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225 — Friday Fix: The 10 Biggest Podcast Moments of 2022

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.

You’re listening to The Friday Fix! Every Friday, I share a quick mental strength strategy that can help fix the thoughts, feelings, and actions that can hold you back in life.

And the fun part is we record the show from a sailboat in the Florida Keys!

Don’t forget to subscribe to us 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!

Today I’m counting down the 10 biggest moments from the show in 2022.

We’ve had some great guests on the show—both celebrities and experts. And I’ve heard from so many of you about what topics resonate with you and what you want to hear more about.

We had some big moments off air this year—like the podcast studio survived a tropical storm and our producer won a Latin Grammy for an album he made with Marc Anthony. And the show got some amazing press this year too. Our episode with Brooke Shields
was featured on Fox News and picked up by hundreds of media outlets and People Magazine shared quotes from our episode with Kevin Hart.

The most popular episodes this year seemed to center around setting limits with people who treat you poorly, dealing with mistakes, overcoming shame, and working through uncomfortable emotions.

What I take away from this is that you all want to heal from the past and you recognize that you need a healthy support team to do that and you're well aware that the healing process can be painful but it’s worth it. Healing from pain can help you grow mentally stronger.

So let’s get to it. Here are the top 10 biggest moments from 2022:

10. How to Stop Self-Destructive Behavior with Actor Ethan Suplee

Episode #199 starred Ethan Suplee—whom you might know from movies like Remember the Titans or the Wolf of Wallstreet or TV shows like My Name is Earl.

Ethan battled a weight problem for most of his life and in recent years he lost several hundred pounds and got in great shape. It wasn’t until I started listening to his podcast-American Glutton—that I learned he also had struggled with drugs and alcohol. In fact, he almost died.

In this episode, he talked about the challenges he faced as he got into recovery and lost weight. He had to treat his addictions differently. He knows he can’t drink alcohol or use drugs in moderation. He had to give them up completely. But he couldn’t do that with food. He had to learn how to eat in moderation.

The most powerful moment in this episode was when shared he overcame self-hatred and self-destructive behavior. And he’s an example of someone who looked really successful on the outside in terms of his acting career but he was silently struggling with internal battles most people knew nothing about.
9. Friday Fix: How to Journal to Build Mental Strength

In episode #143, I share what to write in a journal if you want to grow mentally stronger.

I kept getting emails from people who said they want to journal but don’t know what to write.

A lot of our guests said journaling helped them feel better. There are lots of ways journaling can help. Putting something on paper can help you make sense of things swirling around in your brain.

It can also help you sort things out and look at problems from a different angle. But if you’re not careful, journaling might also keep you rehashing the same things and dwelling on uncomfortable emotions. So I created this episode to share ideas of how you can use journaling to build mental strength and move forward in your life. And I’ve heard from many of you who said you gave journaling a chance and you’re feeling mentally stronger than before.

8. Monsters and How to Tame Them with Actor/Comedian Kevin Hart

In episode #217, I got to talk to the amazing Kevin Hart. He was in the middle of a huge international comedy tour. In between touring the planet, and starring in commercials and movies and hosting his own podcast, he created time to come on our show to talk about his Audible original audiobook, Monsters and How to Tame Them.

I’m always a little nervous to hear mental health advice from celebrities. Sometimes, the tips they give just don’t relate to the average person (like when someone with a full-time nanny and chef offers advice on time management).

But Kevin’s book was quite relatable even if you can’t quite relate to his lifestyle. This big moment was when he shows how he struggles with the same fears and unhelpful ways of thinking as everyone else. And he does a great job discussing these universal problems everyone experiences.
And since he’s a comedian, the book is really funny of course. He shares some stories about himself that are ridiculous yet it’s things that we’ve all likely done before.

7. The Power of Regret with Best-Selling Author Daniel Pink

In episode #142, I talk to New York Times bestselling author Daniel Pink about his latest book called the Power of Regret.

I’ve been a fan of his writing for a long time. He does a great job of mixing research with stories that can help you see that regrets aren’t bad. And that’s important because you’ll see a lot of social media memes that say things like, “No regrets,” as if regretting something is bad.

