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Welcome to The Verywell Mind Podcast! I'm Amy Morin, the editor-in-chief of Verywell Mind. I'm also a psychotherapist and a best-selling author of four books on mental strength. Every Monday, I introduce you to a mentally strong person whose story and mental strength tips can inspire you to think, feel, and do your best in life. And the fun part is we record the show from a sailboat in the Florida Keys! Don't forget to subscribe to the show on your favorite platform so you can get mental strength tips delivered to you every single week.

Now, let's dive into today's episode!

Do you ever hide parts of yourself because you are afraid other people might judge you or think that you're weird? Do you turn to unhealthy habits to cope with your insecurities? Do you ever feel like you have to fit into a certain label? If you answered yes to any of those questions, today's episode is for you. I'm talking to Craig Conover. He's an attorney. He's also a reality TV star who appears on Bravo's Southern Charm. And he loves to design and sew pillows.

When I first say he's an attorney, you might have developed a certain image in your head. But then when I said he is a reality TV star, you might have developed a different image of who this person is. And when I mentioned he loves to sew, you might have developed another idea of who Craig might be. That's because we all have certain ideas of what an
attorney is supposed to be like and what a reality TV star is like and what someone who sews pillows is like. And all three of those images in our heads might not match up as we try to imagine the person who would fit all three of those things.

Well, for a long time, Craig struggled to know who he really was and to be able to give himself permission to express the different sides of himself. But now he's learned to embrace those different sides, including his hobby turned business — sewing pillows. He's also written a book about it called *Pillow Talk: What's Wrong with My Sewing?* Some of the things he talks about on today's show are how he once abused Adderall to deal with his insecurities, how he dealt with being bullied, and the steps he's taking now to manage his mental health.

Make sure to stick around until the end of the episode for The Therapist’s Take. It's the part of the show where I'll break down Craig's strategies and talk about how you can apply them to your own life.

So here's Craig Conover on how to find the courage to be yourself. Craig Conover, welcome to *The Verywell Mind Podcast!*

Craig Conover: Thanks, Amy. Thanks for having me. I'm really excited to speak with you all today.

Amy Morin: Well, I loved your book, *Pillow Talk*. I have a copy of it right here. Checked it out. And I find it so interesting and I think our audience will too, that here you are this reality TV star, you're a lawyer and then you wrote a book about sewing, your passion, and gave us some of your backstory. But for people who haven't yet read your book, can you explain a little bit about how this book came about?

Craig Conover: Yeah, no, it's awesome. That's one of the reasons I wanted to share my story because I took anything, but the traditional path several times in my life. And I think it's okay. And hopefully people relate to why I did that in the book and maybe see a clear healthy path for them. But yeah, I grew up in the Eastern Shore, Delaware. And I had a great childhood and great parents and great home to go to, but experienced pretty cool bullying for a while. And so I wanted to reset for college. So I moved to Charleston and reestablished myself. It's where I self validated and was like, hey,
everything’s going to work out. But anyway, we’ll get to that. But moved to Charleston for undergrad and stuck around for law school.

And then Southern Charm on Bravo found me nine years ago almost and started doing the show. And so I’ve been on TV for almost nine years now. And I put law school on hold for a little bit, but I took my bar a couple years ago and passed. Anyway, sorry, I’m trying to figure out all the tree branches. But when I was younger, I had home-heck in middle school and later in life, when I was going through a tough breakup and had to leave my garden and my workshop behind. I still had my sew machine. And so I started sewing as my outlet for creation. And through that blossom sewing down south. So we can get into any of those other things. But yeah, I guess it was a hard path to follow what I just said.

Amy Morin: Well, it makes sense why it’s a difficult story to explain, because you wear all these different hats, do all these different things and now you’re an author. We can add that to the list next to entrepreneur, lawyer, reality TV star.

Craig Conover: It's pretty wild. I know you are too. But isn't it wild when you do your first book?

Amy Morin: Right. And you're just waiting for it. And then when you see it in a store for the first time, all of these things is so exciting. Let’s talk about some of the struggles you went through as a kid. One of the things you talk about in your book is bullying and that you were bullied at different times.

