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243 — Why Even Cowboys Get Depressed with Country Music Singer/Songwriter Chase Rice

Amy Morin:

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 (soon to be five) books on mental strength. My new workbook is about to go on sale. It's called 13 Things Mentally Strong People Don't Do Workbook, and it's filled with mental strength-building strategies straight from my therapy office. It's available in stores on February 28th, but you can pre-order it today so you can be one of the first people to get your hands on a copy.

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!

Today, I'm talking to country music singer and songwriter Chase Rice. If you don't know him from his music, you might know him from Survivor. He came in second place in the 2010 season that took place in Nicaragua. If you're a college football fan, you might also
know him from his days of playing at UNC. And if you listen to country, you know his music. He's had two #1 hits…

“Eyes on You”

Chase Rice:
(Singing).

Amy Morin:
…and “Drinkin' Beer. Talkin' God. Amen.”

Chase Rice:
(Singing).

Amy Morin:
Now he's got a new album out that shifts his focus to mental health.
(Before we dive in too far, I'm going to warn you that this episode talks about some sensitive subject matter, including suicide.)

His album is called I Hate Cowboys & All Dogs Go To Hell. But if you listen to the songs on the album, you'll discover the reason he hates cowboys is because one stole his girlfriend in a song, and he actually loves dogs. There's an incredibly touching song called "Bench Seat" that involves a dog.

Some of the things he talks about today are the misconceptions he used to have about depression, the strategies that have helped him manage his mental health, and why he knows that he has to keep working on his mental health every single day. One of the things I appreciate about what he had to say is that he makes it clear that none of us are immune from having a mental health issue, and he sheds a lot of light on the stigma about asking for help.

In rural communities there's still a bigger stigma about getting help for mental health issues than in other places. I've seen it firsthand. I spent most of my therapy career working in small towns in rural Maine where a lot of people receive therapy (everyone from doctors and lawyers, to teachers and first responders), but no one really talked
about it. Of course, in a rural area, there’s a greater chance that you'll see someone that you know in the waiting room or someone will recognize your car parked outside the therapist's office. For some people, that keeps them from getting help.

But when I got a book deal, I went to New York and met a whole bunch of people who talked about seeing a therapist, and it was the first time I'd really heard people speak openly about going to therapy. The stigma surrounding mental health treatment is getting better everywhere, and I think every time someone like Chase comes out and talks about the misconceptions that they had, the treatment that they received, and their ongoing struggles, it reduces the stigma even more.

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 give you my take on some of Chase's strategies and share how you can apply them to your own life. So here's Chase Rice on why even cowboys can get depressed!

Amy Morin:
Chase Rice, welcome to The Verywell Mind Podcast!

Chase Rice:
Thanks for having me!

Amy Morin:
So I learned that your path to country music was a winding one, right? It went from football to, I didn't know you were a contestant on Survivor, to here you are now about to go on this huge tour. But life is weird sometimes, right?

Chase Rice:
Yeah, it's been odd. Football was my first and I loved it, got hurt, and then in the same year I lost my dad. So when my football career ended I had a way to deal with it, which was writing songs. I just learned to play guitar, so I wasn't very good, but that was the one thing that brought me back to life. And then the Survivor thing was weird, that was a coincidence. I was working at NASCAR after that, because they started bringing in ex-
athletes to do that job, see if they could do it faster, in the pit crew, and it worked. So I was doing that, but I wasn't happy, because I was really loving writing these songs, and really wanting to chase that. And then the Survivor thing was just a friend texting me, "Would you be interested in doing it?" I said, "Sure, why not?" I'm depressed, I got a sick job and I want out and want to move to Nashville, and that thing could give me some money. It all was a weird path, but here I am all these years later.

Amy Morin:
How did it come to be that you finally did move to Nashville and started focusing on music?

Chase Rice:
When I came back from Survivor, I couldn't physically do my NASCAR job. I was too weak, I'd lost 32 pounds. And I went to visit Brian and Tyler from FGL, and that trip that I went to visit them, before I started getting ready to go back and do NASCAR, they had a room available in their house, so by the end of that night, we all talked, it's like, "All right, room's available, move in dude."

Amy Morin:
Interesting, so it all just came together in a strange way, huh?

Chase Rice:
Yeah, it was just one thing led to another, and moved in and started writing songs, and then we wrote Cruise, and then the rest of my last 10 years of my career started. It's been nuts.

