that psychotherapy actually works. I think there's also a lot of anecdotal evidence, but I think it's important for people to know, you know, there's so many people out there that are kind of like, oh, well, I just talked to my friends, why would I go to a psychotherapist, and it's actually, there's research to show it's very effective. And one of the things that we see again and again and again, is that the number one most important ingredient in it, the thing that will dictate the most whether or not that psychotherapy experience is going to be successful for you, really has entirely to do with the connection that is created between, especially in individual therapy, the connection that is created between the person and the therapist that they're working with. So when when push comes to shove, it's kind of funny to think about it this way. But the only thing that really matters is that you like the

person, you know, you should want to show up week after week, if you're going weekly, which I would recommend, you should look forward to talking to the person, you should look forward to hearing what they have to say, and you should feel comfortable sharing whatever it is that you need to share, and how many degrees they have. Or you know, whether your friend likes them and thinks they're good, really doesn't matter. It's like, uh, can you do you jam with this person? So to answer your question of how you find the person, it is, unfortunately, really tricky. I think there's a lot to be said for word of mouth, there's this fine line when it comes to finding a therapist where you can't afford to work with somebody that is also working with somebody that you're really, really close to, right. So like, if your husband has a therapist he really likes, I would not recommend that you see the same therapist, there needs to be a boundary around that. But if it's like a friend that you you know, don't have such an intimate relationship with that, what you're going to need to be talking about is the conflict you're experiencing with that person. referrals that come from friends, trusted acquaintances, that kind of stuff can be really valuable. There are websites out there, like Psychology Today can actually be a really useful resource, they have a therapist directory, the trick is just that, you've got to interview them and make sure that you like them. So if you meet with somebody, and any red flags go off, like that person telling you that they don't think you look like you need therapy, then, you know, I would suggest you metaphorically light that place up with a match, you know what I mean? Like, it's time to just be on to the next person. But there is a little bit of a, it's a journey, right? I think sometimes finding the right person, but it is all about finding the right person for you.

**Jen Marples 37:39**

And it's the right journey to take. And so it's a little bit of work just to get to the right place. And then you're going to have that person with you for years. So I love that I'm staying with me like I had mine was introduced to me years ago, and we've been through ups and downs of stuff I was dealing with I was 30. And there's different stuff I deal with now. So it's it's nice to have that trusted relationship. And she's always there when I need her. So let's do that research everyone and get somebody that you like what Leslie saying, so make make that a point. And something that

**Dr. Leslie Carr 38:09**

I'll add to because I know you brought this up before is that for people who are a little bit more resource strapped and need to find something that's less expensive. Something that I am a real advocate for is using University Counseling Centers where their training future therapist or their therapist and training because even going back to this idea of as long as you like the person, you know, it's really all that matters. And there are a lot of excellent therapists in training. So for example, you know, I know you're up in the bay area, there's a place called the access Institute, that is a really, really good reputable training center for graduate level therapists, those therapists are getting excellent supervision, you know, so for anyone who is looking for something that is cheap or free, I highly suggest any local university in your area that trains therapists.

**Jen Marples 39:05**

That's, and that's thank you for shinai because yeah, there's women that listen all over the country all over the world. So yeah, thank you for sharing that.

**Dr. Leslie Carr 39:13**

And group psychotherapy. Group psychotherapy can be extraordinarily useful, and it's oftentimes less expensive.

**Jen Marples** 39:22

MPLS thank you for sharing all that. I just have a couple of final questions for you. But I could talk to you for forever, because we're talking about mental health and supporting each other. I always like like to ask on how women can better support each other. So how can we better support each other, but in this realm of making sure that we are supporting our friends along their mental health journey? How can we do better?

**Dr. Leslie Carr** 39:48

I think it really comes down to good listening and trying as much as humanly possible to check your judgment at the door. You know, I think one of the things is it's really hard and unique and challenging about being human, is that really none of us is experiencing the same stuff in the same way. You know, it's anything that anyone is struggling with. Even if you think about big words like depression or anxiety, no two people experience those words the same way like one person can struggle with anxiety, another person struggles with anxiety, and the two people are not remotely having the same experience. And it really gets into this very idiosyncratic stuff about what it means to be a human and what it means to be alive. And I think that if I could wave a magic wand over the world that we live in, I would make it so that people would judge themselves less, and just be more curious about themselves and the way that they react to things. And then in turn, would be able to do the same things for other people to just be really curious and not judgmental. And I think that it really creates an unnecessary barrier between people, if they feel like they can't open up because they're being judged. And yet, a really crucial ingredient of all of this stuff, is really being honest with yourself about who is in your corner and who isn't, and who you can open up to and not feel judged. Versus Who do you maybe need some boundaries around and some more distance from because you don't actually really feel like it's safe to open up. Oh,

**Jen Marples** 41:33

that's really, really good advice.

