Corey Andrew Powell (00:02.009)

Hello everyone, I am Corey Andrew Powell and welcome back to the Motivational Mondays podcast presented by the National Society of Leadership and Success, the country's largest leadership honor society. Now with over two million members, nationwide, soon to be worldwide, because we are going to do some great international initiatives. But today we are talking about here in the US and we are diving into a topic that is incredibly important. It's mental health and navigating life as a young adult or

college student, especially for those balancing non-traditional paths, can come with some unique challenges and pressures and questions. And that's why I'm excited to welcome Heather Stevens to our show today. She's a clinical psychologist and a key member of the clinical team at BetterHelp, who we've partnered with here at the NSLS. And BetterHelp is one of the leading online therapy platforms connecting millions of people to mental health support in ways that's accessible, flexible, and personalized. Now Heather's here to help us explore how young people can find

the right support and what works for them and make therapy work in their lives. And so they're transforming the mental health space and we're so happy to have those here to join us today. Welcome to Motivational Mondays.

Heather Stephens, LCSW-S (01:10.156)

Hey, hey, Cory. Thank you so much. I'm excited to be here.

Corey Andrew Powell (01:13.919)

Yes, thank you. I'm excited you're here too, because this is something that's very personal for me. And I always share that I benefited from going to therapy when I was like 28 years old and it changed my life for the better. It put me on a trajectory that was so much more positive because I understood things that I had not really processed before about my own life, my own self. So when it comes to young adults specifically, they often face similar anxieties, loneliness,

burnout, all the things that any generation really would go through when they're young, but it seems more kind of more intense nowadays. So while they're trying to juggle school life and all their personal life in accordance to those things, what types of therapy or therapist characteristics should someone look for to help those people get through those challenges?

Heather Stephens, LCSW-S (02:05.23)

Absolutely. Well, Corey, one quick note. I am actually a licensed clinical social worker. so, yes, I do just want to clarify for our listeners. And so welcome. And I also have a few notes here because this is a very important topic. So I want to make sure that I hit some of the very, very crucial ones. But to your question, building a therapeutic alliance is so important.

Corey Andrew Powell (02:11.402)

okay. Yes. Yes. Thank you.

Corey Andrew Powell (02:20.911)

Mm-hmm. Yes.

Heather Stephens, LCSW-S (02:34.08)

is truly the cornerstone of what the therapeutic relationship will be. So specifically in your situation for your 28 year old self, Corey, you brought the items that you knew were most pressing to you. And while meeting with a therapist is daunting, it's a stranger, right? And I'm bringing all of these crucial things about myself to you. While that process is daunting, being able to have the courage to do that.

and connect with a professional and say, I'm experiencing burnout. I'm experiencing transitional stress. I just don't know what's happening in my life right now. I need someone to help me navigate these thoughts is the most crucial step in approaching therapy. From there, cultivating that therapeutic alliance guides that process and it helps us get to the place that we truly want to go.

Corey Andrew Powell (03:18.149)

Yeah.

Corey Andrew Powell (03:28.335)

Hmm. Now there is a clarifying point to make there too, whereas as you mentioned, I sort of, and I did, I went in kind of knowing things that I thought were bothering me. But what was beautiful about therapy was that there's so many things we don't know are bothering us because what really broke me through and got me to a better place was I was carrying around stuff that I didn't even know I was carrying around until a therapist had me really start to speak about what I was feeling and

Heather Stephens, LCSW-S (03:45.262)

huh.

Corey Andrew Powell (03:58.465)

A lot of it was unresolved trauma that we don't even know we have. And so I love that there's that part of it too, that you go there to also discover stuff that you don't know. Wouldn't you say that's a part of it?

Heather Stephens, LCSW-S (04:00.888)

Mm-hmm.

Heather Stephens, LCSW-S (04:10.478)

agreed, agreed. So one of the more important parts of that discovery is being seen, being heard, and understanding that you're a valuable participant in your process. And so that's what allows us just being seen and heard to say, you know what? I didn't even know I was thinking about that. That's the thing that I've been carrying around with me that I had no idea. I couldn't smell it, taste it, see it, but I felt it. And just

Corey Andrew Powell (04:30.309)

Mmm.

