



The Athena Wellness Podcast
Episode 075 – Staying Fit and Functional with Angel Shannon MS, CRNP
September 26, 2021

00:05

Welcome to the Athena Wellness podcast, the show that invites you to take a seat around the community fire and listen to stories that inspire. I'm your host, Kathy Robinson, author, coach and founder of Athena Wellness, a company that's dedicated to supporting you on your journey to live more wholeheartedly.

00:30

Hello and welcome to Episode 75. Thanks so much for joining me.

You're in for a treat today, my friends. This episode feels like loving medicine and I can't wait to share it with you.

I'm joined today by lifestyle medicine expert Angel Shannon, a board certified nurse practitioner and the founder of Siva Health Group. Her experience includes over two decades of clinical practice and a lifetime of integrative health and mind body medicine.

As a speaker and educator, Angel teaches people how to intentionally create a foundation of practices that will help them achieve better health and continuous personal improvement in every area of their lives. She also has a membership group called Get Fit &



Functional for Life and is expanding her offerings to bring mindfulness and compassion practices to the corporate environment.

Angel practices what she preaches: running, yoga, tai chi, meditation are all favorite practices. They allow her, in her words, to “Leave it all on the mat,” and be effective at work and in life.

Angel knows her stuff on such a broad array of topics, we could have chatted for hours. But beyond the knowledge, you'll enjoy her warm style and deep wisdom. She also shared the best answer I ever heard on why it's so difficult to implement healthy change.

Here's what we cover:

- The difference between alternative, integrative and lifestyle medicine;
- Balancing conventional and alternative health modalities;
- How to remain resilient in changing times; and
- How to age well and with vibrancy.

We end this episode with our Dose of Inspiration segment where Angel shares some of the things that are lighting her up these days. And as always, I'll put links to those items and Angel's website in the show notes.

And now onto the show. I hope you enjoy the conversation.

02:35 Kathy

Angel, welcome to the Athena Wellness podcast. Thank you so much for being here today.

02:49 Angel



Thank you so much for the invitation, Kathy. It's a pleasure.

02:53 Kathy

So please share a bit about who you are and what you do.

02:57 Angel

So I'm Angel Shannon. I'm the founder and executive director of Siva Health and the Siva Institute. Siva Health is where we offer integrative medicine for adults and seniors as a clinical and coaching practice. And the Siva Institute is where we bring, what I like to say, mindfulness and compassion to action. My deep desire is to share ancient contemplative practices in the corporate environment.

And as we talk today about many things that relate to health and well-being, I think we'll both agree that workplace wellness and stress is something that we really do have to get our arms around. And so at the Siva Institute, my goal is to redefine the meaning of workplace wellness and really bring more corporate educational opportunities to that setting to address work-related stress, burnout, and just really help leadership and participants in retreats develop inner resilience, and what I call a Personal Ecology of Embodied Leadership.

04:10 Kathy

Whoo, I love that. I haven't heard that term before. That is lovely.

04:14 Angel

Thank you.

04:16 Kathy



So to frame today's conversation, I think it would help our audience if we talked a little bit about the difference between alternative, integrative, and lifestyle medicines. Are they the same or are there differences?

04:29 Angel

That is such a great question. I hear it often, especially from my patient and coaching population when they find me.

So the way I like to look at it is this way, not as much of integrative or complementary or alternative medicine being a branch of medicine, but more of an approach to solving a health problem or healing a condition or making a diagnosis. And it's where that approach lies within the conventional medical model or framework, its adjacency, if you will.

So to unpack it, let's look at alternative. The formal definition of alternative medicine or alternative health really is just a term that describes treatments that fall outside of mainstream or conventional therapies. Alternative meaning opposite, so examples of that, let's just say Reiki.

Okay, Reiki is considered an alternative treatment that taps into the body's natural energy to speed healing, so it's believed. Practitioners use hand work lightly placed over the body. And the belief is that through channeling energy through their hands, they are promoting healing in their patient or client, right?

So other energy therapies - hypnosis is another alternative therapy, altered states of consciousness. Many people choose hypnosis for many mental health conditions: PTSD trauma, for sleep insomnia, migraine headaches, things like this.



