

Episode #030 (Transcript)

Charlie Sandlan (00:00:03):

So back in April I made this decision to do this podcast, which is now on episode 30. And I started it in Guatemala. We were in quarantine, Trish and I had our tragic wedding for those of you that have been listening to this show. And I've come full circle, because here we are back in Guatemala and I'm sitting here with my wife, Trish.

Trish Barillas (00:00:25):

Hi.

Charlie Sandlan (00:00:26):

How are you, babe?

Trish Barillas (00:00:27):

I'm good Puppy.

Charlie Sandlan (00:00:28):

Thank you. We're going to talk about anxiety. We're going to talk about all the stigma that comes with it. The decisions to get on meds, to not get on meds, how it affects a creative life, what you can do to kind of intervene with it to make sure that you can have a functioning life. So it's a co-hosting episode today. I'm worried.

Trish Barillas (00:00:54):

I'll be interviewing Charlie on the end of it.

Charlie Sandlan (00:00:57):

Really?

Trish Barillas (00:00:59):

Oh yeah.

Charlie Sandlan (00:00:59):

I don't know if we confirmed that or not?

Trish Barillas (00:01:00):

Well, we just did.

Charlie Sandlan (00:01:01):

What do you want to say? Give them the go-to. Let's start the show. Say something.

Trish Barillas (00:01:05):

Put your phone in your pocket and stay-

Charlie Sandlan (00:01:08):

Oh my God. Put your phone back in your pocket. Creating Behavior starts now. Let me hear you do it. You got to give them an order and then you got to make an announcement. Two actions. Do it.

Trish Barillas (00:01:23):

Put your phone in your pocket.

Charlie Sandlan (00:01:27):

No. No.

Trish Barillas (00:01:27):

Creating Behavior starts now.

Charlie Sandlan (00:01:28):

Put your phone back in your pocket. Creating Behavior starts now.

Trish Barillas (00:01:33):

Okay. You get the idea.

Charlie Sandlan (00:01:35):

No, do it again.

Trish Barillas (00:01:37):

Put your phone back in your pocket. Creating Behavior starts now.

Charlie Sandlan (00:02:08):

Well, hello my fellow daydreamers. Greetings from Guatemala, Trish and I got down here Wednesday. We had to take our COVID test. I'll tell you, the Guatemalans, everybody but the United States really fucking does it right. We had to have a negative COVID test within 72 hours of getting down here and have all that paperwork. They're not fucking around down here. So we're back with her parents. How does it feel to be back home, babe?

Trish Barillas (00:02:35):

I love it. I love being here. I love this earth. It's very spiritual. I feel grounded. It's warm.

Charlie Sandlan (00:02:44):

It is. It's really warm. It's beautiful. The garden, the flowers, the roses, the hummingbirds, the butterflies, the caterpillars.

Trish Barillas (00:02:53):

Yes. All those pups.

Charlie Sandlan (00:02:55):

Do you want to describe where we're at? Because this is, we're back in my original studio, which I kind of made out of her parents' attic, the bodega we call it. Cement, blocks.

Trish Barillas (00:03:10):

So yes. So when we built this house, there, in Guatemala, people don't have basements because of earthquakes and that's just the climate, et cetera. So, we built this storage kind of space above the dining room and mom called it the bodega. And it has lots of random crap in it.

Charlie Sandlan (00:03:35):

It's an attic. It's got, it's tons. I mean like toilet paper, paper towels, bins, plastic bins, shelves of just, I mean, I don't even know what.

Trish Barillas (00:03:43):

I think that's a wheelchair.

Charlie Sandlan (00:03:44):

Oh my God, are they preparing for the inevitable? Is that what's going on there?

Trish Barillas (00:03:49):

I think that's when mom had her surgery. I don't know, but there's lots... And it's stinky in here. It smells like-

Charlie Sandlan (00:03:55):

Babe, it doesn't stink. You have serious olfactory issues. You smell things.

Trish Barillas (00:04:00):

I've got an acute nose palate.

Charlie Sandlan (00:04:01):

Jesus, you do.

Trish Barillas (00:04:02):

So yes, we're back in the hole. Oh, we also call it the hole. So we told my mom this morning that we'll be in the hole, recording. So we're back where it started and it's hysterical. And I'll take a video of it.

Charlie Sandlan (00:04:13):

Yeah. I mean, I've got this plastic table with beach towels hung over everything. And of course I forgot the one piece I needed to be able to attach the microphone to the tables. So it's being held up here by a 25 pound dumbbell. It's first-class all the way. But you know, listen, I'm-

Trish Barillas (00:04:35):

Whatever works. Whatever works.

Charlie Sandlan (00:04:36):

That's right. That's right. That's right. We decided to have Trish on today, because I've been talking about her for how many weeks now. My wife is a professional life coach. She coaches in anxiety. She's an anxiety sufferer. She has generalized, is that what you call it, generalized anxiety disorder?

Trish Barillas (00:04:58):

Yes. GAD.

Charlie Sandlan (00:04:59):

GAD. She's been on meds for how many years now?

Trish Barillas (00:05:03):

Five years.

Charlie Sandlan (00:05:04):

So she coaches people that deal with anxiety, people that are trying to further their career that feels stuck. And she deals with people that are going through breakups who are heartbroken, or even can't get out of a relationship and need to. And what are the concrete steps you can take to move forward? So I guess the first thing I want to ask you is, what's the difference between a therapist and a life coach? For people that don't understand that.

Trish Barillas (00:05:31):

So with therapy, therapy takes a lot longer than coaching. With therapy there's a lot of the why questioning. Why do we think that we created these patterns? Why do we think that we've set these types of attachment styles? And they do a lot of work from your past. So, your formable years around age five and seven, they'll start there and work their way up to where you are currently. So that's why it takes a bit longer, because it's really about leaving no stone unturned-

Charlie Sandlan (00:06:05):

Stone.

Trish Barillas (00:06:07):

What did I say?

Charlie Sandlan (00:06:08):

Tone.

Trish Barillas (00:06:08):

No tone or stone.

Charlie Sandlan (00:06:10):

Is that the meds working on you there?

Trish Barillas (00:06:12):

So with coaching, it is action-based, it is about moving forward and it's putting actionable steps and to hold you accountable.

Charlie Sandlan (00:06:23):

Yeah, but can't you get that in therapy?

Trish Barillas (00:06:24):

It's a different type of method. So with the therapy, as I said, you do a lot of work from the past and coaching, I take you as you are today. So I'll ask about the past. However, I don't do work from there. And then I give homework at the end of every session, and then you have to submit the homework back. And then we do a lot of the coaching based off of that homework. So it's really about putting things into motion. And I usually call myself a creator of positive change, life coach is just, it's so broad, which is why I have my buckets.

Charlie Sandlan (00:07:01):

Trish Barillas, Creator of Positive Change.

Trish Barillas (00:07:03):

That's right.

Charlie Sandlan (00:07:04):

Damn yo, love it.

Trish Barillas (00:07:05):

So yeah, so that is the most significant differences between therapy and coaching.

Charlie Sandlan (00:07:12):

Okay. So why is somebody going to seek you out as opposed to a therapist? I mean, what are your clients looking for?

Trish Barillas (00:07:19):

Well, I would say 90% of my clients are actually in therapy. So, it's just another added layer and it's a different model. If you're in therapy and you're going through your trauma or whatever it is that you're going through, and searching with a therapist, with a life coach it's about, as I said before, putting steps into action. So it is going to happen quick, because I'm ready. I want to kind of light a fire under your ass and get you moving. So an object in motion tends to stay in motion, if we think about the laws of physics and Newton's law. So if I can get you into that forward-thinking, then I want to create that and keep that momentum going. So which is different than therapy. And it really depends on also what type of therapy that you're doing, because there's so many different types that you can see.

Charlie Sandlan (00:08:16):

Well, I mean, I know you have suffered from anxiety your entire life. So, how old were you when you realized, or I guess was told by a doctor, "This is what you have, and this is what's been afflicting you for your entire life."

Trish Barillas (00:08:32):

Well, funny enough, I wasn't told by a doctor, I was told by those-

Charlie Sandlan (00:08:37):

A boyfriend?

Trish Barillas (00:08:40):

No, I don't think that they have called it that. I think they probably would have called something else.

Charlie Sandlan (00:08:43):

You're just batshit crazy. That's what they would probably say to you. You're batshit crazy, which is, I think what a lot of anxiety sufferers have to endure kind of the shame of, I don't know, like being called crazy, or out of your mind, or.

Trish Barillas (00:08:58):

Well, I mean, it's ignorance, right?

Charlie Sandlan (00:09:00):

Sure.

Trish Barillas (00:09:00):

So if you don't know anything about a certain disorder, then you just label it the broad term. "Oh, you're just, you're just crazy. You're just overreacting. You're just whatever."

Charlie Sandlan (00:09:11):

Calm down. Just calm down.

Trish Barillas (00:09:13):

Yeah, sure. I'll calm down. So when I first realized what I had, I was watching one of those infomercials. And it was three in the morning, because as an anxiety sufferer, we tend to not sleep well. And I was home, living with my parents. I was probably about 20 years old and they said, "Do you suffer from?" And they started listing all of my triggers, all of my anxious triggers. And I thought, "Yes."

Charlie Sandlan (00:09:41):

What were others? What were they?

Trish Barillas (00:09:43):

Do you suffer from a racing heart, intrusive thoughts? What if statements? Does your body go into a certain type of reaction? Do you tend to overthink? Do you have problems sleeping? Do you have digestive issues? So they started to hit every single one. And then there was a section on panic. Do you have panic

disorder? Do you feel as if you are going crazy? Do you feel as if you're having a heart attack?

Trish Barillas (00:10:10):

So it resonated with me and it was that moment in, I guess, a movie where there's like an epiphany and it was like, "Oh." And I ran into my parents' room and I said, "Oh my God, I know what I have. I know what I have, get up." And then of course, I'm sure my dad said, "That I was crazy. Go back to bed." And then the next day is when I started my journey, because then I realized that it was an anxiety disorder and that there were anxiety specialists. So I found a therapist who was an anxiety specialist and he was fantastic.

Charlie Sandlan (00:10:43):

All right. So then what happened to you? You find out, "Okay, this is my problem." And how do you get from that to getting-

Trish Barillas (00:10:48):

Obstacle. This is my obstacle.

Charlie Sandlan (00:10:51):

As opposed to a problem?

Trish Barillas (00:10:52):

Correct.

Charlie Sandlan (00:10:53):

See, listen to this. This is, I'm learning something every minute with you. You're giving me the evil eye. Why can't I call it a problem?

Trish Barillas (00:10:59):

Well, I'm teaching. It's a teachable moment babe.

Charlie Sandlan (00:10:59):

Why can't I say you had a problem?

Trish Barillas (00:11:03):

Well, because a problem is negative, you know? A problem means that you're going to fix it. The problem can be solved. Anxiety's not solvable. It is manageable.

Charlie Sandlan (00:11:13):

Okay. And I understand that language is important.

Trish Barillas (00:11:15):

It is very important. It's very important when we're talking about mental health.

Charlie Sandlan (00:11:19):

Okay, so how do you get from that obstacle? Understanding, "Okay, this is my obstacle," to getting medicated for it. I mean, you probably spent how many years just without meds?

Trish Barillas (00:11:30):

It took me a good ... Well, I didn't get on meds till I was about 36 I believe.

Charlie Sandlan (00:11:36):

So 36 years you're without medication?

Trish Barillas (00:11:41):

Correct, suffered. So I suffered.

Charlie Sandlan (00:11:44):

What kind of suffering? What are we talking about?