Amy Morin:
I bet it has, it's probably been a fairly wild ride for the last few years as things have really blown up, and then COVID hit. The musicians I've talked to have said, "Gosh, during COVID when we couldn't go on tour and things changed, it was really hard." How was that for you?
Chase Rice:
I actually had a blast. It was very hard, financially it was, I didn't want to give it up, I wanted to keep touring. But then once I finally gave up, okay, well this isn't happening for a little bit, then it became awesome. But financially it was awful. But I got a group of friends in Nashville, three or four different families, some hockey buddies, we all just started doing fun stuff together. Looking back at it, it was awesome for a once in a lifetime thing, but I don't want to do it again.

Amy Morin:
Right.

Chase Rice:
We drank a lot, we had a blast, but it was something that you should only do one time.

Amy Morin:
So you're about to go on this huge tour, and we're located in the Florida Keys, you have a song called Key West in Colorado, but I don't see Key West on your list of stops. How do we make this happen?

Chase Rice:
A fair question. I don't know, but I clearly wouldn't complain. I don't know where we would, but we should have thought about that, doing that in March, spring breakers are down there, that would've been a blast, but we sure dropped the ball.

Amy Morin:
We'll see what we can do from our end. So one of my friends sent me your video Bench Seat, and she said, "It's kind of sad." Well, I thought that was an understatement. That video is incredibly sad, and then I heard the story behind it. Can you talk a little bit about that?

Chase Rice:
Yeah, it's my buddy, best friend from college, he put a gun to his head and didn't pull the trigger, his dog walked up, put his head on his lap and just looked at him. And he came and got help right after that, a few days later he was at my house and I asked him what was going on, and he explained the whole thing, and just lost it. He was losing his mind a little bit, and he was depressed. He was just really, really, really depressed. So from that point on he started putting the work in, he started getting help, talking to a lady, and really getting his life together. He moved out of the apartment he was in, he moved cities even.

And then fast-forward to 2021, he's back at my house, we're on the back porch drinking beer and smoking cigars, and he's in a much, much better place then, and I could tell I had my friend back. He says, "You should write a song about a guy riding around in his truck with his dog," and I just started laughing, because that's cliche as it gets in our genre. And then three days later I wrote it, and I wrote the whole music video on my head while I was writing the song, and the whole song from the dog's perspective, so he's as much of a songwriter on that thing as I am. But yeah, that's how it happened, in a short way, but I identify as the guy in the video, I identify it's also my friend's story. He was in a dark hole, and I'd been in that dark hole before too, so we just helped each other get out of it.

Amy Morin:
First off, it's amazing he came to talk to you and told you what had happened, we know that it's really difficult for people when they're in a dark place to say, "Listen to what just happened," and the fact that he found the courage to tell you was impressive and so glad to hear that he decided to get help.

Chase Rice:
Yeah, that was huge of him to say it, and I kind of pried it out of him. Something came over me, I believe in God, I believe that was God telling me, "Hey man, you need to go up there and talk to your friend." And I walked up there and I flipped on the light, he was trying to go to bed, and I just said, "What's up man?" And he wouldn't answer it. And then I said, "No, what the hell's going on man? You're not yourself, what's going on?"
And that's when he started crying and that's when, thank God he let that out, and I think that was huge for him to let that out and finally express it to the world what he'd just done. I guess I was the first person that he told that he just did that, or almost did that. Even putting the gun to his head, that's pretty serious.

And he actually tried it twice, but he thought he was a coward for not being able to pull the trigger, which obviously a healthy person knows, nah man, that's the best thing in the world you've ever done. And thanks to his dog he's still here, and thanks to him fighting, he got back in the fight. He's happier now, he's got his own place, he's got a fiance, so he's about to have an entire life that he would've missed out on.

Amy Morin:
Wow. What do you do when he tells you that, something that huge about his struggles?

Chase Rice:
I was just lean against the wall and just listened and just watched him. There's nothing to say. Just let him vent and let him get whatever, all that darkness. The more you talk about it, and the more you let it out, the less hold it has of you, so I was just there for him.

Amy Morin:
And did you encourage him to get help?

Chase Rice:
Yeah, he was already there getting it, because he knew that he needed it. And at that point, yeah, I kept encouraging him to see her, the lady he was seeing, and then also going on a retreat that he ended up going on that I think helped him out a lot as well, that I'd gone on, it helped me a lot, so I knew that would be beneficial for him too.