Heather Stephens, LCSW-S (04:39.606)

In that therapeutic process, having the conversation about what you've been thinking about allows us to see those hidden things, the unknown trauma, even vicarious trauma from something that you've witnessed. A lot of times we don't see that as being our direct thing to carry, but still it's in our backpack and we have no idea that it's there.

Corey Andrew Powell (05:00.985)

Yes, I love that, the backpack. Dr. Adolph Brown, who I love, he's also a great speaker and talks lot about psychology and how it impacts us, our youth. And he talks about the, he has a backpack theory as well about what we're carrying around in our backpack. So I love that you referenced that too. Now, when it comes to therapy in general, we hear a lot of people say, it didn't work for me. I had the wrong therapist. Or, you know, I don't know if I had the right one. I didn't really feel like they understood me. So that-

Heather Stephens, LCSW-S (05:05.859)

is a

Corey Andrew Powell (05:30.187)

leads me to my next question, which is when it comes to finding a therapist, the right therapist, you know, what's a crucial part of that journey for someone who's looking to get help for the first time?

Heather Stephens, LCSW-S (05:42.326)

That's a good question, Cory. I have to think about that one for a moment. And so in finding the right person, consider this. When we're out there and we're getting to know people, if we're dating or we're meeting new friends, even being new on our job, there's this anxiety around who am I and who are they and how are we going to connect? And so in therapy,

Corey Andrew Powell (05:45.795)

Yeah.

Corey Andrew Powell (06:06.532)

Mmm.

Heather Stephens, LCSW-S (06:09.848)

Very similar. We have that anxiety. Even us therapists have that anxiety. We want to make sure that we show up for the person. But the most important thing is, again, the courage to be able to push through the worry about, I going to find the right person and get in the action of finding the right therapist. Here at BetterHelp, we have the ability to match our clients with over 30,000.

Corey Andrew Powell (06:29.016)

Yeah.

Heather Stephens, LCSW-S (06:37.048)

therapists from all over the country and so you may meet with a therapist who might hit on Two or three of the major things that you're looking for but you know, there's something else missing you have the opportunity to switch very simply and Look for the person that has that match so as long as we are going towards action and looking for our Therapists will eventually land on the person that's going to hit on all I always say with my clients on

Corey Andrew Powell (06:39.845)

Mmm.

Heather Stephens, LCSW-S (07:06.574)

all areas of our connection, five points of them. So if y'all see me doing that, that's what that is.

Corey Andrew Powell (07:08.139)

Mm-hmm. Yeah. That's great, because I know that when it comes to the traditional avenues of going to see a therapist, maybe through health insurance, if you will, right? Very often, I know in my case, I was able to try them out. I was able to have a couple of visits. My insurance allowed me to have a couple of visits with one, see if that works for you. And if not,

then we will try another one. And then had, I I was able to do that like up to three people, which was pretty amazing and supportive. In many ways, it's a similar thing with the app world, because now there's a situation where you can sort of research and find out maybe if there's a right doctor for you. So I don't wanna be presumptuous about how it all works. So please, if you can, walk us through what that user experience is like on the BetterHelp app.

Heather Stephens, LCSW-S (07:36.877)

you

Heather Stephens, LCSW-S (08:02.85)

Absolutely. So very similar to when you go into your doctor's office, we and you have a clipboard with, you know, a questionnaire that you're filling out. With better help, we give you an intake questionnaire and you'll explain things about how you are now. How are you feeling now? What's important to you? What are your values? What are the things that are important to you?

Corey Andrew Powell (08:14.511)

Mm-hmm.

Heather Stephens, LCSW-S (08:24.898)

with your therapist, the person you wanna connect with. And so we have a very specific questionnaire that helps us understand everything that you are looking for. And then we work to match you with a therapist that meets again those needs that relate to the services you're looking for. Now, you mentioned that your insurance company gave you a couple of visits and then said, three total chances, let's find your match.

Corey Andrew Powell (08:33.765)

Mmm.

Heather Stephens, LCSW-S (08:50.766)

Well, we actually have you, you know, match with your therapist and then you can match from there for different issues, different needs, because sometimes, you know, we might go for a certain issue and then issue is resolved. But I want to meet with another person now that can help me with my professional coaching or to help me through this life transition. So there are no maximums for matching with us. However, most of our clients who are matched with the therapist remain with that therapist.