Craig Conover: Yeah. It was wild. Through writing the book, actually was very therapeutic, because I didn't realize how much shame I carried from the bullying. And I think that's a missed thing, people don't realize that, but the kid that's getting bullied, not only does that part just suck and it's terrible, but you're actually shameful because you feel embarrassed or like you did something wrong. And so the only thing that kept me not alive, but in a healthy mindset was I was very fortunate to go home to a health household. And I knew that the kids bullying me didn’t. I knew that they were just doing whatever their dads did when they got home off the school bus. That's where that language came from and stuff. Didn't make it any easier, but my heart used to pain, and it still does for the kids.
where school's supposed to be their safe place because they're trying to escape their home, and then it becomes just as cruel as their home.

But anyway, yeah. Mine was senseless. I was a good athlete and I was in all the gifted academic classes. And I actually went to college for math in eighth grade and I just had all this stuff that for some reason became... When you're younger, you become a target for bullying, but if you can just make it through high school, all of the things that you get bullied for actually become cool. Being intelligent becomes cool, school becomes cool. And it was always about just surviving and making it out of high school. And because of my parents, I truly believed I was good enough and I never really doubted myself. I just knew in due time it would work out and I just had to survive it.

But yeah, in the book you read, it manifested itself into really bad tics and OCD and routines. And that was probably the worst part. It wasn't until I watched this, I think it was MTV True Life: I Have OCD or something like that or ever. And I was like, oh my gosh! You see other people doing the same routines you do and it's the first time you realize that it's not just you, because it's not anything you talk about with people.

Amy Morin: Yeah. There's a pretty powerful part of the book where you talk about how you finally came clean to your father. He didn't realize that it took you so long to go to bed, because you had these rituals that you had to do at night and then you explained to him, this is what's going on. As a kid, did you know what it was?

Craig Conover: No. I don't know. I'm not saying it in conceded way, but I knew I was smart. I knew I was intelligent and I understood a lot for my age, but I didn't understand the rituals. And it scared me. And because I didn't understand them I tried to hide them as much as possible and suppressing some of my more of public. I'd have to clear my throat in a certain way or whatever, but I would suppress that throughout school and then it just made my rituals or routines worse at home, but I just didn't understand it.

And finally, when I talked about it, everyone's like, oh yeah, that's just this. And they can explain it to you or your cousin has that too. It was just a huge... I didn't realize how much of a weight I was carrying around
trying to keep it secret, which there was no reason to. You just don’t understand it as a kid, because I had never been exposed. You never learned about it in school. I had never seen it on TV. I just thought I was different or something.

Amy Morin: Did you ever get treatment for it?

Craig Conover: No. I did head scans when I was little, which I didn't really remember or realize and they never found anything. And mine was self-induced. I never had threats and it was never uncontrollable. It was all mental based. And I haven’t read into it as much as I can, because I have a cousin who hers she can't control, but mine was a choice. But then you tell yourself if I don't do it right this time, something bad's going to happen, classic, whatever. I actually should read up on it. But no, I was never treated. And actually when I started taking Adderall, which I'm sure I'll get to, it made them... So when I left high school, they went away. And then when I started taking Adderall again, they came back or when I started taking Adderall, they came back. And it wasn't until I stopped taking Adderall that, that was one of the things that left me. My rituals left. Every now and then, my girl girlfriend will pick up. I'll hit the lights one or two more times than I need to, but it's nothing compared to what it used to be.

Amy Morin: Yeah. So I happen to be a therapist. And I know OCD comes out when people are stressed out often. So it makes sense that while you're in high school, this is the one thing you could control and all the anxiety ended up coming out in this strange way for you. And, of course, if you have tics or you're struggling with these rituals, the more you try to cover them up, sometimes the worst they get. And it's this cycle. But it makes sense that they went away. But let's talk about the Adderall problem that you had later on.

Craig Conover: Yeah. I'm really happy. One of my favorite parts of this book is it dressing that, because I chose to talk about it on TV a couple years ago, because it was basically at reunion for one of our shows which, and I'm getting pestered with all these questions and the answer was because of Adderall, but I had just never talked about it. And finally I just decided to come clean. And everyone was like, oh, that makes sense. And so the point is I'm glad I'm sharing it now, because after I shared it on TV, I had a
lot of people reach out to me, some celebrities, some really successful people and being like, "Craig, I've never talked to anyone about this before, but it affects my relationship with my husband or my wife, my relationship with my kids and I don't know what to do about it because no one talks about it."