Herbal and botanical medicine could be argued to be alternative, because again, you know, herbal and botanical medicine dates back years and years. And across the world in other parts of the world, that is first line treatment for some people. But in a conventional medical model, it could be considered alternative, depending on what condition is being treated.

Ayurveda and Traditional Chinese Medicine, with which I'm sure you're familiar with, dates back 3000-4000 years, could be thought of as alternative. Naturopathic medicine is a whole medical system unto itself, long standing roots in Germany. And the whole aim of naturopathy is to support the body's ability to heal itself, through diet, lifestyle changes, things like this.

So alternative really is about whether or not we are going to incorporate conventional medicine, you know, allopathic medicine, or whether we are going to choose the alternative. And the trouble with alternative therapies is just that there's not a lot of research to support, not a lot of quantitative or even qualitative research to make it part of the conventional medical model, such that it's considered evidence-based. Evidence meaning that there have been written RCTs, or randomly controlled trials, to support through data that this particular approach works.

Now moving into complimentary, it's just what it sounds like. it is complimentary, in addition to, more often than not, the conventional medical model. So for example, yoga therapy. There isn't anyone on the planet who would argue that yoga is not helpful for musculoskeletal pain, joint pain, pregnancy and childbirth. I mean, that's been well established to be helpful - breathing practices gained through yoga therapy.



You could even argue that botanical medicine could be considered complementary. There are many practitioners now, especially in the field of mental health, who are turning to herbs like lemon balm, think valerian root, things like this to just help soothe very common symptoms of anxiety, migraines, things like this. So that could be considered complementary to the conventional medical model.

So it really is about the position that the therapy has to the allopathic Western medical model that is rooted in evidence based science.

09:10 Kathy

Wow, that was such a great explanation. I wasn't expecting that. First of all, I love that you use the term conventional, and not traditional, because the people who've practiced some of these alternative modes, such as Ayurveda, feel like well, it is traditional because it's been around for thousands of years, right?

So I love that term - conventional. That seems to be very good and science-based to be able to treat a symptom, but some of these alternative methods seem to take that whole person and it's almost like getting ourselves out of the way so we can heal. Is that fair?

09:49 Angel

Exactly. And that's where I like to make the distinction about my work and the integrative/lifestyle medicine approach. Because I really do feel like it's the best of both worlds. And there isn't any condition on the planet, especially in the field of allopathic medicine, conventional medicine, where lifestyle modifications are not considered part of clinical guidelines.



In fact, in most cases, lifestyle modifications are the first recommendation. Hypertension? The DASH diet is all about dietary approaches to stop hypertension, all about changing what's on the plate. Cardiologists across the world will agree that a little bit of exercise goes a long way to help lower blood pressure.

Diabetes? Same thing - you've got to make some changes before you even start thinking about medication, you know, you've got to start thinking about what's going on the plate, more exercise, stress modification, all of those kinds of lifestyle changes. And most, if not all, of the clinical guidelines, support lifestyle changes, lifestyle medicine.

And integrative really is just about integrating the whole thing together. And I would add, integrative medicine really is about the partnership between the patient and the practitioner in the healing process. As you said, getting ourselves out of the way and taking into account all the SDOH, the social determinants of health, and factoring in environment, exposure to toxins in the environment, where people live geographically, access to green space, all of those things fall within the realm of integrative health.

11:40 Kathy

And hasn't that really changed over time, that suddenly our environment has shifted around us? And the impact that that has to our health?

As you were talking, it really strikes me how the first step in conventional medicine is, hey, here are the lifestyle changes. And it's so easy to ignore that.

12:00 Angel

It is, it absolutely is.



12:04 Kathy

But why is, I mean, this is a huge question, why is that behavioral change so difficult sometimes?

12:10 Angel

You know, it's difficult because what I'll often say is, we all know what we have to do and what we need to do. Google is the best thing that ever happened. You can learn just about anything you want to learn. But it's the how that's missing. We know the what, what we need to do. And many of us even know the why. But it's the how, how to make it practical.