Corey Andrew Powell (09:08.975)

Hmm. Hmm.

Corey Andrew Powell (09:14.905)

Wow.

Corey Andrew Powell (09:20.261)

Okay, so they get like a connection with someone and they do stick with them because now it's familiar and they found their person so to speak

Heather Stephens, LCSW-S (09:28.366)

Absolutely, absolutely. And we're very proud of our, how we match our therapists with our clients to make sure again, the client's needs are being met. And if we can do that in the first or the second round,

Corey Andrew Powell (09:41.591)

Mm-hmm. Now I know because this is a bit of a new world for therapy in that regard, whole app-based world. So sometimes people may worry that online therapy won't work or won't feel as personal as in-person sessions. So what would you say to someone who is hesitant about the virtual world of therapy?

Heather Stephens, LCSW-S (10:01.422)

Corey, I'll have to confess that I was one of those people. I was very concerned, especially when we all experienced lockdown across the country together, how am I gonna connect with my clients in the same way? Well, it became the new normal and a new, better version of personability because now my clients are in their home or in a place where they are comfortable.

Corey Andrew Powell (10:03.845)

Mmm.

Heather Stephens, LCSW-S (10:28.78)

They have, it's one thing to have anxiety and then be able to talk about it in your living room versus to have anxiety drive through traffic, Lord forbid if it's rush hour and all of the other things that can happen when you walk out of your door. I have the, the truly it's a privilege to connect with you where you are, where you're your most comfortable and build our therapeutic Alliance from there. So

Corey Andrew Powell (10:38.021)

Mmm.

Heather Stephens, LCSW-S (10:56.76)

There are lots of studies, Berkeley study in specific that talks about how online therapy and in-person therapy have the same outcomes. But when I'm connecting with my clients anecdotally, I feel that their guard is down. They don't have all of the worries that they had by transporting themselves to a different location. It's me coming to meet with them in their living room.

Corey Andrew Powell (11:05.344)

okay, wow.

Corey Andrew Powell (11:23.065)

Mmm.

Heather Stephens, LCSW-S (11:23.086)

and we get to have a different level of conversation because that top layer is gone.

Corey Andrew Powell (11:28.375)

wow. I love that. It's almost, yeah, it sort of reverses the, I don't want to call it a power dynamic, but in a way, yeah, if they were intimidated by the process, you've allowed them now to feel like they have a little bit of that control or a lot of it, because they're in their own space, right? And they're more likely than to open up and talk to you.

Heather Stephens, LCSW-S (11:44.791)

Yes.

Heather Stephens, LCSW-S (11:48.332)

Absolutely, Corey, I completely agree. And I love that you mentioned power dynamic because the goal is that our clients always feel empowered. Therapy isn't about me, it's about you and me meeting you exactly where you are. And again, in your home, meeting you where you are at your most comfortable, I don't have a power dynamic to wield there. I am just being the tool that you need me to be during this process.

Corey Andrew Powell (12:13.859)

That's great. And I have to laugh too because it sort of reminds me when I think about online therapy, it reminds me of like where we were maybe 15 years ago with the idea of online dating. And people will be like, I ain't no men online. ain't meeting no... What? ain't... That's crazy people. know, like this whole thing. And next thing you know, like I think maybe one year I went to two weddings of friends who... How'd you guys meet? We met online.

Heather Stephens, LCSW-S (12:31.16)

for another week.

Heather Stephens, LCSW-S (12:42.698)

Absolutely.

Corey Andrew Powell (12:43.045)

It's a very normal and in fact, a preferred way today for people to connect romantically if they're looking for a partner or a spouse. So I sort of make that comparison with the perspective of it versus what it has become with online therapy.

Heather Stephens, LCSW-S (12:57.294)

Absolutely. Well, your point, Corey, there's that element of safety that's there, right? So in the online dating world, you you're not physically with this person. So there, while it's, you know, there's nothing that's a hundred percent safe. Some of the elements of risk that we would be worried about in person are gone. And so similar to our clients who are doing virtual therapy, many of those risks are not there. So that's that layer that comes off. I don't have to worry about

Corey Andrew Powell (13:14.959)

Hmm.

Corey Andrew Powell (13:23.002)

Yeah.