And so mine started in junior year of college and it was a miracle drug to me. And I went from having a terrible GPA to making deans list. And then I went to law school and I got to continue having a social life while being in the top 5% of my class, because I was abusing Adderall. And then when law school stopped, I started to be told by friends, if you don't have a test to study for, you probably shouldn't be taking it. But it wasn't until things started to go south in my relationship with my girlfriend at the time. And I didn't realize it, but I was suffering from depression. I was really depressed, but I had no clue what that was or why I was feeling the way I was. And Adderall was my happy pill. So if I took an Adderall, my emotional side of my brain shut down and I could focus on doing laundry or gardening or whatever it would be. And so that was my escape.

And that's when it started to spin where now it wasn't... I was prescribed it, but that doesn't necessarily mean you should be taking what you're prescribed. But it it allows you to justify what you're doing. And so then when I moved to The Bahamas for a little while, I was able to find myself again and wean myself off it. But like every addict then I went right back into it when I had the stressors of the show in the states when I moved back to the states.

And then I finally just quit cold turkey. And it's funny because you run out of your Adderall and without your Adderall, you can't bring yourself to make an appointment for your Adderall. And then eventually you just don't have it for so long. And basically I never filled it again. So that was three years ago. And it's the first time I've ever understood addiction, because my dad was an alcoholic and stopped drinking when I was born, but he always says you're always an alcoholic. And that never made sense to me because I'm like, what do you mean? You're not an alcoholic. It's been 35 years. But the reason that I don't have Adderall in my house is so I'm not tempted. And I've never taken a single pill in three years. And it was like you're a pro at this. So hopefully you can articulate all of this
better. So it's probably funny listening to me say it, but I've actually really never talked to anyone that knew what they talking about, about this.

Amy Morin: And, well, I'm glad that you brought this up because we just had another guest on our show, Mallory Ervin, who was talking about prescription pill addiction as well. And they were prescribed to her, but she said it had completely gotten out of control. And so many people don't realize, they were like, well, it's prescribed to me. Or if it's prescribed to somebody because we know a lot of people borrow somebody else's Adderall. And they think, well, if it's prescribed to somebody else and it helps me, then it's fine to take. But you, in the book, you explained how you got to the point where you were hiding pills around the house because you didn't want anybody to hear you opening the prescription bottle. Right?

Craig Conover: Yeah, that's one of my favorite lines in the book. And it was really neat because the person I was working with, my writer, he understood me. Anyway. So during that time I was living with my girlfriend. And this was the year that things are going south, but you're in such a routine. You're living with someone you don't really know what to do to get out of it. I had the pressures of finishing my thesis for law school and then studying for the bar. And there was always an excuse. So I could justify it to myself why it was okay to be taking Adderall, but I couldn't justify it to anyone else anymore, and especially not my girlfriend at the time.

And so in my head I was like, oh, it's an easy tell if I go into the bedroom or the bathroom and you can hear the pill bottle. So I'll just place some around the house in case I want to take one tonight. And looking back at it, you're like, yes, if you're having to hide taking the pill or hide the time of night you're taking the pill, there's probably an issue. But honestly coming out of that haze or that fog for the first time is when I realized I had a problem, because just like anything in my life, I hide it fairly well from everyone. But yeah, coming out of that haze for the first time and looking at yourself and being like, oh man, how did I get to this point is a humbling experience.

Amy Morin: And then how about now without it, how do you do?

Craig Conover: Well, so with the people that come up to me and ask, a lot of times it's like, well, are you still as productive as you were? And I'm like, no, but I'm
happier. I was like, no, I can't stay up all night or for two nights in a row writing. That's not possible, but I'm happier. And I wouldn't go back. And actually I'm more efficient with my time now, because sure, you could take an Adderall and do a million things, but the thing you were supposed to do. And now I'm just more efficient with it. And so there was something I was going to say about the humbling part of it.

Oh yeah, so that was one of reasons I'm excited for people to read this book though is because hearing me say it or when people read this is the first time that they are taking a step back and looking at their selves and be like, look, I've never really addressed this before, but Craig's actually explaining exactly what's going on in my right now. And maybe if he was able to get out, I can too. Or hopefully there's some positivity that comes from it.

Amy Morin: I'm sure there will be. As a therapist, it's one thing when I say to somebody, wow, this could be a problem. They hear it from me. They think, well, you're a professional. You're supposed to point out problems. They don't necessarily believe it. But sometimes we see ourselves in other people's stories and it makes us think, oh wait, maybe I have this issue too. So thank you for sharing that. And for somebody who's been used to then hiding problems in life, what's it been like to be on reality TV where so much of your life is now public?