That's what people need the real hand holding with. How do I eat better when I have two children, three children to get out the door in the morning by 6am. If I'm not out that door at 6am, I'm going to be stuck in two hours worth of traffic. What are you going to do? You're going to grab the quickest thing, the easiest thing, throw it in the lunchbox and you're out the door or you're not going to pack anything, you'll just get some takeout when you get to work.

So it's really that I find most people are really, really motivated. It's just making it practical for people making it so painfully simple. And that's not a discussion that you can have in a 15 minute doctor appointment. You know, the medical model, the conventional medical model just doesn't support that.

13:32 Kathy

And that beautifully leads me to my next question, which is your work at Siva Health. So tell me a bit about that, why you started the company, who you serve and how you do that.



13:43 Angel

So it goes back a little bit to my own personal family history. My mother just lived and breathed lifestyle medicine, holistic health and healing. I grew up in a very holistic family household. You know, my mother would trust a plant over a pill any day of the week. And she was 100% about prevention.

And so were my grandparents. They were farmers, five acres of land, grew all of their own food, really super healthy people. And I thought about that good old country midwife model of being able to meet people where they were, literally and figuratively, because I come from, you know, my formal training is ICU, CCU trauma, ER, acute care. And one of the things I witnessed in my career was people just coming in and out. Unfortunately, we call it sort of like frequent flyers, in and out.

And what we always realized is, something's going on at home that is preventing this person from solving this issue, whether it be heart failure, diabetes, whatever the case. So Siva Health really was about bringing just that good holistic care back to the home setting, seeing people aging in place kind of model, seeing seniors who are the most vulnerable, and those who would be in and out of the hospital because they didn't have access to care.

That's where it started. Housecalls, serving seniors, serving folks in the house setting where I could get a sense of what was happening in their lives, but also have the opportunity through an extended visit, to do the teaching that I enjoy doing.

What happened was the elderly and seniors and those who weren't able to get to the appointments, also came with a second party, their midlife caregivers, their adult children who were trying to care for them and balance their own health and well-being.



And the practice took off from there. It became, “Angel, not only do you see my dad or my mom, but I now need you to see me.” And so the practice grew. And it grew from seeing those two people at the clinical level, to then taking that a step further, for people who wanted that coaching, they wanted that education.

They said, “Insurance is not going to pay for this, but I really do need a session to understand how to read a food label. You know, I’ve got an MBA, I’ve got a law degree, I’m not dumb here. But I don’t even understand the food labels, I need some time understanding that. I hear the word detoxification, I don’t even know what it means. I want to understand that.”

And that’s how the practice grew over time through just observing where the need was and wanting to serve that need.

16:45 Kathy

You mentioned some work around corporate. Tell me a little bit about your practice there.

16:51 Angel

So what I’d like to do, I really recently finished a program called the Inner MBA, really about conscious business and bringing mindfulness and compassion to the workplace. And my desire is really to bring more workshop and retreat development into that space. So that we really understand, first of all, what stress is at the cellular level, how it impacts decision-making, impacts leadership, how it impacts the workplace, the corporate environment, when people are on all the time, never being off.



Understanding, more of those “soft skills,” like emotional resilience and emotional agility and emotional intelligence. And how mindfulness, as a practice, as a tool, meditation and self-compassion practice - how those things can be woven into the workplace culture, to address that level of stress that exists at the cellular level and makes its presence known in the workplace culture and in the way that leadership makes decisions for employees.

18:11 Kathy

Mm hmm. Yeah, that's much needed for sure. And what's interesting is that you were mentioning the workplace - that has really changed over the last year. For some, we don't even know where our workplaces are, you know, for those types of folks that you're trying to target with that kind of work.

So given this wave of change that we've seen, we still don't know how long it's going to be until things resume at least to a place of business. So how do we keep ourselves well, through the change and transition that we're feeling over the last 18 months?

18:49 Angel

That's a great question. I just did a webinar that was titled, Radical Self-compassion for Resilient Living. Because I think that's what the question is, it really is about how do we develop resilience?