Trish Barillas (00:11:46):

I would have extreme panic attacks for no reason panic. When you have panic, there's no actual cause, or there's no variable where if some people say, "Oh, I have a phobia of spiders, it gives me a panic attack." You can take a spider in a room and out of the room. If you take something out, then the anxiety dissipates. Panic disorder doesn't work that way. Panic just pops up without that X-Factor and it can come on quite rapidly. It's rare that it's ever slow. It kind of hits. And when it hits, it hits hard. So with panic, I mean, I've had panic since I was probably about five. I suffered for a long time. The reason I got on meds was a few factors. Silver Linings Playbook was one. The movie, yes.

Charlie Sandlan (00:12:42):

Silver Linings Playbook?

Trish Barillas (00:12:44):

Yep, Bradley Cooper.

Charlie Sandlan (00:12:45):

Bradley Cooper.

Trish Barillas (00:12:46):

And Jennifer Lawrence, thank you.

Charlie Sandlan (00:12:49):

Unbelievable. If you're listening, Bradley.

Trish Barillas (00:12:52):

Thanks guys. I think it was either mania, depression. I can't recall the exact mental illness, but he-

Charlie Sandlan (00:13:00):

But what was it about the film that caught you?

Trish Barillas (00:13:01):

So I went with my friend Allister. We were watching it. And the struggle that Bradley Cooper had gone through, there was a moment where he refused to take his pills, and it destroyed his marriage. He had to go to a clinic and he was super paranoid, very paranoid, physically abusive, because he couldn't contain his paranoia, et cetera. I can't recall the exact mental illness that he had. But he's in the kitchen one morning. He realized that he wanted a better life. It just, it happens in a split second. He wanted a better life and wanted it with Jennifer Lawrence. So he took the pill, and once he took the pill, everything started to change.

Trish Barillas (00:13:47):

And I mean, sure. I've been told about, "Oh, take meds. And you'll see how it feels and you won't have to suffer." But I'm not sure why it was that particular movie. And we never know what really changes us. This happens in life all the time, right? After the movie, my friend Allister said, "Do you know anybody with a mental illness?" And I couldn't keep it together. I was hysterically crying. He was probably one of the first people I ever told, because I was just so ashamed. It just scared the hell out of me, because I just didn't want to resonate ever with having a mental illness. For years I wanted to live a non-anxious life and pretend I

was not anxious. And that I was this bad-ass chick who was running nightclubs. I'm five foot two, I'm Hispanic.

Trish Barillas (00:14:43):

I mean, I was against all odds. So I just thought I can't have a mental illness. Like, I can't be something that I'm not. And then when he asked me, I don't know, it just changed. And I just thought. "Shit, yeah. I do know someone, that would be me." And then that was the first day of my forever. And two days later I called my therapist and I said, "I'm ready."

Charlie Sandlan (00:15:10):

Wow.

Trish Barillas (00:15:11):

And he was floored. And he said, "What happened?" And I said, "Silver Linings Playbook." And that was it. And then that was the day my life changed.

Charlie Sandlan (00:15:19):

Well, you know, I just think this is important, because certainly as a teacher and dealing with creative individuals, artists, aspiring artists, that question like, "Do you know anybody with mental illness?" I will tell you, I've been teaching now for, I don't know, almost 20 years. I have students struggling with clinical depression, students struggling with eating disorders, panic attacks, anxiety. And it manifests itself in their work, in the classroom. These things that they've been battling with their entire life-

Trish Barillas (00:15:51):

They pop up.

Charlie Sandlan (00:15:52):

They do. And I'm not their therapist, nor am I a life coach. I'm the teacher. But to see these young, 20-something, 30-something people suffer and still try to do this work, which has got to do with mining your imagination, and really drilling down into your primitive unconscious. Some of them are medicated, some of them aren't. But there does seem to be this stigma about it. A

shame kind of maybe, kind of that is attached to it. Some of them just don't even understand exactly what it is that's going on with them. They just think they're fucked up and that they're just, they're a mess.

Trish Barillas (00:16:32):

Well, because if you start to understand, then you have to accept that you have something. That's why people don't get the help they need. Because if you have to go towards your first step, then there has to be an acceptance.

Charlie Sandlan (00:16:49):

Yeah. What meds are you on? Do you want to talk about that?

Trish Barillas (00:16:50):

Well, I get this question all the time, and I don't talk about my specific meds, and here's why. When people see my life when they jump on Instagram, obviously it's a highlight reel. I do talk about my suffering now. And people decide, "Well, I'm going to take what she's on. I'm going to do exactly what she does so that I can have her life." That's why I don't talk about what meds I'm on, because all of us are built differently. For example [crosstalk 00:17:19]-

Charlie Sandlan (00:17:18):

But there are meds specifically designed for anxiety disorder?

Trish Barillas (00:17:23):

Correct.

Charlie Sandlan (00:17:24):

Are there a lot of them, or like a handful?

Trish Barillas (00:17:25):

Yeah, of course. There's SSRIs. There's benzos. There's a slew of meds, which again, not as someone that can speak professionally on meds, only from a personal opinion, you have to see the right therapist for medication. I don't advise-

Charlie Sandlan (00:17:44):

A psychiatrist, need a psychiatrist.

Trish Barillas (00:17:46):

Correct. I don't advise going to your general practitioner, because you really need someone that is going to support you when you start. There's a DNA test that you can take that can actually tell you what type of meds will be better for your body. So my naturopath said to me, "There's this test, and you can see what medication will work best for you." But I was already on a med and it worked great. And I just thought, "God, why don't we talk about this? Why aren't general practitioners saying, 'Hey, what are you experiencing? What are you feeling? Oh, let's take this test,' and then send you on your way," you know? And I think that that's important. It's just a DNA test that you can take for your blood work. So if you are someone that's thinking about medication, I strongly recommend that as your start, then seek the right psychiatrist to decide and go on your med journey.

Charlie Sandlan (00:18:45):

Well, did you try other things before you got on meds? How did you try to deal with anxiety before you got on the meds?

Trish Barillas (00:18:50):

I started acupuncture at the age of 17, and that was my first look into holistic healing. And I was taking beetle egg capsules, and I mean, whatever-

Charlie Sandlan (00:19:05):

Beetle egg?

Trish Barillas (00:19:06):

Well, I call them beetle eggs.

Charlie Sandlan (00:19:08):

How could you even swallow that? You are so freaked out by bugs.

Trish Barillas (00:19:11):

Because when you're suffering-

Charlie Sandlan (00:19:13):

Crickets, you do have a cricket phobia.

Trish Barillas (00:19:13):

Yes, I do. When you're suffering, you're like, "Oh, is that lamb balls? If it's going to make me feel better, I'll take it."

Charlie Sandlan (00:19:19):

Lamb balls, okay.

Trish Barillas (00:19:22):

When you're in it, you're in it.

Charlie Sandlan (00:19:23):

You'll do anything, you'll do anything.

Trish Barillas (00:19:24):

Yes, yes, yes, I would have, and still would, to be honest. Then I went on my therapist journey, and that took a long time to find the right therapist and the right psychiatrist. I did touch healing with Maoris from New Zealand. I saw a naturopath. I saw-

Charlie Sandlan (00:19:42):

What did the naturopath give you?

Trish Barillas (00:19:47):

Oh, she was fantastic. I had already figured out the anxiety portion, but I had really bad ulcers and my stomach was a hot mess. So she was-

Charlie Sandlan (00:19:57):

Did that come from the anxiety and stress?

Trish Barillas (00:19:59):

That was work.

Charlie Sandlan (00:20:00):

That was work?

Trish Barillas (00:20:01):

That was all work, yes. But because of my anxiety, I couldn't eat, which is where the ulcers came from. Because when I'm super anxious and stressed, I stop eating. Not because I have an eating disorder, I just literally can't think about chewing.

Charlie Sandlan (00:20:15):

You can't think about chewing?

Trish Barillas (00:20:16):

No, chewing is too much work, it's-

Charlie Sandlan (00:20:19):

When you're in an anxiety cycle?

Trish Barillas (00:20:21):

When I'm anxious.

Charlie Sandlan (00:20:22):

When you're anxious.

Trish Barillas (00:20:22):

When I'm anxious.

Charlie Sandlan (00:20:23):

Chewing is too much?

Trish Barillas (00:20:25):

Yeah. And I get that you don't understand that.

Charlie Sandlan (00:20:28):

Right.

Trish Barillas (00:20:28):

And it's hard to explain it, unless you're in it. It's like a-

Charlie Sandlan (00:20:33):

That's part of the problem with most people with anxiety. The people that they talk to and share things with, most of them can't wrap their mind around it.

Trish Barillas (00:20:39):

So when you are nervous about something, right? You're about to go on stage. If someone hands you a plate of pasta-

Charlie Sandlan (00:20:48):

Not eating-

Trish Barillas (00:20:48):

Right.

Charlie Sandlan (00:20:48):

I'm probably going to go take a shit. Everybody knows what that's like, right? The pre-play poop, the preset poop, the anxiety.

Trish Barillas (00:20:55):

So right. That's anxiety. But that's healthy anxiety.

Charlie Sandlan (00:20:59):

That's right.

Trish Barillas (00:20:59):

Because once you get on the stage and you're in it, it starts to dissipate. Now, imagine not having that X factor and feeling that way all the time?

Charlie Sandlan (00:21:09):

Without any real definable reason.

Trish Barillas (00:21:10):

Without any, correct. And then you think you're crazy.

Charlie Sandlan (00:21:13):

Right. But you're losing your mind?

Trish Barillas (00:21:15):

Oh yeah. And that's the version-

Charlie Sandlan (00:21:17):

Did you think you were going crazy at times?

Trish Barillas (00:21:18):

I thought I was going crazy for years. I thought I was just hiding it well, so.

Charlie Sandlan (00:21:23):

No, you don't hide it.

Trish Barillas (00:21:23):

With-

Charlie Sandlan (00:21:25):

What? You can't look at me that way. This is my show.

Trish Barillas (00:21:30):

But so we talked about vocabulary . We talked about it.

Charlie Sandlan (00:21:31):

You can respond. Respond how you feel. Tell me, how did you feel about what I just said?

Trish Barillas (00:21:36):

I think it's ignorant.

Charlie Sandlan (00:21:37):

Okay.

Trish Barillas (00:21:38):

You're the problem.

Charlie Sandlan (00:21:39):

There you go.

Trish Barillas (00:21:40):

So you're saying, "Oh, you are crazy."

Charlie Sandlan (00:21:43):

This is what everybody wants to hear. My ignorance.

Trish Barillas (00:21:43):

No, I'm anxious. You're a non-anxious and I'm an anxious.

Charlie Sandlan (00:21:48):

Right.

Trish Barillas (00:21:49):

It's not about being crazy.

Charlie Sandlan (00:21:51):

I don't think you're crazy.

Trish Barillas (00:21:52):

You just said it. All right.

Charlie Sandlan (00:21:54):

I don't remember.

Trish Barillas (00:21:55):

Moving on. I thought I was going insane for I would say most of my life. I thought that there was no doubt in my head that I was going to end up in a clinic, jailed away somewhere-

Charlie Sandlan (00:22:09):

That's so scary.

Trish Barillas (00:22:10):

And that people had to visit me-

Charlie Sandlan (00:22:11):

Jesus.

Trish Barillas (00:22:11):

And that I was just pretending to be "normal." And I hate that word. It's such a dumb word.

Charlie Sandlan (00:22:19):

So, that's interesting. Because I think a lot of people can relate to this. What do you mean by pretending to be normal? Because I think that's probably what a lot of sufferers have to try to do.