Craig Conover: Well, things really changed for me when I just decided to be open and honest. Excuse me. It's a bizarre world. First season, you're brand new. You don't know what to expect and you usually get a pretty decent. What ends up airing is positive because they want everyone to like you. And then you really let your guard down your second year and you get crushed. And that just makes you hide, want to control everything. And so then my third season who you ended up watching just I didn't feel like it represented me, but it was my fault because I tried to control everything. And so you get to a point though in later seasons where you just become yourself. And you're just like for many different factors, but you're just like, screw it. I'd rather be judged on who I am entirely than this partial shadow version of myself.

And I've really enjoyed that part of it, because for a while I would meet people out. Within a minute or two of talking to me, they'd be like, I like
you way more in person than I like the person that I watch on TV. And that's not true for everyone. There's some people in our cast that it goes the opposite way. And as time's gone on, that's gotten better. But that was one of my goals writing this book is just having another way to connect to everyone other than just what they see on TV and be vulnerable and talk about everything.

Amy Morin: So how about now? How do you manage your mental health these days?

Craig Conover: I will tell you that, and this isn't an easy thing. But my girlfriend now, Paige, helps a lot just having someone that... Say, I do need to do a ritual or something they don't watch. They don't judge you for it. There's no pressure. And taking that pressure away makes you not want to do it. They're just loving and open and accepting. And so having a supportive partner definitely helps. I do turn to alcohol sometimes, which I've highly recognize and I'm able to... If I see myself drinking some wine at home on a night, I probably shouldn't, I'm able to be like, all right, Craig, go for... I'm just a lot more cognizant of it. And so I will tell you I'm way healthier when I'm exercising, when I work out. I don't want to do any unhealthy behavior.

I'm trying to think, because these are great questions that I've definitely told myself I need to be going to therapy and talking to someone, even though I'm in a good place just so I don't fall back into that stuff. I realize this stuff that I just need to act on it. Honestly, just trying to stay happy. I don't know how to answer that question. It's a really good question. I think I've spent so much time staying away from the things I used to do, like go to, that now I just find random hobbies. And sewing was what saved me. Sewing is when it all turned around, but I love gardening, I love cooking and being a homebody now.

Amy Morin: Interesting. And I love the fact that you said it's a good time to go to therapy when we're doing well, because I think that used to be the place that we were in where people would think, no, you have to be sick before you go to therapy. And now we're realizing we've come a long way that now you can go to therapy when things are going well just to keep building on those things you're already doing and to keep you from falling back into old habits. So thank you for saying that.
Craig Conover: Yeah. One important thing for me is I don't watch my shows and I try not to read anything on the internet just because I used to. And then it affects you and you just have to be mature enough to realize that it's not healthy for you. I used to read a lot on the internet, because it's ebbs and flows. People love you like this and then they bring you back down and love you. And so it was really fun for a while reading all the positive stuff about you. But then it turns and I realized that it was affecting me a little bit and I made you just have to make a grown up decision and be like, you can't handle this, so don't do it.

And so the last few months have been really nice staying away from that stuff. Just removing yourself from the negativity. It's just a wild world, but that was just a little tidbit on what happens on this side of a it. But yeah. So I try to stay in this world and travel and do stuff like that, but anyway.

Amy Morin: And most people don't Google themselves because they're not in the news like you are all the time. But I think that's good advice for people just about being more conscious about what we consume too, that just consuming the news all day long even if it's not about you, but there's not a lot of positive headlines out there. And during the pandemic, so many people were glued to the news and then they felt awful. And then they were in this cycle where it was hard to shut it off.

Craig Conover: Yeah. I see it. So I travel pretty much every week now for speaking to people. And everything I'm doing is based on engagement with face to face communication. And I can read it on people, even in conversations about none of that. And I feel like I can profile someone that watches too much of one thing or watches too much of the other. And you can tell, look, there's a system in place for everything and there you got to mix your stuff up, go outside or watch, subscribe to a happy news platform and try to check that just as much as you check regular news, because, look, all things aside, just it's not called sad news or scared news, but the news right now, that's what it is. No matter where you're looking, it's going to be... They're not switching out the stories to be like, oh, also this young man helped out this elderly woman on the street today. See, there is still good out there. So I think that's an important way to, I guess, put it is try to read some fun, positive stuff as well.
Amy Morin: Yeah, absolutely. Let's talk about sewing for a minute. That was another one of those things that you hid from people for a while, because it was embarrassing. A lot of boys weren't sewing when you were and you figured out, hey, I actually like this, but wasn't something you wanted to make public at first. Right?