You know, in the beginning of this experience with the pandemic, we were all using the wording, “When we get back to normal,” you know, “We'll do this until we get back to normal,” with the assumption that we would all know what normal is, and that we would get back. Well, here we are 18, 19 months, I don't know how long it's been now. And we're, as you said, still sort of in this place.



So the question is, first of all, how do we define resilience? What does resilience look like? You know, is it pivoting? There was that word for a moment, pivoting. Is it bouncing back? Is it bouncing forward? And for me, I know in my own personal life, that two things, well one thing, really does stand out in my mind and that is self-compassion practice.

Now, what is self-compassion practice? It's a combination of several things. Number one, mindfulness, you know, having a mindfulness practice, meditation and mindfulness, because they're two different things.

Mindfulness is just that spacious awareness. What's going on right now? What am I feeling? What am I experiencing? Naming our emotions, and beyond just the popular ones like anxiety, but really digging in and feeling. Is it really anxiety or is it just that I'm feeling uncertain? Is it really depression or is it more of a melancholy? Understanding where we are, collectively and then individually.

And meditation practice, you know, sinking down into present moment awareness. A lot of our anxiety is rooted in projection. What's tomorrow going to be? What's next year going to be? When are we going to get out of this? It's either looking forward or it's looking backward. Why can't we just get back to normal?

You see, in culture right now, a lot of the angst and agita is that space between the folks who want to get on, "We just need to move on." And then the other folks who want to go back, "Let's just go back." And there is really no going back, let's be honest about that. We're never going to travel again the way we traveled pre-pandemic. There's going to be some layer of this that will overshadow travel and how we engage.



So that's self-compassion practices, checking in mindfully. And then self-compassion itself is asking, "What do I need? What do I need from my employer in this moment? School is about to start in two weeks, I'm uncertain about what I'm going to be doing with my children. What do I need?" You know, and really investigating that and asking, "What do I need?" And do I need to feel supported? Do I need to feel validated? What do I need to feel now that I know what this emotion is? And then moving forward into just some basic kindness. Extending these two things to everyone else.

That to me is at the heart of resilience, is really being aware of what's happening, you know, spatially and then tapping into what your needs are, and really doing this every day, you know, weaving this into your life.

And then all the other practical things like exercise, nutrition, getting a good night's rest, and all that. But I think aside from all of that, is having some sort of practice that helps you investigate what you are experiencing, because I really do believe the degree to which you are self-aware, is the degree to which you can show up in the world and offer to the world something better. It all really starts with self-awareness.

23:12 Kathy

Yeah. What I love about that is it gets back down to the root cause, right? Why am I really feeling this way? And the beautiful thing about self compassion is that we actually can give that to ourselves, that we can help ourselves through these times, whether it's, you know, giving ourselves five minutes in the morning, just breathing or whatever that might be. These aren't big things. But it's the consistency. You know, like you said, how do I do this once a day to figure out what would make my day different? What would make this a day that I can face in a way that I'll be proud of when the evening comes?



23:44 Angel

Exactly. Being consistent, you know? And it's so many little tiny adjustments. It could be as simple as saying, I don't read email until 1pm or 2pm when I feel much more, you know, when I have less of an amygdala hijack, right? (laughs) You know yourself when you read email first thing in the morning is totally different than reading it in the afternoon. And then you ask yourself, "God, why did I even reply to that? I should have waited." (laughs)

24:25 Kathy

There's a discipline in that for sure. You talked a bit about starting your practice with those who were aging. So can you speak a bit about what you've seen over your career and how we support those who are aging, especially you said, I think you said, the words "aging in place," which I just love. So can you speak a bit about how maybe those that are aging can be more self-compassionate as they're going through this process, and then how those around can help in a way that's supportive?

24:57 Angel

Sure. You know, aging well is a huge topic, because, first of all, we have to define what "well" is. It's different for different people, right? Some people think aging well means having \$2 million in the bank. For other people, it's more of I don't necessarily need that as long as I'm up, I'm mobile, and can see my friends and see my grandchildren and be active and things like this.

So for me, again, I am a big proponent of lifestyle medicine. And I absolutely love the work of the Blue Zones, I'm sure you're familiar with them. And it's so many fundamental, just core, basic things, you know? Again, nutrition, movement, exercise, good night's sleep.