Trish Barillas (00:22:28):

I wanted to not be anxious. So therefore in my younger stages, I thought, "Well just act normal. Be normal, act normal." So there could be a world of chaos happening internally. And that came out so often. My parents always knew that if I slept over someone's house, they'd get a call at midnight to come pick me up, because my anxiety, I would go into a panic at night. I would go into multiple panic attacks. It's irrational. It is fear-based. None of it makes sense. But at night when everything's quiet ...

PART 1 OF 4 ENDS [00:23:04]

Trish Barillas (00:23:03):

None of it makes sense. But at night, when everything's quiet and my brain starts to run off, here I am, call my dad saying I've got to get the hell out of here, next to a corn field, can't do it. And to this day it still makes me uncomfortable.

Charlie Sandlan (00:23:15):

Can I just say that it's irrational, not irrational. I can't have that.

Trish Barillas (00:23:20):

I

Charlie Sandlan (00:23:21):

No, irrational.

Trish Barillas (00:23:22):

Eeerrational.

Charlie Sandlan (00:23:23):

Irrational, not eeerrational. It's spelt with an I.

Trish Barillas (00:23:26):

I know that.

Charlie Sandlan (00:23:27):

But you're saying, "It's eerrational," and that's not how you pronounce it.

Trish Barillas (00:23:31):

I think that's my speech.

Charlie Sandlan (00:23:32):

Yeah, but that's not correct.

Trish Barillas (00:23:33):

Well.

Charlie Sandlan (00:23:34):

Irrational.

Trish Barillas (00:23:35):

Eerrational.

Charlie Sandlan (00:23:35):

No, I can't. I can't. I cannot abide.

Trish Barillas (00:23:40):

Irrational.

Charlie Sandlan (00:23:41):

Irrational. All right. So let's just get back to the meds. So you get on meds and I know that that's not easy. I mean, no matter what you're trying to deal with. What was the journey of getting on medication?

Trish Barillas (00:23:56):

I don't sugarcoat it, it was bloody horrific. When you start to take medication for any type of mental illness, and sometimes this doesn't happen, but generally it does, and it's not spoken about enough. So whatever you're experiencing, whatever type of, let's say, anxiety, it will exacerbate it. So your body, basically, you're putting chemicals into your body to regulate, to find balance. It's going to throw your body off and you will experience whatever you're currently experiencing to a different level.

Trish Barillas (00:24:35):

So when I got on, I felt completely out of control. It was hell. And one of my best friends is a psychologist and my tribe. And this is why you need a good support system and a good psychiatrist and psychologist.

Charlie Sandlan (00:24:52):

You've got a tribe.

Trish Barillas (00:24:52):

Yes, I do have a phenomenal tribe.

Charlie Sandlan (00:24:54):

Your girlfriends are just legit. If you're listening, you guys, you're incredibly valuable to Trish.

Trish Barillas (00:25:02):

Solid. So yes, I thought this was hell. And that there's no way that this is right, this can't be the path. This is not helpful. This is making me question-

Charlie Sandlan (00:25:13):

What were they? What was actually happening to you?

Trish Barillas (00:25:15):

It exacerbates whatever you're feeling.

Charlie Sandlan (00:25:16):

So it makes the anxiety worse?

Trish Barillas (00:25:18):

Correct. So my anxiety-

Charlie Sandlan (00:25:20):

For how long? How many weeks before it levels off?

Trish Barillas (00:25:22):

It depends on your body. The first time I went on, it was about three and a half weeks. The second time was worse and harder because the dosage wasn't right. So, probably about a month. There were moments in time that I thought, I don't think I can hang in here. I don't think I can make it.

Charlie Sandlan (00:25:42):

Did you ever think about just like, fuck it, this can't be good. Why am I feeling this way?

Trish Barillas (00:25:47):

Yeah, probably once a week. I just thought, this isn't right, this isn't right. And my friends were like, "You're okay. Stay on, stay on." And you know, "It's better on the other side." Thank God I stayed on.

Charlie Sandlan (00:26:02):

Did you have insomnia and were you throwing up, those kinds of reactions?

Trish Barillas (00:26:06):

It was different both times. It also depends on your sensitivity. I have a very, very sensitive body when it comes to any type of medication. Some people don't and they don't experience a lot of side effects. That's why meds are so difficult to prescribe because everybody's created like a snowflake, right? No two people are alike. We have different DNA-

Charlie Sandlan (00:26:30):

That's poetic, babe.

Trish Barillas (00:26:32):

Oh, well, did write poetry back in my day. So your journey is going to be different than someone that is sitting next to you. It's medication has to be really targeted to your body and to what works for you, which is why I don't share the exact types of meds that I take or that I'm on, because it's not about me. This is about you and you have to figure out what works.

Charlie Sandlan (00:26:59):

What happened after you hit that three and a half, four week mark, what did you experience and what did it do for you? How did your life change?

Trish Barillas (00:27:08):

I didn't jump out of bed and was like, "Woo-hoo, I'm anxiety free." It was slow and gradual. So every day started getting a little lighter. I started getting out of the horrific, what-if cycle? I wasn't ruminating on anxiety. It's almost as if anxiety was just every thought of my waking moment. And I just looked at people and thought, man, you don't know how lucky you are that you don't have to suffer this fucked up, internal, mental battle. It's a battle.

Trish Barillas (00:27:42):

And it's a battle that you have with yourself, and it's like a mental prison that you can't get out of. It's hard to describe to people. You can't describe it. You just feel defeated, exhausted, unseen, and

unheard. When it started to lift, then I thought, Oh man, is this what people feel? This is amazing.

Charlie Sandlan (00:28:05):

Like, this is normal?

Trish Barillas (00:28:08):

Oh, my... Well, no, not normal. There we go again.

Charlie Sandlan (00:28:12):

Okay. I'm sorry, did I misspeak?

Trish Barillas (00:28:13):

It was how people... It was how the non-anxious live. And I just didn't know what that was like. I didn't know that I could spend a whole day without, what-if'ing something, without second guessing something-

Charlie Sandlan (00:28:27):

What do you mean, what-if'ing?

Trish Barillas (00:28:28):

What if? What if I get a panic attack in the middle of this meeting? What if I go to dinner and my stomach acts up and I have diarrhea? What if I start convulsing in front of random people that I don't know? What if I walk down the street and I pass out? I can what-if every single day.

Charlie Sandlan (00:28:47):

Disaster mentality.

Trish Barillas (00:28:47):

It's catastrophizing, yes.

Charlie Sandlan (00:28:49):

That's part of an anxiety... that's a result of anxiety. Or it causes the anxiety.

Trish Barillas (00:28:54):

It's the most common. It's not that it causes it. You're already anxious and now you go into a what-if cycle.

Charlie Sandlan (00:29:03):

"The second time, I was on meds." So I'm curious, why you got off of them if they were doing so well for you? And then what

happened once you got off of them, and then why you got back on? Which takes us kind of, almost to when we met.

Trish Barillas (00:29:16):

Yes, it does. And oddly enough, the reason I got off was because I was here in Guatemala and didn't have enough prescription. And didn't think about finding a doctor here, finding a way to get medication. So I just thought, well, I guess I can't get them. And I was in such a good space. And I just thought to myself, you know what? let's go with this.

Charlie Sandlan (00:29:42):

But I mean, the fucked up thing is, it's the meds that were allowing you to feel normal... not normal, what's the word? Give me the word.

Trish Barillas (00:29:49):

Non-anxious.

Charlie Sandlan (00:29:50):

Thank you. It was the meds that was doing that for you. There's a disconnect there.

Trish Barillas (00:29:55):

Sometimes people choose to go on medication to do the work, to learn how to manage, and then get off and see if they can still consistently live a more non-anxious life.

Charlie Sandlan (00:30:07):

And that can happen for some people?

Trish Barillas (00:30:08):

Of course, it depends on your makeup.

Charlie Sandlan (00:30:11):

That's not you?

Trish Barillas (00:30:13):

Well, I learned that that was not me.

Charlie Sandlan (00:30:14):

So you get off the meds...

Trish Barillas (00:30:15):

I got off. I was off for a year. That's when you and I met.

Charlie Sandlan (00:30:19):

So when I met you, you had been off your meds for a year?

Trish Barillas (00:30:24):

Correct.

Charlie Sandlan (00:30:25):

Okay. So I just thought, wow. And I wrote the book and this is another chapter that really-

Charlie Sandlan (00:30:35):

It's called A Face of Anxiety.

Trish Barillas (00:30:37):

It started on Instagram and then people kept asking, "Is it a book? Is it a book?" And then I had a media company, not a publisher, a media company, ask if I needed help to put it out self-published. And I said, "Well, okay." And then here we are. So I felt like a hypocrite because I wrote the book, that I got off meds, and then when I did the book launch, I went into one of the worst anxiety cycles that I've had. It was just a perfect storm and it hit hard. You and I got back together and I couldn't get out of it.

Charlie Sandlan (00:31:17):

What do you mean by a cycle?

Trish Barillas (00:31:20):

I call them cycles. That's not a medical term. I call them anxiety cycles. Where-

Charlie Sandlan (00:31:27):

What are those? Because, I'm sure there are people listening that know what this is.

Trish Barillas (00:31:31):

So I noticed that around November, my anxiety will hit harder. It could be due to the time change. There's lots of moons involved. I'm a bit spiritual and everything really does affect me. And November's a tough time. I hit that point where I just wasn't able to eat. I was in fight or flight, which is what basically anxiety is, you're in fight or flight.

Charlie Sandlan (00:31:58):

It scared the hell out of me, let me tell you. Because as someone who had fallen in love with you, to see you struggle, to see you lose weight, I mean, you were so thin. I just didn't know what to do.

Trish Barillas (00:32:09):

And nor did I. It was, again, called my tribe. They said, "You have got to get back to your doctor." And I just... It was my ego. And this is what-

Charlie Sandlan (00:32:19):

I feel like you were resistant to getting back on them. You put it off for months.

Trish Barillas (00:32:21):

Oh, the whole time. Yes, months. Months. And you know what it is, I was approaching my 40th birthday and there's something about birthdays and age that we all hold onto. And it's so dumb. I just wanted to be not on meds when I hit my 40th.

Charlie Sandlan (00:32:39):

I don't think anybody walks around saying, "God, I'm glad I need medication to..."

Trish Barillas (00:32:44):

No, but there was something I was holding on to about this age of 40. Right? And so that was my resistance. And then also I'd written a book about getting on meds and getting off meds. So I felt like a hypocrite. I didn't know what to do about it. I was slowly wasting away, literally. And I was scared to death. I went to my doctor and he was so funny. I went to him in a blizzard, we had a blizzard that year. Random, it was a one-day blizzard. And he was in his normal wear with boots. And he said, "Well, okay, you're here in a blizzard. What's going on?" And I've had him for years. And I said, "I'm in it." And he said, "Okay, are you taking your meds?" And I said, "No, I got off of them."

Trish Barillas (00:33:34):

And he said, "Okay, so you've lost 15 pounds. What's the weight where we're going to be concerned?" because, we have that

documented. I said, "I'm concerned, I'm scared." And he said, "Do me a favor." And I said, "Well, check my bloods. I have..." Because again, when you're anxious, you don't think that it's on you. You absolutely believe that it has to be something else, I have a parasite, I have some other type of disease, I have a brain tumor.

Trish Barillas (00:33:59):

Anxiety will make you think that there's this reason, there's this thing that's happening to your body, because it can't just be your thoughts. You feel too responsible if it's your thoughts. I said, "Well, let's run these tests." And he said, "Nope, not going to run tests. Not doing it." And I started to cry and he said-

Charlie Sandlan (00:34:21):

Because he knew that it wasn't physical.

