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# CIVIL ENGINEERING ACADEMY PODCAST

Hosted By Isaac Oakeson

## CEA 98 - IMPROVING YOUR MENTAL WELLBEING WITH MICHELLE DICKINSON

Mental burnout, depression, anxiety...you name it. Mental health issues have always been around. It was when the pandemic hit, however, that it became obvious the true damages it can cause, especially on a personal level. If you want to know how to better handle such things when life gets tough, this episode is the #1 thing you need.

Today on the show, Isaac chats with [Michelle E. Dickinson](#), a Wellbeing Strategist, mental health advocate, TEDx speaker, and author of the memoir entitled [Breaking Into My Life](#). All this work within the mental health field, however, started way back while still a child taking care of her mother, who suffered from bipolar disorder. This firsthand experience taught her what it's really like to love and care for someone who suffers from a mental health problem, and she's been on a quest to normalize the mental health conversation ever since.

Currently, she has her own venture, called [Care For Your People](#), that works with organizations to preserve the wellbeing of their people. She works closely with leaders helping them engage with people they think may be struggling with some of these issues, and then advise them on what strategies and techniques they can implement in their organization to preserve the wellbeing of these people.

According to Michelle, the most important thing we can do to live a happier, more peaceful life is to understand that life happens FOR us, not TO us. That is, you need to get rid of the victim mentality, accept your own reality, and play with the cards you're dealt by making sure you keep doing what you need to do to get what you want in life, regardless of your circumstances. All the life experiences you go through, even the bad and really tough ones, are here to serve you, literally shaping your path---just like it led Michelled to this field instead of just keeping her old job as in the pharmaceutical industry.

These difficult moments in life will happen. There's nothing you can do about it. But here's the catch: you need to know how to deal with them. And according to Michelle's expertise, one thing you can do is take care of yourself. As she puts it, "You have to be just as responsible for what you feed your brain as you do what you feed your body". Therefore, do not only worry about what you eat for lunch or dinner, but also take care of what you listen, read, and who you surround yourself with. This can truly help you when you're going through some tough times.

Finally, two of her main tips included doing self-audits and meeting with a therapist. People are used to performing physical self-audits, but they lack the habit of doing emotional and mental self-audits. If you do these daily, assessing how you're emotionally and mentally feeling each morning before you get up, you'll almost immediately notice if something is wrong with your emotional side. And if it is, then seeing a therapist is the best option you have to treat this health problem.

In fact, Michelle advises that you should see a therapist even before you think you need one. After all, prevention is better than cure. Other resources include [Psychology Today](#), [National Alliance on Mental Illness](#), and [Man Therapy](#).

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