But one of the things I think we're missing is the degree to which our social relationships matter. Being part of a community. What I've seen over the past year and a half, 18 months, however long it's been, is the degree to which seniors have been more and more isolated. And we've all been isolated, just by way of basic quarantine, but also emotionally isolated, feeling like, you know, you're alone in this experience, others don't understand what you're going through.

But it's particularly important for seniors and those who care for seniors can, I don't like using the word should, but can and should really focus on social engagement. And not through technologies that they're not familiar with. I always say, you know, summer and fall and spring, best opportunity to get outdoors, nature immersion, proximity to nature. Even in the winter, if it's not too cold, getting outdoors, knowing that there's a huge world outside of your own personal space, your own personal world.

Interaction, engagement, maintaining relationships with friends of theirs, or friends of the family, just creating good relationship. Because I really think, first of all, we humans have always learned from each other, we learn from each other. But we grow through experience. And I think that's really, really important is that we hold on to what is fundamental in the human experience, which is relationship.

27:46 Kathy

Yeah. And I think what you're speaking to, as well, is this sense of witnessing, as people process what they've done over the past however many decades, right? And how the world has changed and how they were a part of that change and getting us to a place that was maybe not perfect, but it was better than maybe it was 90 years ago.

28:07 Angel



Right, right. And bringing forth, I love that you use the word witness, bearing witness to the role of that generation, in bringing us to this moment in a way that is not punitive. Because a lot of what we see showing up in our discourse is blaming. “Oh, if it hadn’t been for the Boomers or if it hadn’t been for that generation or this generation...” That’s not going to help us. That’s not going to help us be resilient. It’s certainly not going to help survival.

28:49 Kathy

And there’s wisdom there. You also mentioned the importance of getting out and I’m wondering in the work that you do, what impact do you see either seasonal or personal rhythms and how that has changed over the last 18 months when we were all in our own little bubbles? How we might start to re-engage? How does that become part of our wellness?

29:13 Angel

Oh, absolutely. So one of the things I do in my clinical practice, one of the first questions I ask in my clinical practice no matter what anyone’s coming in for, is, “How well do you sleep?” How well do you sleep? And people are often thrown off by that. “Oh, well, I sleep good.” And then we dig a little bit more in than they, you know, reveal that they’re actually having difficulty falling asleep or staying asleep.

What I’m getting at in that question is guidance toward what’s happening with their own personal rhythms, their circadian rhythms more specifically. Because circadian rhythms govern at least 99% of human life - human at the biological level, at the chemical level, at the cellular level. All tissues and organs are governed by a circadian rhythm that then ties in to a larger overall circadian rhythm.



And understanding what happens when that circadian rhythm is disrupted at the cellular level is really important, whether it be hypertension, diabetes, mood disorders, depression, anxiety, things like that and correcting that circadian rhythm so then it operates efficiently is important work. There's tons of research about the role of circadian rhythms on hormones and detoxification that occurs apoptosis, cellular death, cellular regeneration, all of that, which is absolutely fascinating.

So understanding those circadian rhythms, in that sense, is important. But what I also like to weave into my work is the understanding of one's own personal rhythms and seasonal rhythms to get to your question. Personal rhythms. When are you at your best? When do you feel most energized? When do you not feel most energized? Are you pushing past the boundary of your own healthy rhythm? And is that creating this, you know, is that part of the root cause of what's happening in your body?

So let's just say, people who are coming into my clinical practice or coaching practice and saying, "I'm so exhausted, I'm always so exhausted." Well, let's do some blood work, some functional medicine tests and things like this to see what's happening with cortisol. But then let's look at your lifestyle. Let's look at how well you're sleeping, let's look at what kind of work you're doing late in the day, early in the morning, redesigning. So that's where the lifestyle medicine comes in.

And I'm just a person who really truly believes in seasonal wellness, I really am, you know, in guiding our health interventions around seasons and understanding what's happening, how our body is more vulnerable during different seasons. Obviously, we're coming into autumn. Autumn is a great time for getting that immune system propped up, you know, because what's right around the corner is winter, less sunlight, less vitamin D. We know the role of vitamin D when it comes to immune health.