Trish Barillas (00:34:23):

Yes. I've been in this room with him before. And he said, "Trish, take your medication, go to your bagel place, get an Everything Bagel, cream cheese, and go home and watch a movie." And I said "That can't be it." And he said, "That's it. It's that simple." And then he kicked me out. And on my walk home, I called my three best friends. Told them... Hysterically crying, because I just couldn't believe that here I was, back again, with medication. It's so simple and-

Charlie Sandlan (00:35:01):

Did you feel like you failed in some way-

Trish Barillas (00:35:01):

I did.

Charlie Sandlan (00:35:01):

or like you were just lost and you're never going to have a good life? Like, this is just awful?

Trish Barillas (00:35:06):

Yeah. Well, it wasn't that I wasn't going to have a good life, it wasn't what I wanted. I wanted a life without meds and my ego wouldn't let go of that. The first time around my doctor said, "If I

were to give you this little pill and it just made you feel so good and so much better, what would you say?" And I'm like, " Yeah, absolutely." And he goes, "Okay, well, that's what we're talking about, medication." I was like, "Oh wait, no, no. About anxiety, no." So there's just some part of... Sometimes our brain... That it's like, Oh, it's okay-

Charlie Sandlan (00:35:42):

There's a stigma attached to meds.

Trish Barillas (00:35:43):

Right. But an anxiety is tricky too, because nobody questions if you have bipolar or schizophrenia, or other types of mental illness. But when it comes to anxiety, people use the term so loosely, or people will say, "Oh my God, I almost had a panic attack because my dress didn't come in on time." That's incorrect. You did not almost have a panic attack because let me tell you, if you do, you're in fetal position, or in an ER, or on the way to an ER.

Charlie Sandlan (00:36:14):

Listen, I've seen so many panic attacks in my classroom because someone's triggered. They really feel like they're either going to have a heart attack, they're going to die, they're losing their mind. I mean, now that I know what they are... I mean, they used to scare the shit out of me, watching somebody go through it and not knowing how to... But there's nothing you can do really, other than just let them have the panic attack and tell them that they're okay. And just to get present, I guess, they're horrible.

Trish Barillas (00:36:44):

Yeah. I wouldn't wish it on anybody. But that walk home, I got home... And I had the meds, they were in my house. I took them-

Charlie Sandlan (00:36:53):

All that time they were in the house and you never took them?

Trish Barillas (00:36:55):

I never took them. No.

Charlie Sandlan (00:36:56):

That is fucking crazy.

Trish Barillas (00:36:57):

So I took them, I cried. And I went to my deli. I got my bagel. I watched It's Complicated, that's my anxiety go-to movie. And then I-

Charlie Sandlan (00:37:09):

Yeah, romcoms. You and romcoms. God Almighty.

Trish Barillas (00:37:11):

Right, light and fluffy. I live-

Charlie Sandlan (00:37:13):

The amount of bullshit I've had to watch with you.

Trish Barillas (00:37:16):

Because you're a non-anxious.

Charlie Sandlan (00:37:18):

Yeah, well... Yes. I'm also an acting teacher and I have to sit and watch these stupid romcoms. It's torture.

Trish Barillas (00:37:25):

So is having a panic attack because I'm watching something dark.

Charlie Sandlan (00:37:29):

I was making it about me, all of a sudden.

Trish Barillas (00:37:29):

Right. But, it's not.

Charlie Sandlan (00:37:30):

That's true. All right. Getting back on these a second time, what was the journey like?

Trish Barillas (00:37:36):

That was hell. It took about a month and a half to regulate because my dosage was incorrect. I took too high of a dose. And again, it's...

Charlie Sandlan (00:37:46):

It's like a cocktail. It's like getting it just right. And if it's not right, you're really out of whack.

Trish Barillas (00:37:51):

Yeah. Well, this is the way I can relate it for, women or any men, that are familiar with foundation. It takes a while to figure out the perfect foundation for your skin. Right? A little bit of this, maybe that, blah, blah, blah. Meds are the same way. You have to figure out what works for your body, how does it respond? What's the right dosage? When's the right time to take it, the morning, the night? It's a journey.

Trish Barillas (00:38:18):

And if you don't have the right therapist and the right support, it's going to be tough. It's going to be hard. And a lot of my clients, right now, because of pandemic have chosen, thank goodness, to do something about it. So they've gotten onto meds and that's where I, as a coach, jump in and help make them understand that these things are common. And that it is something that we need to not take in shame and that we need to talk about them. And once people hear that I normalize their triggers and their thoughts, things start to alleviate because you don't feel alone. Alone in your suffering.

Charlie Sandlan (00:39:03):

Well, you posted this Instagram video just a couple of days ago, which, I mean, what has now over 30,000 views, which is extraordinary. And what you were talking about was the shame of talking about meds and talking about how you, as an individual, approach your anxiety. It resonated big time.

Trish Barillas (00:39:26):

It was a two minute, thirty second video that I did when we were running out the door because we were flying that day. You could hear Charlie in the background making noise.

Charlie Sandlan (00:39:34):

And you were like, "Oh, I've got to say something real quick." And I think somebody had DM'd you or somebody said something about-

Trish Barillas (00:39:38):

Oh, I was so pissed. I was triggered.

Charlie Sandlan (00:39:42):

"Go the natural route, why can't you just take some herbs?"

Trish Barillas (00:39:45):

No. This person commented on one of my videos previously, "You're on the wrong side of healing. You are on the wrong healing path. You can cure anxiety in a week. It is not mental. It is not emotional. It is physical and you need to eat minerals."

Charlie Sandlan (00:40:07):

They were probably a Scientologist.

Trish Barillas (00:40:08):

And I thought, God... Man, I don't know, it pissed me off.

Charlie Sandlan (00:40:12):

It pissed you off. It did. It really lit you up.

Trish Barillas (00:40:12):

It did. It really pissed me off. Because, I just thought-

Charlie Sandlan (00:40:14):

Why couldn't you just blow it off? Why couldn't you just delete it and just move on? You had to respond to it.

Trish Barillas (00:40:20):

It wasn't the eat the minerals stuff, that I found comical. It was that, "You're on the wrong side of healing and that anxiety can be cured in a week." That is the wrong message to send out to the world.

Charlie Sandlan (00:40:31):

So what did you say in that video?

Trish Barillas (00:40:33):

So I said, "There is... First of all, I don't care what path you're on. As long as you're on a path to healing, then you're on the right path. I don't care if it's holistic. I don't care if you're seeing a shaman. If you're seeing a therapist, a coach, be on a path because that's your journey and you're going to get to where you need to get to. And it might take a few different people to find what works for you, but you can't shame people for saying that they're on the wrong healing path."

Trish Barillas (00:41:03):

That to me, just pissed me off. And then to say anxiety is curable. If anxiety was curable, somebody would be a multi-billionaire and we would be chill as fuck right now during this pandemic.

Charlie Sandlan (00:41:15):

Yeah, that's true.

Trish Barillas (00:41:15):

So, I'm sorry, that is untrue. I've never-

Charlie Sandlan (00:41:20):

Why do you think it resonated so much? I mean, almost 35,000 people have viewed that now.

Trish Barillas (00:41:26):

Because we're in a time, right now, that people are struggling deeply. Deeply. And everybody's experiencing some type of anxiety because anxiety is fear-based and it lives in the unknown. And in this pandemic, it's unknown. There's no, Oh, pandemic's going to end on February 24th, 2021. We're used to, as humans, right now, knowing exactly what's happening, when it's happening. And that's comforting. You know what time you have to go to work? You know what time you leave work? There's structure.

Trish Barillas (00:42:01):

Right now, there's no structure. We're all stuck at home. People are scared about getting sick. People's jobs are changing. They're losing jobs, "How am I going to pay my bills?" There's so much fear and it's collective. So we all vibrate to a certain type of energy. And sorry, yes, I'm a bit spiritual so I will talk about energies for a minute. If the whole world... You know, when you walk into a space whether it's, let's say, a funeral or a birthday. There's a collective energy in the room. Sadness, happiness. Right now, as a world, it is anxiety. The world is anxious. We are collectively scared and there's fear.

Charlie Sandlan (00:42:42):

That's what's going on underneath anxiety. That's the essence emotionally.

Trish Barillas (00:42:46):

It's fear, yes. Right. So if that's a collective whole, people generally, like a lot of people who follow me, right now, are following because they're suffering some type or some form of anxiety. And I'm putting out my content and I'm using my voice because I'm saying it's okay. It's okay if you feel like you're losing your shit. It's okay if you're having panic attacks. It's okay if nobody understands you. I get it, I have walked that walk. I've gone through hell and back with my anxiety.

Trish Barillas (00:43:24):

So it bothered me that this woman was using my platform to say something so ignorant. And I didn't want people to read it and think, Oh yeah, let me just eat some minerals and cure my anxiety. Oh, maybe she's right, this person's on the wrong side of healing. There's no wrong side to healing. Healing is our own personal journey, man. That is what bothered me.

Trish Barillas (00:43:49):

And the reason I think people resonated with it, one, they could feel that I was pissed. And two, I'm sitting here saying, "Yes, I take meds and I don't care. I don't care what anybody thinks about it." Because if I were to give you a version of my panic attacks-

Charlie Sandlan (00:44:07):

No, thank you. No, fucking thank you.

Trish Barillas (00:44:07):

... one version of it, and you had to live through it, you would not be saying to me, "You should not be on meds."

Charlie Sandlan (00:44:15):

Listen, I've seen, maybe, three panic attacks of yours. They just come out of nowhere. We were watching The Crown. We were watching an episode of The Crown and that triggered you. And you went into a serious fucking panic attack. Jesus.

Trish Barillas (00:44:28):

I can't watch period pieces. I don't know what happened. And again, came out of nowhere. I was throwing up, I had violent diarrhea. It was the-

Charlie Sandlan (00:44:38):

You couldn't even say why, it was just the show. I don't know, what was it?

Trish Barillas (00:44:42):

I couldn't tell you. I couldn't tell you.

Charlie Sandlan (00:44:43):

Right. Right.

Trish Barillas (00:44:44):

And this is why I go back to, when I say to people, live an anxious lifestyle, not a non-anxious... So everybody in that room, we were with Maggie and Richard and you, and everybody was involved and they thought it was great. So I pretended that I was okay, but I knew I wasn't, it was happening-

Charlie Sandlan (00:45:05):

And then you just disappeared from the living room and I thought... Getting to know how to... I don't know, just be aware of when something could be going wrong, like when you just disappeared, I thought, Oh, something's happened. And then when I went upstairs, you were pacing. You had your headphones on and you're just like, "I'm in it." And so I guess, there are so many people listening that suffer panic attacks. How do you get yourself through a panic attack?

Trish Barillas (00:45:32):

So, I like to tell most of my clients that they need to have a toolkit for their anxiety. Meaning, what makes you grounded? What keeps you calm? What can get you out of that what-if? Because, when I go into panic, my what-if statement is, what if I lose control? What if I go crazy? Now, I've had these thoughts my entire life, never has it ever happened. So I like to counter the what-if thinking with, what-is. So what is-

PART 2 OF 4 ENDS [00:46:04]

Trish Barillas (00:46:03):

To counter the what if thinking with what is, so what is your current reality? And to remind yourself where you are at that very moment. Anxiety lies to us. It's all a bunch of bullshit, but it's so real to us.

Charlie Sandlan (00:46:14):

Like, just get in the moment, like, where am I? My feet are on this floor and these are the walls and there's a bed here and I'm safe. Yeah.

Trish Barillas (00:46:19):

Yes. And also, the facts of it, what is? So out of every time that I've had these thoughts, when has it ever come true? When has it ever come into fruition?

Charlie Sandlan (00:46:30):

Probably never.

Trish Barillas (00:46:30):

Never. And I will tell you, I mean, I can't count how many panic attacks I've had in the thousands. So the fear is always worse than the reality. So in reality, I have to say to myself, these fears have never come to fruition. So how do I get myself back into my body?