Craig Conover: Well, it's something that my girlfriend was embarrassed of. I actually thought and I've always thought that stepping out of societal norms, especially when I left high school, I was doing something that other people think are too scared to do is an attractive trait. I was actually really excited when I had my first machine for her to see it, because I thought it was attractive. I thought it was hot to be like, oh, my boyfriend is so confident in himself that he can sew and not care about it, but it went the opposite way. It was met with a very negative response, because they were too scared of what everyone else was going to think.

And I'm fortunate it that I just... I don't know if it was my upbringing or what, but I'm able to step outside of those societal norms and hopefully... And I've seen it with the pillow parties. We've been on tour meeting people at these little popup pillow sales, and there's been plenty of moms and sons that come in or dads. And you'd be shocked to find out how many men actually sew and how many kids actually sew. They just don't talk about it outside of the house because it's not a cool thing to them. And so we've gotten a lot of really nice emails and letters about people that boys are taking their projects to the school now and sewing their own bags. And it's been neat. But no, I definitely struggled with that. There's always overcoming it, but it motivated me and drove me to prove that all of the... I was able to turn all the hate.

And a lot of it was why don't you just be a lawyer? That's what you're supposed to do. You went to college, went to law school, go be at a law school or go be a lawyer. And I really wanted to prove to everyone that you didn't need to just follow the traditional path and that you could do more than one thing. And it being something as unique as sewing just made it an even better mission to succeed at to show that. I almost feel like I was giving hope to a lot of people watching, being like, Craig, you're really digging this hole. And that's what having the store in Charleston's been great. People can come and see it and not feel bad about focusing.
on their side hustle and not feel bad about leaving their career for a passion.

Amy Morin: What's it been like, because I hear a lot of conflicting stories about this, about turning your hobby into a way to make money? Sometimes people will say, well, I don't love it anymore, because this is my source of income. But I hear other people say, if you can make money doing what you love, why not do it? What's it been for you?

Craig Conover: I'm definitely the latter. Yeah. I think for me, it's been so fun because I have a very balanced operation with my two partners. And if it was up to me, we'd make every product in home decor that there is. But I have a really great brand manager who's like, Craig, we need to do this right and well first, and then you can make a new product. And so for me, every time we have a successful launch of something or a new pillow collection, I get to create a new product for the company. So now we're going into kitchen stuff, now we're going into bedding. And so I actually get to do what I've always wanted to do. I think a lot of people get... There's a ton of pressure from coworkers and outside forces that tell you not to do it. Look, the only person in my life that I was the only person that thought this would work. Other than my parents, they're just going to support me with whatever I do. But other than that, there wasn't a single person in my life other than maybe my friend, Catherine, that was like, yes, you should pursue this. And so what I try to share with people is just because you're going to work and some of your coworkers are making fun of the craft that you're making in your garage or you selling your... Whatever you're doing, doesn't mean it's a bad idea. They're either just jealous or can't see your vision. If everyone had the same idea, there wouldn't be any value in yours. So yeah, definitely I've fallen even more in love with it as we're going. But also, I realize that I am fortunate to have other sources of income, because I know it'd be really hard to give up your primary source of income to focus on your side hustle. But if you do want to spend time on it, you just shouldn't feel guilty about it.

Amy Morin: What does it do for your mental health to be able to sew and make creative things?
Craig Conover: Well, I guess that's my answer to your question earlier. Sewing down south, that's my advice now and going to the store and creating and sketching on the plane and sharing my product with people. That's my structure now. That's what keeps me from just laying around, being bored, left to my own. Just structure and staying busy to me is when I'm my healthiest. And that's why I love traveling and doing all this stuff. But yeah, sewing down south and having my crafting, having my hobby turned into a business now makes me feel complete almost.

Amy Morin: So for somebody listening who maybe does have a little hobby or something like that, what would be your one piece of advice to them?

