

Too Busy To Feel



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With Your Host

Natalie Bacon

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Welcome to the *Design Your Dream Life Podcast* where it's all about designing your life on your terms and now your host, Natalie Bacon.

Hey friend. Welcome to the podcast. I hope you're doing well. I apologize in advance, again, this episode is going to have not as excellent of audio as my normal episodes. I promise you next week we will be back to normal. It's because I packed my podcast equipment, and I'm recording this a couple weeks ahead of time during my cross country move. So I am in my in-laws' dining room. I have my coaching mic that I'm using. It probably won't sound that different to most of you, but for some of you who really know sound well, you'll notice that it's not as crisp. So bear with me. The content will be amazing, and next week we will be back to normal.

What's going on? I have an announcement. So this is coming out at the end of June. On July 1st, I want to let you know that we are opening the Creator Program for early registration. Head on over to nataliebacon.com/creator-program for all of the details. I think this is going to be the largest enrollment that we've had. I have to say that each spot is very much coveted. We take the application process really seriously.

So for those of you in the Creator Program, I know how much you love it. I want you to know also that if this is something that you're thinking about, head on over to the site and just learn more about it so you can apply. It will sell out. I know that it's just going to be the best class ever. If you are following along for online business, which I know so many of you are, this is your chance to build your business with me. This is really the only place that I do online business is in the creator program. So don't miss it. Nataliebacon.com/creator-program, all of the details.

All right what else is going on? So right now I am in the middle of taking an advanced deep dive coach certification. So you all know that I am certified as a life coach. I went to The Life Coach School. I highly recommend it if you want to become a life coach. Now what I am doing is just sort of taking my coaching skills to the next level through a deep dive certification. That is

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with master certified life coach Bev Aron, who also has been my one to one coach in the past.

This training is relevant here. Kind of why I'm talking about it with you is because it's all about right brain. So normally what I teach and coach on is very left brain. It's your thoughts, identifying your thoughts. It's very cerebral. We stay in our minds. That's been most of the work, and even most of the work in Grow You.

Now, this is going to take it to the next level with intuition and embodiment. Very right brained. So this will be coming to Grow You, and it's just going to be an entirely new facet in my coaching and in Grow You. I am just so excited and energized about bringing it to you because it's really going to make my coaching and everyone who gets the benefit from that inside the program so much better and fuller.

So we have the left brain and then we have the right brain, and then it's complete. You have the thought work and then you have the body work. The meditations, the present living, the embodiment, all of that is coming. So excited to bring it to you. It's going to be amazing, and I'm so excited to see my own transformation continue with this. It's been a lot of fun and a lot of growth along the way, which I've loved.

That is relevant because today's episode is called 'Too Busy to Feel'. What I'm noticing with a lot of my clients and even myself sometimes is that we're so focused on our lives, maybe our current challenges, that we get all wrapped up in our thoughts about them and we forget about our bodies.

So if you remember, I did an episode called 'Body Neglect' where I talked about redefining your relationship with your body and not neglecting your body. Even in that episode, it's all about the thoughts about your body. There's a place for that. Working on that relationship with your body is going to affect how you feel about it, but this is different.

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Because 'Too Busy to Feel' is about over focusing on your thoughts and forgetting to check in with what your body is actually feeling. Whether it's the feelings created from your thoughts or whether it's sensations. You go outside and it's 100 degrees and you start sweating, or you get sick, and you feel nauseous. Those are sensations that then go up to the brain. Either way, feelings or sensations, it's paying attention to what's happening in your body separate and apart from what do I think about it? What caused it? How do I explain it? Which is all very left brain.

So let me give you an example. Let's say that you are worrying about your marriage. You are thinking thoughts like, "What is he thinking? What's going to happen? Why are we fighting about this?" Then maybe even talking at length about it with your girlfriends or your sister. All of this is staying really in your head. Everything is very cerebral. But at the same time, your body is experiencing feelings that you aren't paying attention to. Maybe it's anxiety or worry. Whatever it is, your body needs as much attention as you're giving to the problem.

What I want to offer to you as a solution in this episode is to put as much weight and emphasis on your feelings and checking in with your body as you do your thoughts and your thought work. So I teach a ton on this podcast and even more in Grow You about looking at your thoughts. I absolutely love this quote from Joe Dispenza where he says, "Thoughts are the language of the brain, and feelings are the language of the body."

We've been focusing so much on the brain. I'll continue to have that, but now I'm going to amplify and elevate the focus of feelings and embodiment and all of that right brain work. I'm just getting started. So that's really fun. Fun for me and even more fun and more amazing for you who gets to be the beneficiary of it all.

So I want to offer to you in this podcast just one little tool that you can use to increase your awareness of what's going on with your body. So it's checking in with your body. This requires you to pause from whatever is going on in your life. Whatever you define as busy whether it's work, your

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family, all of it, your hobbies, your business, who knows. If you have a full life and on top of that any sort of problems or challenges you're going through, it really takes discipline to create some space and check in with your body.

How you do that is you ask yourself some of these questions. What am I feeling? Where am I feeling it? Where is there any tension? Right as I said that, I lowered my shoulders. I definitely carry some tension in my shoulders. Where is there pressure? So you're asking these questions with your mind, but with the focus of your body. You move the focus to where that feeling is in your body.