Charlie Sandlan (00:46:50):

Are you saying this to yourself in the midst of the panic attack?

Trish Barillas (00:46:51):

Oh yeah, yeah. Last night, for instance. Sometimes you can feel them coming. Sometimes it's too far gone. Last night, I woke up and I felt my heart racing and all of a sudden I had impending doom. And I was, what if that somebody was breaking into the house. And there's moments now that I know I could either capture it or I need to take some type of medication to stay away from getting into a panic. So I brought myself back down to reality and I said, where are you? You're in bed. What if I didn't lock the doors? No, I did lock the doors. Dad checked the doors. What if someone breaks in? And then I counter that with, well, since

we've been here, nobody's ever even attempted to break in. We also have-

Charlie Sandlan (00:47:40):

There's cement walls, nine feet high, there's electric barb wire going around the top.

Trish Barillas (00:47:43):

There's 160,000 volts pulsing through the electric barb wire but-

Charlie Sandlan (00:47:49):

It's a compound-

Trish Barillas (00:47:50):

But when you're anxious, this all goes out the window. So I have to remind myself of what is, what is my current reality? So that's how I got myself out of that cycle last night without having take a med, because I want to try to rely on myself, but when needed, absolutely, I will go to medication.

Charlie Sandlan (00:48:10):

Flying is a trigger for you? Your gut is a trigger for you?

Trish Barillas (00:48:14):

Yeah. I didn't fly for seven years because I was unmedicated.

Charlie Sandlan (00:48:17):

This is why I think part of the reason why I love you is because despite that anxiety, you've been all over the world. I mean, you've been to Spain. You've been to South Africa. You've been on safaris.

Trish Barillas (00:48:27):

Not by choice because for some reason I fall in love or my family lives across the bloody world.

Charlie Sandlan (00:48:34):

That's true. Yeah. New Zealand, you've gone on flights. You puked on somebody.

Trish Barillas (00:48:41):

Oh, my mentor.

Charlie Sandlan (00:48:41):

Who ended up being your mentor on a flight to New Zealand.

Trish Barillas (00:48:43):

The one of the top worst panic attacks. And this I know, that's a 13 hour flight. It's scares the hell out of me. I was in the bucket seats, and there's two buckets seats in a row. And I know I have to pay more money because I know that I'm going to have a panic attack. There's no way around it. And they have very nice bathrooms and they're large and they're wallpapered. And the attendance are quite nice. So I do let the person next to me know that I am an anxiety sufferer and not to worry if I have a panic attack.

Charlie Sandlan (00:49:15):

That's nice of you.

Trish Barillas (00:49:16):

It's scary.

Charlie Sandlan (00:49:17):

Sure.

Trish Barillas (00:49:17):

So I would assume that it would scare the hell out of someone.

Charlie Sandlan (00:49:20):

Not a lot of people do that.

Trish Barillas (00:49:22):

This poor man. So I told him. He said, oh, where are you going, blah, blah, blah. We shot the ship. But it messed up my routine, because I have to get myself mentally prepared for that flight. So talking to him was intervening with what makes me calm, and I didn't want to be rude and say like, stop talking, dude. I need to get into my mental space. So we talked about my book and he's like, oh, what's it on? And as the anxiety was bubbling up, I said, okay, well, it's on anxiety. He said, oh, what about? And I said, well, I'm an anxiety sufferer. I have panic attacks. And he said, oh, what's that like? And as we're talking about it, here it comes. And then I put my hand up and he's like, are you okay? Then I puked on him.

Trish Barillas (00:50:09):

And then I continuously started puking because that used to be my reaction. And then I-

Charlie Sandlan (00:50:17):

So puke all over him, all over the seats.

Trish Barillas (00:50:17):

It wasn't all over him. It was like a little bit on him. And then I started to try to rip my clothes off, because I overheat in those moments. So I was wearing like a sports bra top. So this poor guy I've never met, I'm taking my clothes off. The attendants are bringing ice over. And then luckily, I told him what I had. So he told them, don't worry, this is anxiety. It's a panic attack. She just told me about it. I think we just need to get her calm.

Charlie Sandlan (00:50:45):

Could you even talk?

Trish Barillas (00:50:46):

No, no. This poor guy, I don't know. Well, he just ran with it. So they carried me into the bathroom. This guy kept ice on the back of my neck. So then I had to take my medication, knocked myself out. I slept for a solid 12 hours. And this poor man did not sleep. He was so worried about me.

Charlie Sandlan (00:51:08):

And how long was this?

Trish Barillas (00:51:10):

Five or six years ago maybe.

Charlie Sandlan (00:51:12):

And he's become-

Trish Barillas (00:51:13):

My mentor. Yeah. So the universe decided that he was going to be my chosen one. He put his blanket on me. He checked on me every 30 minutes. When we landed and I was like bright eyed and bushy tailed, this poor guy looked like he had gone through hell. And then he walked me to my next gate, was scared to put me on the next plane. He was lovely. And we've been friends ever since.

So yes, that happened. I didn't feel ashamed about it because out of that came a beautiful friendship.

Charlie Sandlan (00:51:46):

True. Well, I think this might be helpful for people out here that are listening to you guys that suffer in this way. But you're still going about your life. You start dating and you get into relationships. And I guess, there can be this fear of wanting to reveal the truth about what's going on with you, because you don't want to lose the possibility of a relationship. And what I respected about you is you told me about your anxiety disorder, I think, on our second date.

Charlie Sandlan (00:52:16):

You said, hey, listen, I have this. I suffer from general anxiety disorder. I didn't even know what the fuck it meant. And you were very upfront about it. And you really gave me every opportunity to go. I remember in the car, one time, this is when you were off your meds. And you said, it's okay if you leave. It's okay if this is too much for you and you want to go.

Trish Barillas (00:52:40):

Yeah.

Charlie Sandlan (00:52:42):

I don't know, it didn't scare me. And I always look back at that and go, I'm just so shocked that I didn't run. And I didn't want to, but I guess what I'm saying is you gave me that option and you were honest. And do you have any advice for people that are starting relationships or might even be in a relationship and are coming to this understanding about what's wrong with them? Can I say that?

Trish Barillas (00:53:08):

No.

Charlie Sandlan (00:53:09):

What's the right term?

Trish Barillas (00:53:10):

Well, it's not that there's something wrong with them.

Charlie Sandlan (00:53:13):

But isn't it though? I mean, like something's wrong.

Trish Barillas (00:53:16):

It's a wiring. So for my coaching, I have a lot of emphasis on vocabulary and everything is in a positive perspective as opposed to negative. Wrong means that there's something not right about you. You are not normal. You need to be fixed. It's wrong. You know?

Charlie Sandlan (00:53:38):

I mean, just to play devil's advocate, that's exactly what's going on.

Trish Barillas (00:53:42):

But it's not your choice. This is how you're born. This might be a result of wiring.

Charlie Sandlan (00:53:48):

True.

Trish Barillas (00:53:48):

If you were born with a third nipple-

Charlie Sandlan (00:53:53):

Which I do have-

Trish Barillas (00:53:53):

Which Charlie does have.

Charlie Sandlan (00:53:55):

It's a great icebreaker.

Trish Barillas (00:53:57):

I wouldn't say-

Charlie Sandlan (00:53:58):

I have three nipples.

Trish Barillas (00:53:58):

But would you say something's wrong with you? No.

Charlie Sandlan (00:54:01):

No, it doesn't change how I live my life. I don't need medication to deal with my third nipple. It is like a mole. It's like a freckle. This is not a good analogy you're using. But listen, we're going down the wrong path.

Trish Barillas (00:54:13):

Okay. So anyway-

Charlie Sandlan (00:54:14):

I want to get back to relationships. I want to get back to what you can say to people who are scared shitless that somebody's going to run away or reject them, or they're going to end up alone because nobody's going to want to-

Trish Barillas (00:54:26):

Right.

Charlie Sandlan (00:54:26):

-deal with it.

Trish Barillas (00:54:27):

So this is what I've realized later on in my life. Either way, if you don't say something to your partner from the get-go, it's going to come out. Because if you suffer from anxiety, it's going to play out. It's going to play out in your relationship. You could be super irritable. You could be too nervous to do certain things. And then you're going to prevent your partner from wanting to do what they would like to do. And then it becomes a source of contention. So be upfront because you're never going to hide. They might not outwardly know that you're anxious. However, they might think down the road, well, why all of a sudden have you changed?

Charlie Sandlan (00:55:17):

Was I the first guy that you-

Trish Barillas (00:55:21):

No.

Charlie Sandlan (00:55:23):

-came out with like that?

Trish Barillas (00:55:24):

No. No. I learned once I started my med journey, I just thought, you know, this is who I am. So yes, I am someone who suffers from anxiety and I was putting a book out.

Charlie Sandlan (00:55:33):

But did you ever have anybody go, no, peace out, no, thank you?

Trish Barillas (00:55:37):

No, never, actually. Never, because if you own who the fuck you are, if you own it from the jump, then what is there to say differently? Like you're either in or you're out.

Charlie Sandlan (00:55:50):

So what do you say to somebody who's scared shitless? It's like I'm scared. I'm scared to say something. I don't want to lose her. I don't want to lose him.

Trish Barillas (00:55:55):

Well, it depends on what state of the relationship you're in. If your partner is your person and they already are in love with you, it's not that they're not seeing this. It might be an eye-opener. Oh, is that why you're so irritable? Is that why you yell at me when things aren't exactly where you need them or the volume of the TV is too loud or you don't want to go to XYZ's party? Like it could be very eyeopening. And the more honest you are with your partner, the more real that relationship can get. And that's where we want to be is authentic.

Charlie Sandlan (00:56:35):

Yeah. There's no secrets. I mean, that's what I love about you and I. Everything's on the table. And I've learned, you've helped me. I mean, telling me from day one and then saying, listen, this is what I need. When I'm in a panic attack, leave me the fuck alone. Just be present. But don't say anything. You've given me my own roadmap of how to deal with you.

Trish Barillas (00:56:56):

It's part of your anxiety toolkit. Figure out what works for you and then please let your partner know how to deal with it.

Charlie Sandlan (00:57:05):

Seriously, you have to let them know.

Trish Barillas (00:57:06):

Because everyone's different. I need to be alone. I need to go through it. I can't even speak. So I send Charlie a text and my verbiage is I'm in it. That is exactly what I say. I put my

headphones on. I'm normally listening to 90's hip hop. And I pace and I do circles and I get myself grounded, and I could be doing that for 20 minutes or an hour but-

Charlie Sandlan (00:57:33):

Yeah. And at least I know that it's a panic attack, so I'm not worried. I'm not scared. But the other thing that happens a lot with you and I is you get this disaster mentality of, oh, my stomach hurts. I'm going to end up in the hospital. I've got food poisoning. Do I have an ulcer? Do you think I need to go to the hospital? I mean, I cannot count how many times you've asked me that question. Do you think I need to go to the hospital? No. No, you don't. You're fine.

Trish Barillas (00:58:01):

Yeah. But we talked about the reassurance. If I feel as though am I asking you, do I need? The answer's usually always no, you're going to be okay.

Charlie Sandlan (00:58:11):

Right.

Trish Barillas (00:58:11):

Not, well, I don't know. What does it feel like?

Charlie Sandlan (00:58:14):

Hell no, I would never say that. [crosstalk 00:58:15] No, you're fine. You're okay. There's nothing wrong with you.

Trish Barillas (00:58:18):

And until your body's-

Charlie Sandlan (00:58:19):

You got gas.