Amy Morin:
When I first saw the video and I learned the story, a little bit about the story behind it, I thought, well, that's great, you're talking about somebody else's mental health, but you've also started to come forward and talk about struggles that you've had too.
Chase Rice:

Yeah, I mean, losing my dad was the first time that I really got depressed in my life, and probably the worst part was I didn't know it. Somebody sat me down and I told him five minutes of my story and he was like, "Yeah, you're depressed." I got pissed, I was like, "No, I'm not, I'm good." But I was depressed, and I still deal with it. Luckily I'm not on pills anymore, anything like that, even to help me with even medication, I'm not on anything, I just try to stay healthy, waking up early, getting workouts in, eating healthy as you can, don't drink near as much as I used to. And I've never been the guy that doesn't want to drink, I love going out and having drinks with the boys and having a good time, but there's a point where it can get real dark, and I avoid those. I avoid that these days.

Amy Morin:

I think you're the first person we've had on the show who said, "I was depressed and I didn't know it," but that happens often. And I'm a therapist, so people will come into my office and they'll sometimes be like, "I'm irritable," or, "Somebody told me I should come in," and they have no idea that they're depressed. To somebody else though, who's never struggled with that, they would say, "How could you not know?" In your case, what do you think it was that kept you from recognizing, yeah, I actually am depressed?

Chase Rice:

I think I just thought depression was unfunctional, like somebody just laying in bed all day, which I was doing sometimes, but I was still a high functioning person, I was still getting my job done, I was still doing all that. So I think in my head I just related it to somebody who just completely shuts down and just is not even around anymore because they're so, they can't function. But that was the scariest part, was I was functioning just fine, but underneath I was sinking.

Amy Morin:

And how did somebody else recognize it in you, do you think, if you looked like you were functioning from the outside?
Chase Rice:

Because there was a... Well, actually Jenny, she was my vocal coach. I just had vocal surgery, so that was another thing I'm dealing with, or I don't think I'd had the surgery yet, I think I was working through the polyps that I had before I had the surgery. And she just could tell right away that I was giving up, and I don't know how she knew that that wasn't me, but she just did, and she said, "I just noticed you've been down on yourself harder than you should be," and she wrote this guy's name on a post-it note and his phone number and she said, "Call this guy, I think he could benefit you a lot."

And I think I knew deep down that I needed something, I just didn't know what, and then five minutes into talking to Al, who was the guy that she gave me his number, he laughed. It was funny how he did it, I just told him 5-10 minutes of stuff and he was like, "Yeah, you're depressed." It had pissed me off at first, but I kept coming back, and I related to him so well, he related to me, and he's one of the guys that if I'd had never seen my life wouldn't be where it is today.

Amy Morin:

Was he a therapist?

Chase Rice:

Yes, he was a therapist, but he wasn't like any therapist I'd ever been around. He was more focused on people in the music industry and not clinically trying to diagnose me with something or, "Okay, yep, you're depressed, here's your pills," he was more of a guy to talk to, and he cared, you could tell right away.

Amy Morin:

And how long did it take you to start to work through that and to feel like you were coming out of your depression?

Chase Rice:

2013 to 2000... That was in 2013, I think. I don't know. I mean, I still have days where I'm sad as hell for no reason, but at least I've been there. It really took three or four
years to really fight and claw my way out of it, but then I weaned my way off of the antidepressants. I don't know, there was something weird going on with them that I didn't think that I wanted to deal with anymore, I didn't like them, and I got off them cold turkey one time, and that was a disaster. That was a really bad situation, so don't ever do that. But I don't know, around 2017, 2018, so probably a good five years before I was really like, okay, I can do this thing.

Amy Morin:
I think that's really important to note too, because sometimes people are like, well, I went to therapy four weeks in a row, so I should be feeling better and I'm not, but sometimes it takes a long time to dig out of that hole, and then it can, it can come back, sometimes it's just a wave, it gets a little better, it gets a little worse. But people will often say exactly what you said, "Now at least I know what it is, and I know that it's not going to last forever, or I have some skills and strategies I can use when it does hit me that can help dig me out of it faster this time."