So you know, all of these things become really important when we are talking about creating foundational wellness, but also when we're talking about healthy aging.

32:41 Kathy

You know, over the last few years, actually, while I was still in corporate, but being mindful of what is happening seasonally and giving myself permission to take the foot off the gas a little bit in the winter time was really life changing. It seems so simple. But it's more of being, a rhythm of that, now's the time to kind of bring the energy in close, to do some planning, to do some working, but you don't have to be pedal to the metal. There'll be time for that. And then seeing that over time, it's like, okay, they'll it will come around again, you know, the world keeps turning, right?

33:15 Angel

Exactly, exactly. And I'm with you on that I have to raise my hand because again, I come from that clinical setting where 12 hour shifts, which there's no such thing as a 12 hour shift, it's probably more like 14, by the time you factor in, you know, travel back and forth and things like this, that's a long time to be awake. It's certainly a long time to be skipping meals, if you're skipping meals, which was often the case in the ER, in an ICU setting, you know, you could go, you could be fasting without even wanting to fast.

You know, I'm a midlife person, I'm 51 and proud to say that. And it's really super important at this stage in life, because your body just is not going to tolerate that level of stress in the same way than it tolerated it in earlier years. And I do say, I should say that, you know, there are a lot of young people whose bodies aren't tolerating it either. But I just say that as our bodies age, you know, it becomes really, really crucial that mindfulness, as you



mentioned, becomes really crucial and the understanding that, you know, pedal to the metal. I've never seen that work out well. (laughs)

34:28 Kathy

Right, exactly, you know, and I'm smiling because it was around that age of 50, 51 that here I'm thinking I'm so wise, but I think my body was just saying that's enough, to find another way. (laughs) That's great.

We'll wrap up with our Dose of Inspiration, a few questions to help our audience get to know you a little bit better. So between the ER and you know, the practice that you have now, how do you keep yourself well, what are some of your favorite wellness practices?

35:01 Angel

I have a routine. I recently started running in the morning. I always wanted to be a runner but I was just too nervous about, you know, knee injuries and hip injuries and things like this. But running has been so therapeutic for me. I tell you, I get up in the morning with all that agita and I go out and I run and that burst of dopamine and just the good stuff in my brain. I come back, I'm ready to launch into the day. So running is one.

Yoga and Tai Chi practices are my go to forever. I put it all on the mat. You know, I literally put it all down on the mat. And meditation practice. I've been meditating most of my adult life.

And I really believe a lot in sleep. I get to bed much earlier now than I've ever gotten to bed in my life. But I'll tell you, I know that my frontal lobe thanks me for that, frontal lobe in my brain. Because I feel the difference with just a good night's rest. So I prioritize rest in my life.



36:08 Kathy

I love hearing that - practicing what you preach. That's perfect. What have you read or listened to lately that you enjoyed?

36:14 Angel

Oh, good question. I recently completed that Inner MBA program that I mentioned earlier. It's a collaboration between Sounds True, Wisdom 2.0, LinkedIn and Mindful NYU, which is a division of New York University. To say that that program changed my life is no exaggeration. I mean, the readings, the teachings. It was a nine month program and absolutely phenomenal.

One of the core faculty members, Richard Strozzi Heckler has a teaching on Embodied Leadership. And he's written it, there's the Strozzi Institute, which your listeners can look up. But I'm reading a couple of his books and reviewing some of his teachings. And it's just phenomenal. You know, it's about embodied leadership and making declarations and becoming your declaration beyond just making the declaration but becoming and embodying your declaration.

And also revisiting some of Daniel Goldman's work on emotional intelligence and resilience. I recently picked up his *Altered Traits*, which I just find absolutely fascinating. And it speaks to the role of meditation for brain rewiring, neuroplasticity, things like this. I'm a real geek, Kathy. (laughs)

37:38 Kathy

I love it. I'm gonna, I'll link those up, I'll link those up in the show notes. That's perfect. So what new thing or experience are you looking forward to trying?