Trish Barillas (00:58:20):

-until your body is going through certain reactions that are visibly clear that you need to go to a hospital, then again, that's when you would go. But my irrational brain is telling me-

Charlie Sandlan (00:58:31):

Irrational, irrational.

Trish Barillas (00:58:32):

Irra... E.

Charlie Sandlan (00:58:33):

No. Irrational.

Trish Barillas (00:58:35):

Eerrational.

Charlie Sandlan (00:58:36):

No.

Trish Barillas (00:58:37):

I can't let, just skip it.

Charlie Sandlan (00:58:38):

No, I can't.

Trish Barillas (00:58:39):

But this has been 42 years of me saying it.

Charlie Sandlan (00:58:42):

I know. My god. Irrational. It's irrational, everybody. You have a lot of clients. How many of them live a creative life? You know? I mean, most of the people who listen to this show, they're artistic, they're creative. And that could be anything, I'm not-

Trish Barillas (00:58:56):

No. I know, I'm thinking. I would say probably 65% of them are creative.

Charlie Sandlan (00:59:06):

Is there anything that's a common through line?

Trish Barillas (00:59:08):

It doesn't matter what type of lifestyle, like if you're a creative or not creative-

Charlie Sandlan (00:59:14):

Yeah. That's true. It could be a mom of four in Gary, Indiana who is freaking the fuck out.

Trish Barillas (00:59:15):

Right. It doesn't matter. Yeah. The norms when it comes to anxiety is I'm scared of my own thoughts. My heart races. There's intrusive thoughts that could pop up.

Charlie Sandlan (00:59:30):

What do you mean by that?

Trish Barillas (00:59:31):

Intrusive thoughts are thoughts that you aren't actively choosing. They usually scare the hell out of you. And this is something that I think is helpful because this is one of the scariest parts of anxiety. And it did happen to me. It's the fear of knowing you have the power to do something. Not that you're doing to choose to do it, but I might have someone that might look at a knife and they say, oh, my God, I have the power to take this knife and either stab myself or stab my partner or someone in the house. Not that they want to inflict harm. It's that there's the power there and that's-

Charlie Sandlan (01:00:10):

It's the idea of, oh, I could pick that knife up right now and slit my wrist if I want to.

Trish Barillas (01:00:13):

And a non-anxious could have that thought pop in and be like, oh-

Charlie Sandlan (01:00:17):

Laugh at it.

Trish Barillas (01:00:18):

And laugh it off-

Charlie Sandlan (01:00:18):

Roll their eyes and go on.

Trish Barillas (01:00:19):

-and move on. Whereas a non-anxious looks at that and then hold on to that thought-

Charlie Sandlan (01:00:25):

Or you step out on the balcony and it's like, oh, I could just jump right on the balcony here.

Trish Barillas (01:00:28):

Correct. That used to scare the hell out of me. I used to think, oh, my God, I could just jump. Like what's preventing me?

Charlie Sandlan (01:00:35):

And that causes anxiety.

Trish Barillas (01:00:37):

Yes. Lots of anxiety.

Charlie Sandlan (01:00:39):

But why? Because you think, oh, my God, I might do it. I might just have a compulsive-

Trish Barillas (01:00:42):

It's not that I might do it. It's that I have the power to do it. You know? Like I can do that. That scares me because from my personal experience, I didn't feel safe in my body, because anxiety was just wreaking havoc. I just didn't feel safe. I thought that my thoughts might be true. So what if I just jump because I'm anxious and I'm losing control? Like, what if I did that? And then I remind myself that I have a moral compass, and my moral compass will always bring me back to myself, because I could never, in my wildest dreams, injure a animal, a person, unless, I was being attacked.

Charlie Sandlan (01:01:27):

Right.

Trish Barillas (01:01:27):

So because I know that when I'm not in a state of anxiety, I have to remind myself when I am in an anxious state. And intrusive thoughts are scary as hell because they're intrusive. It's part of the word. They're popping in your brain.

Charlie Sandlan (01:01:40):

It's like a jackhammer.

Trish Barillas (01:01:40):

Yes.

Charlie Sandlan (01:01:40):

Going into your thoughts. And then it becomes obsessive, like, oh, my God. It's all I think about now for the next hour.

Trish Barillas (01:01:47):

It could be, it depends. Right? So it depends. If you have OCD or OCD tendencies. I also have OCD tendencies.

Charlie Sandlan (01:01:56):

Which actually I have to say has been a great benefit to our relationship. Oddly enough.

Trish Barillas (01:02:00):

There are things about my anxiety that I absolutely love.

Charlie Sandlan (01:02:03):

You vacuum like a mother fucker.

Trish Barillas (01:02:04):

I do.

Charlie Sandlan (01:02:04):

I've never seen anybody clean-

Trish Barillas (01:02:05):

Nobody can clean like me. That's why we have such a great relationship. I do all the cooking. I feed you. I keep you alive, basically. I can say that and you-

Charlie Sandlan (01:02:14):

I keep you clean and hygienic.

Trish Barillas (01:02:15):

You iron. Now you iron our-

Charlie Sandlan (01:02:17):

No. not now.

Trish Barillas (01:02:18):

Well-

Charlie Sandlan (01:02:19):

It's... I didn't-

Trish Barillas (01:02:20):

You've always done this.

Charlie Sandlan (01:02:20):

I've always done it.

Trish Barillas (01:02:22):

Iron bed sheets, iron pillowcases, iron napkins. I mean, who the fuck irons napkins?

Charlie Sandlan (01:02:28):

My mother.

Trish Barillas (01:02:28):

Right. Unbelievable. I love it.

Trish Barillas (01:02:30):

So with anxiety, people are scared to talk about it because they think that when the words leave their mouth, they're going to be judged. They're going to think I'm crazy. They're going to think something's wrong with me. I'm not normal. And you know what? I'm here to tell you that these thoughts are common. They are so common. There is a world of anxious people. Before pandemic, 4.2 million us citizens suffer from some type of anxiety disorder.

Charlie Sandlan (01:03:04):

Before the pandemic?

Trish Barillas (01:03:04):

Correct? One third of them are the ones that get help. The rest don't.

Charlie Sandlan (01:03:10):

Suffer.

Trish Barillas (01:03:11):

Now, God knows what that number is. There's no way that people are walking around without a fear of this pandemic. So all of the thoughts and fears that we have as anxiety sufferers, it is common. And this is what I want to say about Instagram, because I didn't have Instagram when I was at my worst growing up. So I didn't have that added layer of seeing everybody being so chill and look at my life and blah, blah, blah. I didn't have that. So that was another layer that I didn't have to deal with.

Trish Barillas (01:03:51):

But now people are like, oh, wow. Why is their life so manageable? How are they handling teaching their kids and taking cute pictures? All of this stuff, but everybody is suffering some type of battle, right? We're fighting something, but Instagram can be used for knowledge. There are so many fantastic anxiety accounts that I absolutely love.

Charlie Sandlan (01:04:15):

Any that you would recommend?

Trish Barillas (01:04:16):

@anxietyjosh He's one of my favorites and there's a lot of men, @anxietyguy There's a lot of men that talk about anxiety. So I don't want this to be a gender thing because it absolutely is not. Anxiety does not discriminate against race, gender, or age. My youngest clients are 17. My oldest is up to 65. So if you're human, you are prone to anxiety. And not even human, because our dog is anxious so-

Charlie Sandlan (01:04:44):

Well, are there any of your good friends or anybody on Instagram that you would recommend maybe for working out or eating healthy or being nutritious? Anything that would benefit.

Trish Barillas (01:04:54):

Well, yeah. My best friend, Melissa Wood.

Charlie Sandlan (01:04:55):

@melissawoodhealth

Trish Barillas (01:04:58):

Right. Well, I don't know if she needs help with her following, but-

Charlie Sandlan (01:05:01):

No, she doesn't.

Trish Barillas (01:05:01):

But her meditations are great and I need a guided meditation. I can't meditate just by myself. Meditation is hard for us because we can't-

Charlie Sandlan (01:05:11):

To keep your mind still.

Trish Barillas (01:05:12):

We can't keep our mind still. And we're scared of our mind. So if meditation doesn't work for you, don't force it. Do not force it. Find something else. Please find something else. If Pilates doesn't work for you, find something else. Ask yourself questions. What does my body gravitate towards? When do I feel present? Meaning when I'm not in my head, when I'm not checking my

phone. For me, it's very extreme. I have a motorcycle. It's a Ducati monster 900.

Charlie Sandlan (01:05:45):

It's so beyond anything you should be getting on.

Trish Barillas (01:05:46):

But anyway, the point of this is that when I'm on it, if I'm not present, I'm going to die. You have to be present on it and that's extreme. But you know what? That's what my body needs.

Charlie Sandlan (01:05:58):

So I don't understand how somebody with anxiety says, oh, let me get a fucking motorcycle.

Trish Barillas (01:06:01):

There's no rhyme or reason, sir. It's whatever works.

Charlie Sandlan (01:06:04):

But that doesn't give you anxiety?

Trish Barillas (01:06:04):

No, it makes me present. It keeps me present.

Charlie Sandlan (01:06:08):

Oh. Okay.

Trish Barillas (01:06:08):

And then on the flip side of that, ballet also keeps me present. I'm counting in my head. I'm doing the choreography. I'm listening to the music. I'm nowhere near my phone. I'm nowhere inside my body overanalysing.

Charlie Sandlan (01:06:20):

You're out of your head. You're in the moment.

Trish Barillas (01:06:22):

Correct. That gets me present. So funny enough, my therapist said, we really need to balance out your masculinity. So maybe the motorcycle isn't always the best go-to since it is quite dangerous. So then I loved ballet, always loved it. And music has saved me.

Charlie Sandlan (01:06:41):

Well, listen, you do make playlist. So I know that when you get into a panic attack, you have playlists that you have made specifically for panic attacks.

Trish Barillas (01:06:48):

Yes. And that's also another tool that I would suggest is when you are feeling super anxious or you are in a panic attack, not in that moment, but when you're in a calmer state, make yourself a playlist that makes you happy. I don't care what genre. Music can really snap you into a different mindset. For my age group, if I throw on Madonna, everybody is excited. Everybody starts dancing. It has a feel good.

Charlie Sandlan (01:07:19):

What kind of music do you listen to?

Trish Barillas (01:07:21):

Oh, I'm a hip hop girl.

Charlie Sandlan (01:07:22):

Yes. You are.

Trish Barillas (01:07:23):

I am hip hop girl through and through. I mean, but that's not-

Charlie Sandlan (01:07:29):

Get a Little Biggie on there. Some Tupac, some-

Trish Barillas (01:07:32):

Run DMC, NWA, Naughty by Nature.

Charlie Sandlan (01:07:36):

What does it do for you?

Trish Barillas (01:07:38):

It puts me in a good mindset. And I also want to say this. Artists, musicians, a lot of them have dealt with mental illness.

Charlie Sandlan (01:07:48):

Absolutely.

Trish Barillas (01:07:49):

It is their outlet.

Charlie Sandlan (01:07:51):

I think anxiety over the last maybe three, four, or five years has become very, very ubiquitous. It's talked about. I think the stigma is starting to disappear a little bit, because there are a lot of celebrities that share their anxiety.

Trish Barillas (01:08:05):

They're coming forward.

Charlie Sandlan (01:08:06):

Yeah. They were declaring, hey, listen, I have fucking anxiety.

Trish Barillas (01:08:09):

Yeah. Basketball players that can't get on planes and they have to drive everywhere.

Charlie Sandlan (01:08:14):

I mean, the Kardashians. Not that they're... I mean, they're social media people.

Trish Barillas (01:08:17):

Yeah. Well, Kendall.

Charlie Sandlan (01:08:19):

Kendall.