One of the best questions you can ever ask is what does my body need right now? Then whatever answer you get, you ask yourself how can I give that to my body? How can I give that to myself? Because everything that we feel, and experience is within our control. Everything that we want and need for our bodies is also something that we can give to ourselves. It's not something that we get from outside of us.

So if you need rest, it's giving yourself rest. If you need more love, it's giving yourself more love. Asking yourself, "what does my body need right now," is a really powerful way to see that it is something that you can do and that you can focus on. It's more about being than doing, but this is a great way to get started with it.

I think that the only way that any of us will do any of this is if we understand why it matters. I think it matters because when we're too busy to feel, we ignore our humanness. So we are intellectual beings. We are spiritual beings, but we're also human beings. The human part is our anatomy. It's our bodies. Most of us, even when we're healthy in terms of lifestyle, diet, and exercise, most of us aren't checking in with how our bodies feel. Not just the one word feeling like oh I'm feeling restless, right. It's much more than that. It's creating space to be in your body and notice your body as much as you're noticing your thoughts.

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If this is brand new to you, like I know it will be for so many of you listening, what you can do is get really curious and sort of explorative. If you're not used to listening to your body, you can start with very basic descriptive words. If you're curious about how you're feeling and you're trying to explore what's going on in your body, you might use words like feeling open or closed or tight or uncomfortable or free.

Another way to do this is to identify colors that you think the emotions represent. Maybe red or green or blue. You can also describe the location in your body. You can notice maybe when you're crossing your legs. Like right now I just noticed that I'm crossing my legs, and I noticed that the way I'm doing that isn't actually the most comfortable for my legs even though it's a habit. So I try not to, but it's such a habit. So I just uncross them, and it feels better. So it's being more present with your body as much as you would with focus on your thoughts.

I was coaching someone recently. She talked about leaving her home and staying with a friend to kind of clear her mind. She was explaining it to me and feeling kind of bad about it. Like thinking, "Oh I like escaped my negative emotion. I was kind of running away." I said no. You are giving your body exactly what you needed. Your body said, "I feel really claustrophobic here. Let me leave and let me get into a space that feels so much lighter for me." That's sort of honoring what your body needs at that time.

So I have a couple examples from my life as well. I remember going through a breakup years ago, and really manifesting the emotions physically in my body. My mind was so focused on the relationship ending, focused on him, focused on my future, focused on this vision that was now no longer. I made the experience so much worse for my body because I didn't take care of it. Because I didn't pause to listen to my body to see what it needed. I was so in my brain about it, I made it so much worse.

Another example is I used to power through working no matter what. No I just take a nap, okay. So for the season of life that I'm in, I want to balance

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lots of rest and play. Now there are seasons where you may say, “Yeah, not really the season for me.” If I was listening to this back when I was in law school, I would say, “That’s great. I’m going to take more naps after law school.”

So it’s not necessarily that everyone is going to take naps in the middle of the day. It’s just that you have this awareness that you have control over how you spend your days, and prioritizing giving your body what it needs is really important. Especially for the long term, right. If you’re in law school for three years, big deal.

For a lot of us, most of the women listening, we’re in our 30s or 40s. We’re out of school, and we’re either working or we’re at home. We’re not in the seasons where we’re in school. So what happens is we get into the busyness of life. We just need a little permission to create space for ourselves. That means space in your calendar. That means space in your mind. That means space for your body, and space for you to pay attention to what’s going on both your brain and your body.

So I know for me, I self-coach in the morning. I do ten minutes of silence every day, which I’m obsessed with. That helps me with embodiment and kind of regulating my nervous system. Now it’s adding to that, “Okay what does my body need,” and listening to it. So if my body says, “I need a nap.” And I go take a nap, it’s feeling really good that I did that and not thinking that I should have been doing some activity or something on my calendar.

I tend to create a lot more space and white space in my calendar knowing that I want more naps and more kind of margin around the things that I’m doing. So I want to give you permission to go from zero to one. So wherever you’re at now, start small. Maybe it’s just 15 minutes on Fridays. Maybe it’s 30 minutes a day. Whatever that next step is for you to create a little bit more space in your life to help you just be and check in with your body.

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One thing that I want to leave you with is a question. I want you to ask yourself are you connected to your body? To your feelings? Or do you think you're too busy to feel? What's one small change that you can make this week to shift so that you have a little bit more balance for feeling and paying attention to your feelings?

If you're going to pick just one question to ask yourself regularly, what does my body need right now? And how can I give that to my body as the follow up. That is going to empower you to kind of prioritize that right brain part of your own self-coaching, of your own awareness. Of course, we are going to be taking this so much deeper in Grow You. So if you're already a member, get ready. If you're not, what are you doing? Come join us. You're going to love it.

The last sort of thought that I want to leave you with is what if how you experienced your body was just as important as what's going on in your mind? Because all of your challenges, all of our left brain stuff that's going on up there is taking up so much of the priority of our lives. We want the left brain. It's not meant to go all the way to the right either. What I noticed for myself as a high achiever and for most of my clients who are similar to me, right, we focus so much on the left brain, and we haven't prioritized the right brain.

So what if how you experience your body was just as important as what's going on in your mind, in your head, in your brain? How would your life change? So good. All right my friends. I love you. I will talk with you next week.

If you loved this podcast, you're going to love Grow You. Grow You is my virtual life coaching program where I take everything on the podcast to the next level. I invite you to join our amazing community of women and moms and deepen your own personal development. Head on over to nataliebacon.com/coaching to learn more.