Heather Stephens, LCSW-S (13:26.786)

you know, is my shirt pressed and do I look the part while I'm walking into my office, right? You know, I can come as I am and my client has the ability to see me as I am as well. It's a greater connection in my opinion.

Corey Andrew Powell (13:31.077)

Right, right, right. Yeah.

Corey Andrew Powell (13:44.983)

Mm-hmm, no, I agree. And also just to go back to one thing when you mentioned about the physical aspect of getting to a therapist's office, which could also contribute to a lot of the stress. So I love that really another key point to that is people don't have a geographical barrier at all to getting help. They can get it, right? There's no obstacles there as far as a physical space necessary other than wherever they wanna be and they can dial in and get it going.

Heather Stephens, LCSW-S (14:05.931)

Absolutely.

Heather Stephens, LCSW-S (14:14.094)

Absolutely. It does not matter if you are in California or Nebraska or Idaho. We have a therapist that will be there in your living room office or wherever you choose to dial in to meet with you. Access to care is something that's very important to us at BetterHelp. Our mission is to provide low-cost affordable therapy to as many

Corey Andrew Powell (14:19.429)

Mmm.

Corey Andrew Powell (14:26.947)

Mm-hmm.

Heather Stephens, LCSW-S (14:39.086)

people as we can. And so being able to, again, not have the geographical boundary or you think about clients who may live in rural areas and they don't have community mental health clinics or behavioral health locations close to them, we can facilitate that need because we're going directly through the internet into your living room.

Corey Andrew Powell (14:40.665)

Mm-hmm.

Corey Andrew Powell (15:01.413)

And do you find that, I mean, the response has been overwhelmingly one way or the other? Like, you know what? Yeah, a lot of young people are taking advantage or are you seeing a different demographic than you initially thought you might see respond? Or is it just really, do you see that in general, this product is definitely delivering for all those demographics?

Heather Stephens, LCSW-S (15:23.406)

Absolutely. the latter, yes, this platform is delivering for all of the demographics. But Cory, I'll tell you, you know, for our folks who are in the mid to early 20s, they are on the forefront of all of the technological advances and new systems and ways of connecting. So I feel like with any platform, we always see an increased use around certain age demographics just based off

Corey Andrew Powell (15:52.186)

Right.

Heather Stephens, LCSW-S (15:53.078)

of where they are with technology. But I have been blessed to see folks of all ages, backgrounds and demographics using our platform. And it's amazing to see again, technology not be the limitation.

Corey Andrew Powell (16:09.327)

Hmm, yeah, that's great. I love that. Yeah, accessibility. That's really what everything today is about is trying to bring things, more things to people versus putting up barriers, preventing them from actually having access. this is another one of those examples. And from your clinical perspective as well, how important is cultural identity-based matching? And I wonder if that's a thing, you know, for example, an LGBTQ person may want to feel more

because they may think an LGBTQ doctor or sensitive doctor would understand them better. So how much do things like cultural components play into the practice?

Heather Stephens, LCSW-S (16:48.366)

Absolutely, so very much so. Understanding who you are and then who you'd like to see are very important in how you approach therapy. If Corey myself is coming in and I'm looking for a person that looks like me, because that's going to be the relatability or understands where I'm from regionally and then I happen to be from the South, I'm from Louisiana.

Corey Andrew Powell (17:12.473)

Mm-hmm.

Heather Stephens, LCSW-S (17:16.63)

And so if I have a preference of a therapist who understands the Southern living in dynamics, and then you match me with someone who's from the East Coast, and I'm saying y'all and folk, and there's a disconnect, right? I can't get through to the area that I need to talk about because we are still trying to build common communication, language and understanding. So for that reason, gender identity,

Corey Andrew Powell (17:26.661)

Right, right.

Corey Andrew Powell (17:38.885)

Mmm.

Heather Stephens, LCSW-S (17:43.276)

religious or spiritual identities or affiliations, again, regional and any other socioeconomic related factors that may be important to you, we consider that in our matching algorithm to make sure that the person that you see is the person that you want to see.

Corey Andrew Powell (17:57.189)

Mmm.

Corey Andrew Powell (18:02.113)

Okay, yeah, because I was going to ask you to clarify that. So basically those very granular details of a person's personality, that's part of your intake process for the person who's signing up. That level of granularity of who they are.