Trish Barillas (01:08:20):

Kendall suffers from anxiety. The point is I don't think that the stigma is going away. I think that we're open to talking about it, but there's still such a stigma about medication. Until you have walked a day in someone's suffering, stay the fuck out of their mental health journey, please. Because we don't know the depth.

Charlie Sandlan (01:08:40):

Damn. That was fierce.

Trish Barillas (01:08:41):

Well, it bothers me. You know? If you can change your life, right?

Charlie Sandlan (01:08:45):

Yeah.

Trish Barillas (01:08:45):

If you can live a better life without suffering and you're not choosing to do so because of the judgment of others, shame on them. Right?

Charlie Sandlan (01:08:55):

Right.

Trish Barillas (01:08:55):

Shame on them. And we are going through enough hell right now through pandemic and the economy, we don't need more of that crap.

PART 3 OF 4 ENDS [01:09:04]

Trish Barillas (01:09:03):

Pandemic and the economy, we don't need more of that crap. We don't. We need to support each other. We need to help each other. And I don't care what version of that, that is, but we can't be a world that just casts shame. It's not helpful. That is not how we're going to get through this, man. It's not.

Charlie Sandlan (01:09:21):

Well, do you have any books that you would recommend, other than yours, *A Face of Anxiety*?

Trish Barillas (01:09:27):

That's a memoir.

Charlie Sandlan (01:09:29):

Yeah, right. Anything that you would recommend, just as a resource for people that are suffering?

Trish Barillas (01:09:35):

Yes, so it depends on the level of suffering. But one of the most beautiful books I've read, beautiful, I mean, haven't read a better book on anxiety, is called *First, We Make the Beast Beautiful*, by Sarah Wilson.

Charlie Sandlan (01:09:50):

I love the title.

Trish Barillas (01:09:51):

Oh, my goodness. I can reread this book all day.

Charlie Sandlan (01:09:55):

Really?

Trish Barillas (01:09:55):

It's beautiful. For those who are suffering-

Charlie Sandlan (01:09:57):

Is she an anxiety sufferer herself, or is she a doctor?

Trish Barillas (01:09:59):

Correct. No.

Charlie Sandlan (01:10:01):

Or both?

Trish Barillas (01:10:02):

She might be both, actually. I've read so many lately, I can't recall her exact bio. But that is a go-to.

Charlie Sandlan (01:10:11):

Why do you love it so much?

Trish Barillas (01:10:12):

The way that she speaks about it, it's easy. It's conversational.

Charlie Sandlan (01:10:19):

Relatable?

Trish Barillas (01:10:19):

It's relatable. It is intelligent without being overwhelming. It's not as triggering.

Charlie Sandlan (01:10:25):

I love that. Intelligent without being overwhelming. Every once in a while, babe, you come up with a good...

Trish Barillas (01:10:32):

Have you read my quotes?

Charlie Sandlan (01:10:34):

I have.

Trish Barillas (01:10:37):

So here's the thing, my anxious people, don't read anxiety books late at night. Don't read them before you go to bed. Pick a time in the afternoon, so that way, you can find a buffer behind it.

Because sometimes, nighttime is hard for us. So when I read books on anxiety or self-help, it is going to be in the early evening or late afternoon. Therefore, I can watch something or fill my brain with something else. So I'm not bringing that to my sleep,

because you will think about it. It will manifest in some way. So do yourself that favor.

Trish Barillas (01:11:12):

For those who suffer from OCD or OCD tendencies, my favorite book that I just finished, is called Is Fred in the Refrigerator? I forgot the author, but that's the title of the book. And Fred is a cat. And man, she just nails this. She nails this on so many levels. And as someone with OCD tendencies, I felt so heard, so heard and seen. So this is what I feel these books really do for people, is making you feel heard and seen. Another great book is called At Last a Life. It's very small. It's an easy read. Again, I read it years ago, so I can't recall the author off the top of my head, but I will post on it.

Charlie Sandlan (01:12:00):

I'll have this all, the links-

Trish Barillas (01:12:01):

Charlie will post on it.

Charlie Sandlan (01:12:03):

On the website, my website, [https://](https://www.creatingbehaviorpodcast.com)

www.creatingbehaviorpodcast.com that has all of these links and the authors of the books. You can go to the website and find that.

You said you wanted to interview me. I don't know if you have a question you want to ask me.

Trish Barillas (01:12:16):

Let's flip it, so Charlie.

Charlie Sandlan (01:12:18):

Trish.

Trish Barillas (01:12:19):

What have you learned about anxiety that has changed your mindset?

Charlie Sandlan (01:12:23):

Well, it's interesting. I've had it in my life, to a certain degree. I'm not an anxious person. I never have been. And so it's not something that I was ever really able to comprehend. And so I

meet you on Bumble, I might add. We are a Bumble couple. And so we had our first couple of dates and we hit it off. I just thought, "Man, you're just one of the most beautiful women I've ever met." You killed your Bumble game. You had some great photographs. You were on a horse, on your farm. Listen, I'm going to say what I want to say here. Don't try wrap me up. I'm sitting here, trying to talk. And she's over here-

Trish Barillas (01:13:07):

Man, but it's so long.

Charlie Sandlan (01:13:09):

Like a producer.

Trish Barillas (01:13:10):

Yeah. Get to the point.

Charlie Sandlan (01:13:11):

No. Listen, you asked me a question. Did I intervene? Did I do this to you? Did I like, "Wrap it up, wrap it up." I was taken by you and we hit it off. And then I think we went to il Buco.

Trish Barillas (01:13:23):

Yeah.

Charlie Sandlan (01:13:24):

And we were sitting there and you were like, "I've got something I've got to share with you." And you told me that you had generalized anxiety disorder. And I just thought, "This is ironic." You know what I mean? I grew up with anxiety and all of a sudden, I'm finding myself in a relationship with an anxious woman. Maybe I need therapy. And I guess what I understand now about anxiety is that it's very, very, very common. It's nothing that for me, as a non-anxious person, needs to be terribly scared about. It's not scary for me.

Charlie Sandlan (01:13:59):

Seeing how responsible you are, how mature you are with it, and how just proactive you've been your whole life, to just get on the other side of it and be able to lead a very productive, creative life.

You're not crazy. It's not abnormal. And just allowing me and challenging me to rethink how I look at it.

Trish Barillas (01:14:23):

Oh. Beautifully said.

Charlie Sandlan (01:14:25):

Well, I thought so. See, if you wrapped me up, you wouldn't have gotten that answer.

Trish Barillas (01:14:30):

So with you and the studio and your students, you constantly say that they should seek out therapy, at some point in their life.

Charlie Sandlan (01:14:40):

I think all actors, artists should be in therapy, for sure.

Trish Barillas (01:14:42):

So why haven't you ever gone to therapy yourself?

Charlie Sandlan (01:14:45):

I have gone to therapy. That's bullshit.

Trish Barillas (01:14:46):

Oh, I meant now.

Charlie Sandlan (01:14:48):

I mean, I did three years of therapy in my 20s. Do you know what I mean?

Trish Barillas (01:14:52):

Yeah, that's 20s.

Charlie Sandlan (01:14:53):

Well, that's when I needed help. You know what I mean? I was molested by a priest when I was 13 old, as I have mentioned on the show before. And I needed to get on the other side of... My issues had to do with my relationship to men, my relationship to men with authority, my ability to be able to trust. And that's what I needed to get on the other side of.

Charlie Sandlan (01:15:15):

I'm not engaged in any kind of pattern of behavior that I'm concerned about. You know what I mean? I don't have a drinking problem. I don't have a drug problem. I'm not jerking off 15 times

a day. I'm not a sex addict. You know what I mean? I don't have a problem. Now, does that mean that I couldn't benefit from therapy right now, in this moment, in this time of my life? Sure, okay. But just like everybody else, I'll find reasons not to do it. I'm fine. Everything's good.

Trish Barillas (01:15:50):

Well, during pandemic, I did choose to go back to therapy, because I thought, "Well, there's a lot to unpack here." So I did find it to be very helpful. As an actor, an acting teacher, what anxieties did you face in the world of acting? And do you feel like it was the common, healthy type of anxiety?

Charlie Sandlan (01:16:18):

Absolutely. I mean, certainly anybody that's been in an acting class or in my classroom or in classroom with Maggie, there's that anxiety of coming to class, the anxiety of not wanting to fail, the anxiety, the nervousness of... I don't know, getting a note, being told that this isn't good. And there's anxiety revolved around that. But to me, that's healthy.

Charlie Sandlan (01:16:44):

Now, if it gets to a place where it shuts you down, if your nerves shut you down, that's no good. I mean, I think you're going to be nervous. I think it's how you handle the nerves, it's how you handle that anxiety. It's about, and you were mentioning this, about getting out of your head. And this is why you ride a bike and do ballet. It gets you out of your head and gets you in the moment. And I think that's a lot of what attracts people to acting, to the creative life. And certainly, a lot of actors that I know, a lot of my students have various levels of anxiety.

Charlie Sandlan (01:17:20):

If you're going to be an actor, you got to be out of your head. You got to be in the moment, you got to be present. You can't be thinking about anything. So I think the opportunity for actors to just be in that imaginary world, and to be just present and in the

moment, it's so enjoyable. It's so permissive. It's wonderful. And I think that's why people are drawn to it.

Trish Barillas (01:17:46):

And you live a very healthy lifestyle. You take a lot of supplements, you eat well.

Charlie Sandlan (01:17:53):

I do. I work out.

Trish Barillas (01:17:57):

Yeah, so what are the ways that you keep yourself in a good mental space?

Charlie Sandlan (01:18:01):

I have to work out.

Trish Barillas (01:18:02):

Well, what type of workout?

Charlie Sandlan (01:18:04):

Well, I mean, I've been working out pretty consistently, my entire adult life. And so it changed. When I was younger, in my 20s and 30s, I wanted to be ripped and have muscles, and so I would lift weights. You can't sustain that. And then I discovered boxing and I love that. And cardio and running. If I'm not working out, if I go a whole week and I haven't done anything, that's when I'll start to get depressed.

Trish Barillas (01:18:35):

Yes. I've watched that.

Charlie Sandlan (01:18:37):

What do you mean you've watched it?

Trish Barillas (01:18:39):

Was it last week? And I was like, "Babe, let's get it. Let's get it."

Charlie Sandlan (01:18:42):

Yeah. No, I'll start to feel really bad. I'll start my self image and I just feel lethargic. I need to be sore. I need to feel like-

Trish Barillas (01:18:52):

You're doing something.

Charlie Sandlan (01:18:53):

I need to feel tired. My muscles need to hurt. Do you know what I mean? I need that.

Trish Barillas (01:18:58):

I think for a lot of people, being able to start something is hard, because you're not used to it, it's not a routine. And then the body and the mind are constantly seeking balance. So if your new norm is to not exercise, that's going to be now the hard cycle to break. So to get back into that is what people need to find. And the routine's important. So you found a routine. You're a morning person.

Charlie Sandlan (01:19:26):

I am.

Trish Barillas (01:19:28):

I want to discuss this, because Charlie likes to shame me that I don't wake up-

Charlie Sandlan (01:19:34):

Shame you? That is such bullshit.

Trish Barillas (01:19:35):

Yes, you do. What do you say? "Oh, I don't know. You wake up at noon. You wake up at 11." Which is completely untrue, and it triggers me. So I want to make it very clear here, today, there are morning people.

Charlie Sandlan (01:19:52):

That's because I've been up since 5:30.

Trish Barillas (01:19:52):

But that's because that's your lifestyle. There are morning people. And there are night people.

Charlie Sandlan (01:19:57):

You're a night person.

Trish Barillas (01:19:57):

They are anxious people and non-anxious people.