37:47 Angel

Well, before the pandemic started, I registered for swimming classes, because my goal is to get my scuba diving certification. I'm just fascinated by living things. And I really do want to see what the rest of the planet looks like beyond humans (laughs) and the plant kingdom. So that is my goal.

I think that classes have resumed for swimming. So I'm hoping to move forward with the scuba instruction, hopefully, I haven't gotten any word about it being canceled, but I think they're going to move forward with that.

38:31 Kathy

Good for you. That is incredibly impressive, incredibly impressive. Envision your perfect road trip? Where do you go, what do you do?

38:39 Angel

Now, is that here in the United States or is that elsewhere?

38:43 Kathy

It could be anywhere. It could be anywhere doing anything, the world's your oyster.

38:49 Angel

When I turned 50, my 50th birthday trip was through Croatia, Venice, Florence, and Santorini, Greece. I had the most phenomenal time. I'd love to do, just hopping through some of the Greek islands. I'd like to do more of that.

39:12 Kathy



All right. Sounds wonderful. What has you feeling inspired these days? What's lighting you up?

39:18 Angel

You know, this is odd to say, but the disruption that is occurring now, across so many different spectrums, is creating more mindfulness. I think more and more people are attending to their own mental health and well-being and we're seeing that play out.

We saw it play out in the Olympics. We've seen it play out with a number of athletes. We're seeing it play out with just every day folks. People are really tuning into what they need for themselves. They are owning it. They are claiming it. They are naming it. They are creating healthier boundaries. That's got me inspired because it tells me that folks are listening to what we've been saying in the wellness community for a long time. And I'm seeing more people adopting meditation practice in their lives. And I know that's just going to create a different world. Let me say that.

40:20 Kathy

I think that's an incredible insight, that out of this disruption, I've been saying it feels like it's a great turn. I don't know what it is. And I don't know where we're going. But you can almost feel an undercurrent. And as you said that, I just got a full body chill. (laughs) It does feel we're on our way to someplace new. And it is one that is more mindful and kind and at least that's, that's what I'm telling myself.

40:48 Angel

It is because, I think, you know, one thing the pandemic revealed, if nothing else, is that we were exhausted. We didn't know how exhausted we were on so many levels. And that, you know, many of us doing way too much for way too many, with too little for too long. And so



I just know that we all know, we have to create something new. This is a moment for creative people, people who can think creatively and I'm not just talking about, you know, musicians and arts. I'm talking about creative thinkers, problem solvers.

41:31 Kathy

And optimistic thinkers.

Angel

Absolutely. Absolutely.

Kathy

Yeah. Wonderful. Wow, what an amazing chat. Please, I'm sure our listeners are going to want to get in touch with you. How can they find you?

41:43 Angel

Oh, wonderful. They can reach out to me first and foremost at my home base, sivahealthgroup.com. That's where I outline much of what goes on in my clinical practice, the coursework that I'm offering, coaching offerings as well. That's the primary place to reach me.

The other place in my effort to build more community and more people who believe in lifestyle medicine and believe that good health truly is the first wealth, they can find me at getfitandfunctionalforlife.com. That's where our community is. That's where we talk about all these little tips, tools and strategies for fine tuning our health at every level, whether it be mindfulness, diet, nutrition, sleep, that kind of thing. And then in the space of social media - LinkedIn, that's my favorite hangout.



42:40 Kathy

Perfect. Excellent. I'll put all those in the show notes so people can find you. And I thank you so much for a beautiful conversation. I really enjoyed talking to you today.

42:48 Angel

You are so welcome. Thank you so very much for the invitation, Kathy.

42:57

Thank you so much for joining me today. I know there are many ways you can spend your time. Thank you for choosing to spend it with me. Until our paths cross again, be kind to yourself and show your Warrior Spirit some love.

If you know anyone who could benefit from today's episode, please pass it on. And many thanks for supporting the show by subscribing and leaving a review. It means a lot and it helps others find their way to our circle.

If you'd like to access the show notes, have a question you'd like addressed on a future episode, or would like a transcript of this episode, visit www.AthenaWellness.com/podcast. Until next time, be well!