The big moment here was when Dan makes it clear that it’s healthy to have regrets and if we process them appropriately, they can even make our lives better.

So if you struggle with a regret in your life about a decision you made or one you didn’t make, check out this episode.

6. The Extraordinary Gift of Being Ordinary with Harvard Professor Ronald Siegel

Episode 191 featured Ronald Siegel. Although he does say it’s OK to be ordinary, he’s also a professor at Harvard which makes it sound like he’s extraordinary and telling everyone else that it’s fine to be ordinary. But if you listen to the episode, I think you’ll see it differently.

He’s really down to earth and if you met him on the street, you’d likely make an instant connection with him. His book, which is also called, The Extraordinary Gift of Being Ordinary, explains our misguided notion that the next achievement is all we need to finally feel like we’re good enough.

That strategy only gives us momentary relief and almost immediately we feel like we need to climb another mountain to prove to ourselves and the rest of the world that we’re good enough.
In the episode he gives some great highlights from the book, including an exercise that can help you see what sort of unhelpful things you might be using to build your self-worth. I heard from so many of you who said you felt great relief from this message.

5. Friday Fix: 7 Reasons You Let People Mistreat You

In episode #190, I share the top reasons why we allow people to disrespect us, violate our trust, or cross our boundaries.

I got tons of feedback from listeners who said this episode was an “aha moment” for them. They realized that allowing people to mistreat them wasn’t kindness. Instead, it stemmed from low self-esteem.

But that’s only one possible reason why you might let people mistreat you. Understanding all the reasons might help you develop a plan for change. So if you let people mistreat you, I highly recommend you give episode 190 a listen.

4. Friday Fix: How to Look for the Good in Life

In episode 185, I share strategies for looking for the good. So many of you talked about not wanting to invite toxic positivity into your life that you were afraid to look after the good.

So I created the episode to explain how you can look for the good in a healthy way.

3. Friday Fix: 5 Boundary Mistakes to Avoid

Our third most popular episode of the year was episode 189 when I talked about boundaries. This episode came about because I was hearing a lot of misconceptions about boundaries.

In fact, boundary setting has become a buzzword that trends on social media and there’s some really unhealthy advice floating around about how to set boundaries and how to stick to them.
So in this episode, I shared how to avoid common boundary setting mistakes (like setting a boundary with the intention of making someone else change).

2. Friday Fix: What to Do When You’re Emotionally Exhausted

Episode 183 was our second most popular episode of the year and I think it sums up what so many people were feeling.

There was a lot of really bad news this year. And it was a time when people were originally hopeful that the pandemic would end and things would be wonderful. But to a lot of people it felt like there were just multiple crises happening at once and it felt neverending.

So I created this episode to help anyone who might be feeling emotionally exhausted and I learned that the majority of our listeners were feeling this way.

1. Break Free From Shame with Actor/TV Host Terry Crews

Our most listened to episode of the entire year was episode #174. I talked to Terry Crews about his book, called Tough. It was a really good book—where he shares how he worked hard to develop such a tough exterior to cover up his pain.

But ultimately, he developed an addiction to pornography which led to a lot of shame. The only way he could break free was to get help for a problem—something he’d worked hard to keep a secret for so long. If you struggle with shame over anything in your life, I think you’ll relate to Terry’s story and the strategies he’s used to overcome shame.

This is a great example of someone who is well-respected and loved by so many people who opens up and shares some unflattering things about himself. And despite sharing those things, I bet when you listen to the episode you’ll like him even more. It’s proof that we like people who are genuine and authentic about sharing their flaws.

So those are the top 10 episodes of the year! I’ll link to each of those episodes on our official show notes page which you can find at verywellmind.com/podcast.
I just want to take a minute to say thank you so much to everyone who has tuned into our show, left us a rating or review, and sent me your questions, ideas, and guest suggestions. It’s been amazing to see this podcast grow, and I can’t wait to show you what we have lined up for 2023!

If you know someone who could benefit from support as they build mental strength, share this show 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 or Spotify. 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 listening to The Verywell Mind Podcast! And as always, a big thank you to my show’s producer (who made working in the podcast studio great this year), Nick Valentin.