**Dr. Leslie Carr** 41:34

Yeah, like, not every relationship is created equal, right? Not every woman in your life is going to be able to show up for you in the same way. And I think that level of brutal honesty, you know, what I was talking before about the need to be really honest with ourselves, I think that's a place where that brutal honesty is really vitally important, like, how do I feel about this person? You know, do I actually feel like I can share myself with them, and it's safe. And if not, there's got to be some kind of boundary around that relationship. Depending on who it is, you might not be able to completely shut the person out of your life. For a lot of people, you know, it's their mother, for Pete's sake, it's like, but it's you got to be really thoughtful, I think about how your relationships feel to you.

**Jen Marples** 42:18

Oh, that is such an important, important advice. So ladies, take notes. And I think to when we hit this, this phase in life, you know, we might feel like we have a ton of friends and this and that, but you're saying about the boundaries and the people who are going to be there for you. I mean, you could

probably close your eyes right now and think of that small handful of people. And it doesn't have to be everybody. And that's perfectly fine. You can still go see a concert with Sally over there, or Joan over there. But actually, it's just, I guess, re categorizing and just rethinking about the women in your life, and everyone can have their place, but not everyone's going to be all things right. So you can have your fun friends, your coffee friends, your really deep friends. I mean, it all sort of works together makes the world go round. And then conversely, I'm a big fan of boundaries, and slowly exiting people out of your life that aren't supporting you, or that are dragging you down, or that it's just not an equal relationship. It's we don't have time for that anymore. We simply just don't have time for that. So thank you for sharing all of that.

**Dr. Leslie Carr** 43:14

I can't tell you how much I agree with everything you just said. I think that it's a big part of the art of life is doing exactly what you just said on all of those levels.

**Jen Marples** 43:24

And it's part of just self care. It's like we don't owe anybody anything. We owe ourselves. You know, the time, space and respect. We don't have to be all things to all people we don't. Alright, my final question before my final little statement for you. What do you think the best thing is about being at midlife?

**Dr. Leslie Carr** 43:42

Oh, that's such a juicy question. You know, for me, personally, I feel like I have my whole life ahead of me. But I really, really value all of the insight and the wisdom that I've gained. From the time that I've spent so far on this planet, I would not want to go backwards. I would not want to know less than I know today. I wouldn't, I wouldn't want to rewind so much as one day. So I think I value that feeling like everything is in front of me. But I kind of get to take with me everything that came before. I love

**Jen Marples** 44:17

that. And I agree. I don't want to go back. I want to keep going forward. So much ahead. It's exciting. Yeah. Right. My final thing for you is finish the sentence. I'm not too fucking all to

**Dr. Leslie Carr** 44:29

do everything I dream of.

**Jen Marples** 44:33

I love it. So I'm not too fucking old to do everything I dream of. I love it. That's a great way to end and we've talked about some heavy stuff today. That thank you so much for opening up and sharing all this wonderful wisdom and everyone please take it all to heart. If you need to go see somebody go find somebody. Reach out to friends. Don't be afraid to be vulnerable. You can always reach out to me I just I don't want anybody to feel like They're alone, I'm gonna get emotional because I had my my hypothesis when I started doing all the work that I'm doing right now years ago was that when women come together and share their deepest truths, we feel more connected and less alone. And I stand by that because it just keeps getting proven time and time and time again. So if you open your heart up to somebody, and you feel safe and doing that, please do that. Because the rewards are deep connection, deep feeling of support, like Leslie saying, and this authentic connection that just cannot be

understated. And we all need this type of support in our lives, especially in this time of our lives. So I'm going to end it there. This has been an incredible conversation, Leslie. So thank you so much for being here. This just means the world and I know your words today are going to make a huge impact on my listeners. So thank you so much.

**Dr. Leslie Carr** 45:52

Thank you so much for having me. And thanks so much for everything you do. I love the work that you are doing in the world. It's beautiful, and we need it.

**Jen Marples** 46:01

Oh lastly, thank you