Craig Conover: Don't let anyone steal your happiness. If that's what makes you happy, do it. That's the most heartbreaking thing when people stop doing something that they absolutely love because of bullies or nonsupport and hopefully your partner is supportive of you, but yeah, just keep moving. I think something I discovered when writing this book was I got in my most amount of trouble and I was most unhealthy when I was stagnant and just keep moving. Sometimes that movement's going to be backwards, but eventually you're going to do enough right things that you're going to see forward progress. And for years, like two years, I was stuck just sewing pillows in my house. I had plenty of messages, people trying to order them, and I could not get out of my own way. They weren't good enough to me. They weren't perfect. My OCD was coming back.

And the second I just started sending out pillows and started doing something, all of a sudden it started to build. So I'd say just keep moving. But I know it's hard. I was my biggest obstacle. Even writing a business plan, I knew you should write a business plan, but my procrastination of writing that business plan kept me from actually doing my business for a while. So yeah, just keep moving. And just if you think it's a good idea, that's all that matters. You have to and you already do, and your gut it's a good idea, just do it. And it's obviously nice when other people agree with you, but they're not going to in the beginning phases all the time.

Amy Morin: I agree completely. Craig Conover, thank you so much for sharing your story with us and for being on The Verywell Mind Podcast. I hope everybody goes out and gets a copy of Pillow Talk.
Craig Conover: Thank you, Amy.

Amy Morin: Welcome to The Therapist’s Take. This is a part of the show where I'll break down Craig's mental strength-building strategies and share how you can apply them to your own life. Here are three of Craig’s strategies that I highly recommend.

**Number one: Get clear on your values.** Craig said he was more productive when he abused Adderall, but he's happier now that he's not using it anymore. He paid a price for abusing it. He had to keep it a secret, and he didn't like who he was. He values living an honest, happier life over being more productive. I like that he acknowledged that there was an upside to his addiction. After all, he wouldn't have kept abusing it if he wasn't getting something out of it. But he had to also acknowledge what it was costing him. And he recognized that he wasn't living according to his values. He values happiness and honesty more than productivity.

It's important to know what you value in life and to recognize when something stands in between you and the values that you want to live.

**Number two: Get honest about the things that you're hiding from other people.** Craig went to great lengths to keep his Adderall misuse a secret from the people around him. He had to get honest about it before he could get better, starting with being honest with himself. But it's not just substance use that people keep a secret. Sometimes people have a secret life online, or they have a financial secret. I guarantee everyone has a secret. And secrets are a big contributor to mental health problems. Take a look at the secrets in your life, and consider why you're hiding them. Is it because you have an unhealthy habit that requires you to keep it a secret? If it came to light, would other people pressure you to stop? Or do you keep secrets because you don't want to be judged?

Get honest with yourself about your secrets and why you hide certain things from other people. Then you can decide whether you need the courage to talk about what's going on or you need the courage to change your behavior.
And number three: **Find a hobby.** Craig's hobby happens to be that he likes sewing pillows. And he's been able to turn that into a business. He finds that creating and sewing is really good for his mental health. And he's learned that it's okay if not everybody understands his passion. Hobbies are really good for us. So whether you like to paint or you like to grow plants, step away from your obligations once in a while and do something you love. But the internet seems to become a time filler for so many people.

So it's not surprising that many of us struggle to know what our hobbies are. Most of our spare time can be easily wasted scrolling through the news or working extra hours. But you might have a hobby that you used to love and you just gave it up over the years. But if you go back to doing that, you might find you still love it just as much. And if you've never really found a hobby that you love, experiment. You might try woodworking one week and learning to sew another. You might find that there isn't one hobby that you absolutely love, but maybe there are a lot of things you really like to do. But having some leisure time activities to create things and to relax is essential to your wellbeing. And keep in mind, not everyone has to understand your hobby.

So those are three of Craig's strategies that I highly recommend. Get clear on your values, get honest about the things you hide from other people, and find a hobby.

If you want to hear more of Craig's story, check out his book, *Pillow Talk.*

If you know someone who could benefit from hearing this message, share it with them. Simply sharing a link to this episode could help someone feel better and grow stronger.

Do you want free access to my online course? It's called “10 Mental Strength Exercises That Will Help You Reach Your Greatest Potential.” To get your free pass, all you have to do is leave us a review on Apple Podcasts. Then send us a screenshot of your review. Our email address is podcast@verywell.com. We'll reply with your all-access pass to the course!
Thank you for hanging out with me today and for listening to *The Verywell Mind Podcast!* And as always, a big thank you to my show’s producer (who like Craig has several different career titles), Nick Valentin.