Heather Stephens, LCSW-S (18:17.74)

Yes, absolutely. So in that intake questionnaire, we ask questions about relationship, education, goals, spirituality. My goodness, I'm going to miss so many because there are so many good questions there, but it is truly to assess all of those areas that would either be a benefit or a barrier to the therapeutic process. And so I truly look at not asking it to be a barrier.

Corey Andrew Powell (18:30.756)

Hmm.

Corey Andrew Powell (18:39.397)

Right

Heather Stephens, LCSW-S (18:44.844)

So all of these things are benefits in understanding this is what I'm looking for. And here is the therapeutic approach even, and a therapist who has specialties in certain modalities, all of that goes into the matching process as well.

Corey Andrew Powell (18:59.641)

Mm-hmm. I imagine too, and I'm not sure for how many people, but even in that process, when you are asked to talk about yourself, it's almost like journaling in a way. bet you many people, when they're answering your questions, are actually probably starting to discover things right in that moment because they're being sort of challenged to write down those emotions. they may never have even purged them before until someone finally said, hey, what's going on with you in relationships? Or tell me about your whatever.

Heather Stephens, LCSW-S (19:11.118)

Hmm

Corey Andrew Powell (19:28.803)

Being able to purge a lot of what you might be holding is a first step, it seems.

Heather Stephens, LCSW-S (19:33.774)

Absolutely. And to your earlier point about, you know, going to therapy and realizing that was something you'd not thought about, asking the question activates, huh, what's my answer there? And we start kind of working through those answers and identifying things. One of my favorite questions for clients who may not know where to start is what you've been thinking about today. You know?

Corey Andrew Powell (19:44.786)

Mm-hmm. Yeah.

Corey Andrew Powell (19:49.634)

Mm-hmm. Yeah.

Corey Andrew Powell (19:57.797)

Mmm.

Heather Stephens, LCSW-S (19:59.712)

And a lot of times that will even surface. But if I ask you, Cory, what's your spiritual preference? Automatically, you start thinking about, what's my answer to that? What's the basis for my answer to that? How do I conceptualize this for this person? And it's like kind of shaking the dust off the rug and looking at what's in the air, starting to make sense of it.

Corey Andrew Powell (20:11.013)

Right, right.

Corey Andrew Powell (20:19.013)

Mm-hmm.

Corey Andrew Powell (20:22.981)

Yeah, what's great about that too is especially with this particular demographic where we have a large body of college age young people and also non-traditional students as well, that is that time of uncertainty for so many people. We have the younger generation who are just starting out, but our non-traditional students had to recalibrate, if you will, after COVID. Maybe they lost their job, maybe whatever it was, they found themselves in their 40s and 50s having to

Heather Stephens, LCSW-S (20:46.925)

Yeah.

Corey Andrew Powell (20:52.803)

reinvent completely and these are people who might need definitely to have a service like this. Like I'm trying to figure this out. Where do I, everything I thought was up is down now. Help me out. Help me figure this out. So yeah, I think that's definitely a big one.

Heather Stephens, LCSW-S (21:05.461)

Absolutely.

with college kids, know, everything is up and down. I had to chuckle at that one, know, Cory, because we can all relate to that. But being a college age or being a college student, the irregularity of their life is, I mean, I can't think of a time where my life was any more irregular, any more upside down, you know, but I

Corey Andrew Powell (21:12.143)

Yeah.

Corey Andrew Powell (21:17.262)

Yeah.

Corey Andrew Powell (21:29.345)

Mm-hmm.

Heather Stephens, LCSW-S (21:31.798)

A service like this one allows, a service like BetterHelp allows us to truly meet the client where they are with multiple modalities. So think about a college kid who's running between classes and their job and extracurriculars. Then you have the ability to meet with your therapist by phone, by chat, by video, all through your phone, your laptop or your computer. But the goal is that when you have, you know,

I don't like to say hectic. I like to say adventurous. When you have a very adventurous lifestyle and you've got lots of things going on, the goal is that you still get to be in your life. And then we become a support of you remaining in that life. And so that's why we have the different modalities to eliminate that access to care or eliminate the barriers to care through having greater access to care.