Charlie Sandlan (01:20:01):

Yes.

Trish Barillas (01:20:02):

So we need to be mindful of both. I don't say to you, "Well..." By 7:30 last night-

Charlie Sandlan (01:20:05):

What could you say to me? What could you say to me? Oh, I don't say what?

Trish Barillas (01:20:12):

That you have to go to bed at eight o'clock, or else you can't function. Last night, babe, at 8:30, your eyes were shut down.

Charlie Sandlan (01:20:18):

Yeah, but I actually went to bed around 10:30, and we watched a movie. We watched that Paul Rudd film. It wasn't a rom-com, it was a feel good... What was the name of it?

Trish Barillas (01:20:32):

The Journey of Caregiving?

Charlie Sandlan (01:20:35):

Yeah, something like that. He's a caregiver.

Trish Barillas (01:20:38):

Selena Gomez was in it. I loved it. I thought it was super sweet.

Charlie Sandlan (01:20:41):

It was okay. I mean, I would never have watched it, but I watched that whole thing. I went to bed around 10:30.

Trish Barillas (01:20:47):

So like I said, though, there are morning people and there are night people.

Charlie Sandlan (01:20:51):

Yeah, but what's your point? Why are you bringing this up?

Trish Barillas (01:20:54):

I'm bringing it up because there's shame that you bring to me, that we need to work on.

Charlie Sandlan (01:20:59):

Shame?

Trish Barillas (01:21:00):

Yeah.

Charlie Sandlan (01:21:00):

If you feel shame, that's on you.

Trish Barillas (01:21:01):

Oh, really?

Charlie Sandlan (01:21:04):

Yeah.

Trish Barillas (01:21:04):

And that's what it is. So my being a night person, I'm a night person.

Charlie Sandlan (01:21:09):

I have no problem with that.

Trish Barillas (01:21:10):

But then you make comments.

Charlie Sandlan (01:21:12):

You make comments all the time about me. You've been accusing me of being gay for three years. So let's talk about shame.

Trish Barillas (01:21:23):

Let's talk about your dance moves.

Charlie Sandlan (01:21:25):

Well.

Trish Barillas (01:21:29):

Okay, so now we're completely off topic.

Charlie Sandlan (01:21:32):

It's the same thing. It's the same thing. What's good for the goose is good for the gander. Yeah, right. So I don't shame you. It's just, I go to bed early. I get up early. You go to bed late and get up late.

Trish Barillas (01:21:51):

Later.

Charlie Sandlan (01:21:51):

But what's the point? What does this have to do with anything that we're talking about?

Trish Barillas (01:21:54):

I don't know. I just wanted to bring it up.

Charlie Sandlan (01:21:56):

Okay. Anything else you want to bring up? This is your platform here.

Trish Barillas (01:21:59):

I know, but you've answered-

Charlie Sandlan (01:22:01):

Can I say, this is the longest podcast episode of the season. We are well into our second hour here.

Trish Barillas (01:22:07):

Oh, okay.

Charlie Sandlan (01:22:10):

Listen, I have no problem with this being a double episode here.

This is going to be a long one.

Trish Barillas (01:22:17):

No, I get that.

Charlie Sandlan (01:22:18):

But it's an important topic.

Trish Barillas (01:22:19):

But it's an important topic. It's an important topic.

Charlie Sandlan (01:22:21):

I think people are going to be helped by what you have to say.

Trish Barillas (01:22:23):

Well, I just want people to feel less alone. That's the goal.

Charlie Sandlan (01:22:28):

Is there something about the holidays too, that you think you can help people with, at this time of the year? Because holidays are rough.

Trish Barillas (01:22:35):

Well, holidays, November, December has always been a hard mental health couple of months, higher rates of suicide. We are deeply effected by our family dynamics. The only thing I can say is that we just need to accept what is. If we don't have good family dynamics, if we don't have good relationships, don't try to make them something that they're not. And don't attach to them, if they don't serve you.

Charlie Sandlan (01:23:08):

But I would think, doesn't a lot of anxiety come to the surface during this time of the year? You're seeing family that you may not have good relationships with.

Trish Barillas (01:23:17):

Well, yeah.

Charlie Sandlan (01:23:17):

I think that's normal, or whatever. What's the word?

Trish Barillas (01:23:20):

Common.

Charlie Sandlan (01:23:21):

Common anxiety.

Trish Barillas (01:23:22):

Yes, it's healthy anxiety. Healthy anxiety is, "Oh, man. I got to go back to my parents' house and they're going to tell me what I'm doing wrong."

Charlie Sandlan (01:23:30):

Well, listen, I had anxiety when I knew I had to tell my mom that you and I were coming down to Guatemala for the next month. That freaked me the fuck out. It took me a couple of days to be able to... Because I knew that she wasn't going to like it. It was going to upset her. But that's common anxiety.

Trish Barillas (01:23:45):

Correct. And then it dissipates-

Charlie Sandlan (01:23:47):

Once I do it.

Trish Barillas (01:23:48):

Once you do it.

Charlie Sandlan (01:23:48):

Then I don't think about it.

Trish Barillas (01:23:49):

Right. But for others, who can't even get out of the cycle of like, "Well, what if this happens? And what if they say this?" I would say, do what works best for you. If staying at someone's house...

Well, this would be a non pandemic thing. But staying at someone's house that's triggering, stay somewhere else. Get a hotel room. Cut the visit. Go for a shorter amount of time. You have to do what's right for you. If you are a grown-ass adult, you can make these choices and you can help yourself. You don't have to do anything. We all have choices in life. Make things more easy for what you're going through. And for those people who right now, can't get home, then try to figure out ways that will make you happy, happier.

Trish Barillas (01:24:42):

So it's not like this is going to be a great holiday. We're not around the people that we want to be around. We're not doing all the festive events, et cetera. And it's scary times. So we have to find joys in the small things, whatever small things those are. And if you're sad, be sad. Don't push away your feelings. own your feelings and talk about them, either with close friends or family or a mental health professional. I don't care. Just don't sit with it. It will show up on your body in some way.

Trish Barillas (01:25:16):

So I want to just make sure that people are being kind. Kind is the key word, to yourself. Be kind. Make choices based off of what will make you feel better and help you. And for people around you that don't understand your struggle, they don't have to. They probably might not ever. But you have to understand it. You have to understand it and learn how to navigate through it. That would be my biggest takeaway for these upcoming months.

Charlie Sandlan (01:25:48):

I love that. Thanks, babe. You haven't listened to one of these podcasts, have you?

Trish Barillas (01:25:53):

I have.

Charlie Sandlan (01:25:53):

What, really?

Trish Barillas (01:25:54):

In the car, with Maggie and Richard.

Charlie Sandlan (01:25:55):

The two minutes that it came on by accident. I mean, that's pathetic.

Trish Barillas (01:26:00):

I know, it is. And you're right. And thank you for calling me out. I will listen to one today.

Charlie Sandlan (01:26:04):

Yeah. You'll listen to this one, probably, when it comes out.

Trish Barillas (01:26:04):

No.

Charlie Sandlan (01:26:07):

So you can hear your own voice.

Trish Barillas (01:26:09):

No, I don't like my voice. But apparently, everyone loves your voice.

Charlie Sandlan (01:26:12):

I've been told I have a good radio voice.

Trish Barillas (01:26:15):

You have a good radio voice.

Charlie Sandlan (01:26:15):

Which surprises me. Well, listen, let's wrap it up. I guess before we go, I'd just like you to talk about some of the things that you love about me.

Trish Barillas (01:26:26):

No, babe.

Charlie Sandlan (01:26:27):

Come on. Yeah, sure. I want to hear, I would like to leave this conversation-

Trish Barillas (01:26:32):

Feeling better about yourself?

Charlie Sandlan (01:26:33):

Better about myself.

Trish Barillas (01:26:34):

Because it's all about you.

Charlie Sandlan (01:26:35):

Well, right now. Anything you'd like to say?

Trish Barillas (01:26:39):

Yes. You have the cutest little laugh. Yes, it's so sweet. It's like... I can't do it. I can't imitate it.

Charlie Sandlan (01:26:47):

Rather than have you go on and on and on with a long list of things that you love about me, what is it about being with me, that as an anxiety sufferer, you appreciate? Yeah.

Trish Barillas (01:27:00):

Oh, good question.

Charlie Sandlan (01:27:01):

Thank you. Let's end it on that. What would you say?

Trish Barillas (01:27:09):

I am 100% myself with you. You allow me that space. You don't make me feel as though I am different. I can always tell, and this is a me thing, if I'm able to eat around someone I'm dating and if I can sleep next to them without having horrific nightmares, then I know that you're probably good for my anxiety. And I will say, there's many men that I've dated that I could not eat around, and I'm not sure why. There was no rhyme or reason.

Trish Barillas (01:27:45):

But you have always been so calming to my soul. There's a calmness to you, that makes my anxiety feel better. I can't explain it. I'll never be able to put it into words. It's an energy. My body just feels good. And you're one of the most peaceful sleepers. Man, I look at you and I'm just like, "You motherfucker."

Charlie Sandlan (01:28:09):

I don't snore. I don't make noises.

Trish Barillas (01:28:10):

You're so quiet.

Charlie Sandlan (01:28:12):

It's true.

Trish Barillas (01:28:12):

And it's so peaceful, and I want some of that. I want to steal your peacefulness. So that's what makes me feel good. And you allow me to be unapologetic about my life and about my choices.

Charlie Sandlan (01:28:29):

That's true. We get along well.

Trish Barillas (01:28:32):

Yeah. And I kept my name and you had no problem with that.

Charlie Sandlan (01:28:35):

No, God. Trish Sandlan? You got to be kidding me. Forget it. You are Barillas.

Trish Barillas (01:28:39):

It's Barillas.

Charlie Sandlan (01:28:40):

Barillas.

Trish Barillas (01:28:42):

But I do want to wish everybody a really good holiday, as best as you can live it, as anxious people or non-anxious people. But please, just know the lifestyle that you should be living. Live that.

Charlie Sandlan (01:28:58):

I think that's well said. I hope this has been helpful. I want to thank you for coming on and doing this with me. We'll do it again sometime. Not that I really think you'll have anything new to offer. Oh, God. No, I'm kidding. See, I made you laugh.

Trish Barillas (01:29:22):

I think I just peed a little.

Charlie Sandlan (01:29:24):

Oh, God. That's great.

Trish Barillas (01:29:26):

We got to go.

Charlie Sandlan (01:29:26):

Okay. Well, listen, everybody, take care of yourself. And we'll leave it at that, okay? Goodbye. I don't even know how to end it. Anything else you wanted to add?

Trish Barillas (01:29:40):

"Not that you have anything good to offer." Who the fuck says that? That is the most unsupportive thing I've ever [laughing].

Charlie Sandlan (01:29:46):

I said, "Something new." Something new, something different. Okay. All right. Well, let's go work in the garden.

Charlie Sandlan (01:30:04):

Well, my fellow daydreamers, thank you for sticking around on this one and keeping your phone in your pocket. It was long, but I hope you learned a few things. You can follow my wife on Instagram, @tbarillas. You can go to her website, <https://www.trishbarillas.com> if you are interested in finding out more about what she does. You can follow this show, wherever you get your podcasts. Review it please, on iTunes. That would be fantastic.

Charlie Sandlan (01:30:26):

You can go to my website, <https://www.creatingbehaviorpodcast.com>, for the content and links to every episode. You can follow me on Instagram, @creatingbehavior, @maggieflanaganstudio. Laurenvr Trailer, thank you for the song. You know how much I love it. And my friends, your mental health is really fucking important. Take care of it. Be creative, play full out with yourself, and don't ever settle for your second best. My name is Charlie Sandlan. Peace.