Corey Andrew Powell (22:26.029)

in some ways that actually answers my final question, but it's sort of kind of, there's more to be said about it, I think. So I would ask you, what final advice would you give to a young person who is listening and struggling and they don't know where to start when it comes to their mental health support?

Heather Stephens, LCSW-S (22:42.07)

Mm-hmm. Ooh. That is a really, really good question.

Corey Andrew Powell (22:47.861)

mean, other than download the app.

Heather Stephens, LCSW-S (22:49.774)

You know, right? Because it's a great place to start. But Cory, I'd say...

Corey Andrew Powell (22:53.541)

Yeah. Yeah.

Heather Stephens, LCSW-S (22:58.752)

Just knowing that you have goals or you have a place that you want to get to that you've not yet gotten to is a great place to start. If you feel that maybe this anxiety that I'm feeling is greater than what I can deal with by myself, or I just feel out of sorts right now. I had a client tell me, I just wanted to talk to somebody.

about some of the things that are going on in my life. No trauma, no things that we would deem negative. I just want to talk with someone kind of about the things that I'm thinking. Those are all reasons to seek therapy. Whatever it is that you're thinking about, bring it to us. Let's talk about it. Let's figure out how that relates to where you want to go.

Corey Andrew Powell (23:49.733)

Wonderful, very inspirational and very welcoming, which I love that everyone can find a place there to have an ear listen to them when they have that need. So Heather, before we let you go, I have two more questions actually for you. They are exclusive questions for our NSLS audience. And those who are listening out there who want to know more about what we do here at the nsls.org, visit us there and you can find out more about our leadership initiatives.

So my first question, forced to last, I should say, at the NSLS leadership development, of course, is at the core of what we do. From a mental health perspective, what role would emotional resilience play in becoming an effective leader?

Heather Stephens, LCSW-S (24:36.044)

Yes. So let's consider leadership through the lens of like a car engine. You have all of these different components, everything working for the good. If you've ever run out of oil or not gotten an oil change in your car, that experience is tragic. And I relate that experience to my early understanding of what emotional resilience is.

Corey Andrew Powell (24:57.295)

You

Heather Stephens, LCSW-S (25:05.582)

But emotional resilience is truly like the engine in your car. Or I'm sorry, not the engine, but the oil that's in your car engine. It keeps everything lubricated and greased so that it moves in the way that it should move. And so in our lives, emotional resiliency works in the same way. Of all of the factors that I'm in, in all of the different environments that I'm in, emotional resilience gives me the ability to feel the emotions.

but then not be overtaken by them. To be able to come back to a place of center and awareness and say, that was emotional, that was scary, but I can do this. I can maneuver through this in the same way that the oil and the engine keeps everything maneuvering. So we can do this. We can continue to power this car.

Corey Andrew Powell (25:56.997)

Hmm. Yes. I love that. Especially because Heather, I must share with you and one of my first car experiences, I was negligent and did not put oil in the car and the engine caught on fire as I was driving down the street. So let that be a metaphor for make sure you have a well oiled machine to make sure you get through. Yes. No fires, no fires. you know, ultimately I would love to know as well when it comes to the mental wellness habits.

Heather Stephens, LCSW-S (26:16.94)

Salute.

Corey Andrew Powell (26:25.903)

that you recommend for members in general to lead with confidence while maintaining a healthy balance between ambition and self-care, what would you say is that delicate place of taking care of you while still taking care of responsibilities?

Heather Stephens, LCSW-S (26:41.166)

Absolutely. if we will call you I have to tell you that that engine on fire is gonna be with me forever. Okay, and so if I have to reference that I'm gonna cite you But if we stay in the place of the car and I've got a couple of notes here to make sure that I don't Forget, I don't leave any details out. But if we keep in the same Analogy as the car there are four let's say routine maintenance tips

Corey Andrew Powell (26:46.812)

Hahaha!

It's all yours. It's all yours.

Corey Andrew Powell (27:01.871)

Mm-hmm.

Heather Stephens, LCSW-S (27:11.148)

that we'll remember as far as keeping ourselves flowing. So the first one is checking the fluids on your car. And so that's similar to like monitoring your balance and making sure that everything is in check. I like to look at the dashboard of my car and when one of those lights is lit, I'm like, gosh, that means that I've got to go and do something. So in the same way that we may...

have our own internal dashboard and think about, I sleeping well? Am I eating well? What have my thought content been? Have I had very pessimistic thoughts today? Well, that might be a sign that we want to ask ourselves, is it time for us to check our fluids? Am I overextending myself in any place in my life? And the specific question I'd like us to remember is, am I overextending myself? So before the dash light comes on,

Am I overextending myself? And if it did, okay, maybe I overextended myself. Now I need to get to the next step, which is changing our oil or changing our fluid. So, Corey, similar for you, we do not want that engine fire. So the goal of changing our oil is making sure that we're replenishing our emotional self, our emotional resiliency. Am I practicing self care? Am I doing all of the things that I know help me to feel balanced and safe?

If I'm not, which ones can I do so that I can keep myself moving?

The question to think about there is, what activities help me feel refreshed and renewed?

Heather Stephens, LCSW-S (28:55.256)

So the next one is, I completing that routine maintenance as indicated in my little car manual, right? Which we never look at, but am I completing my recommended maintenance? And is that related to my work-life balance? And so the question that we ask ourselves there is, how much time am I dedicating to hobbies, family, and risks in comparison to my professional activities? Last one, number four.

Are we visiting our mechanic or have we found a mechanic if needed and mechanic, i.e. professional therapeutic support, right? Sometimes we have the ability to go in under our engine and tinker and do some little things for ourselves. And then in other situations, we might find that I have no idea what's going on here. I'm out of my depth. I've got to seek a mechanic or a therapist. So the question to ask ourselves there is,

Am I facing challenges or emotional stressors that could benefit from professional guidance? Is it time for professional tune-ups?

So those four tips and those four questions is what I would remind our listeners to keep, you know, kind of in the forefront of their person when they're trying to determine is it time for a tune-up or not?

Corey Andrew Powell (30:17.961)

Mm-hmm, it's a time for a tune-up. I love the analogies. I love the comparisons to cars because it's something that we all can relate to. It's very, very easy to remember. We all drive and we all have seen those warning lights and know that we probably should have taken care of that before it got to that point. So I love those analogies. So thank you so much, Heather Stevens, one of the key members of the clinical team at BetterHelp. And we are so grateful you came here today. This is a wonderful conversation. So thanks for being here on Motivational Mondays.

Heather Stephens, LCSW-S (30:47.266)

Thank you so much, Corey. I enjoyed it. Thank you.

Corey Andrew Powell (30:51.885)

Okay, Ms. Heather, I think we got it. Thank you. And you did well. You did wonderfully. You did wonderfully. This is great. I'm happy that we're doing this because like I said, we've definitely done the research as well and see how many young people today, more than any past generations, are really having some difficulty. So we're doing our part, I feel, by having you on and sharing your wisdom. So thank you for that. Appreciate it.

Heather Stephens, LCSW-S (30:54.71)

And if... Is that okay?

Okay.

Heather Stephens, LCSW-S (31:17.912)

Absolutely, I appreciate it. Thank you for including me. I did not say anything on these pages, but...

Corey Andrew Powell (31:20.845)

Yes, indeed. But see, that's the organic thing. The thing is when you know what you know, that's just reinforcement. That's all. It's just in case. But when you know what you know, it's a conversation that you can freestyle it and have no problem. So it's going to be great. We're going to produce the episode and feature it during Mental Health Awareness Month, which is May, of course.

Heather Stephens, LCSW-S (31:32.59)

Great.

Heather Stephens, LCSW-S (31:43.543)

Nice.

Corey Andrew Powell (31:43.691)

and it'll probably be like the middle of the month or so, but we'll do it and promote it and send you guys all the graphics and all the links and we'll do a written blog and some social media posts. It'll be super. So get ready to be tagged everywhere, mama.

Heather Stephens, LCSW-S (31:55.052)

And I appreciate it. And anything that we can do to spread the word and truly, Corey, just touch more lives. That's what it's about.

Corey Andrew Powell (32:02.661)

Yeah, I agree. Yep. I'm right. I'm with you on that. So keep doing a good work and we will be in touch soon All right You too. Bye. Bye now. Take care

Heather Stephens, LCSW-S (32:09.998)

Have an amazing day. I'll talk to you soon. Bye.