Chase Rice:
Exactly. I don't know why I ever had the thought that life's easy. People look at my life, a lot of people do, and they think I've got it made. And I'm very, very blessed, I've lived an awesome life. That doesn't always make it easy, in a lot of ways it's made it harder, way harder. So I don't have this thought where I'm out of it, I'll never be out of it. There's always going to be a battle that I'm going to have to face, whether it's addiction, or depression, or anything, just sad shit happens. Yeah, it's just about it, you got to choose to fight every day, and when you start giving up, that's when you really need to talk to somebody and explain what you're feeling, explain what's going on and make sure you're not alone.

I've learned there's a huge difference between isolation and solitude. I love solitude, waking up in the morning, being by myself, reading a book, talking to God, looking out at New York City and seeing these buildings, I'm not used to that, but it's cool. And then there's times where I'm in the same exact situation, and whether it's the city or my farm,
or whatever, where I don't even want to get out of bed, and that's not a good place to be.

Amy Morin:
Right, and so many people get stuck in that, where they think, I don't want to go out, I don't want to see anybody, or I don't want people to see me like this, and then they get incredibly isolated, which of course makes their mental health worse, and it's a tough pattern to get out of.

Chase Rice:
It is a tough one to get out of, and even November, December I was... November and December in Nashville was a lot of gray, a lot of cold, no snow, nothing to do, it was a bad situation for me. So I pulled myself out of it, I started traveling a little bit, started seeing friends. I'm sorry, but a Netflix binge, I don't care how much people enjoy it, if it's longer than a day or so, you need to get the hell off that couch and go do something else, it's not healthy.

Amy Morin:
Oh yeah, because a lot of people will say that, "Oh, I just got to stay home this weekend and not do anything," when they're depressed, but I've never met anybody who said, "After sitting on the couch for three days binge-watching Netflix, I feel so much better," instead they get, the less you do, the less you feel like doing, and then you just get stuck there.

Chase Rice:
Yeah, exactly. We've normalized too many things that are, oh, that's okay, that's fun to do. It's like, nah, that's a red flag for me. If I'm on the couch for two days, I start losing my mind.

Amy Morin:
So what do you do if you find yourself tempted to sit on the couch for two days and not do anything? What kinds of strategies do you use?
Chase Rice:

For me, I'll start working out. All right, I'm not doing this tomorrow, I'm going to wake up at 8:00, or 7:00, or whatever time, and I'm going to wake up at 8:00, that's going to make me go to bed earlier. I'm going to get up, I'm going to get on the Peloton, I'm going to stretch, I'm going to do the sauna. And when I do that, you do it one day and you're like, damn, I feel good, I'm going to do that again tomorrow. So you just got to make yourself do one thing, and from that it should snowball into, for me it snowballs into healthier days. I start eating healthier, start drinking less, I start drinking more water. It just snowballs into health.

Amy Morin:

I like that idea, just saying, just do one thing, and then it often does, other areas of our life, we feel more motivated to take care of ourselves in other areas once we start with just one space in our lives.

Chase Rice:

Yeah, and if you don't want to work out, start reading a book. Just one thing can make you want to do other stuff, and working out is huge. Don't go pounding weights, just go for a walk. Walk for 45 minutes, that's it. It doesn't have to be intense, but make yourself do something every day.

Amy Morin:

Yeah, and there's tons of research behind that, that walking and physical activity for some people is just as effective as antidepressants, and you've said antidepressants were not your thing, but working out is.

Chase Rice:

Yeah, just making myself do one thing a day with working out, as soon as I started doing pushups I'm like, oh, okay, I was only going to do 20, might as well rack out 20 more, let's see what we've got. So it's just small stuff like that that continues to snowball.
How'd you decide to make your mental health journey public? Most people, a lot of times, don't want to talk about it, or they didn't want to say they're seeing a therapist, but that they still struggle with stuff.

Chase Rice:

Well, I knew Bench Seat was coming, the song about the dog, and I knew I'd have to talk about something like that. But at the same time, more I talk about it, the less of a role it has over me, so I'm just going to keep talking about it. Then it's like, man, I'm living pretty free these days, and it's just a more free way of living, and it takes away the shame and the guilt that you feel. The guilt's one thing, but shame is 100 times worse, so when you're living at shame, it's a pretty dark place. So talk about it, and Bench Seat was a big part of that. It all happened through a song for me, which why wouldn't it? That's what I love to do.

Amy Morin:

Right, that makes sense. Oh, and I'm glad you said that about shame too, because so many people live in a dark place where they feel like, I'll be judged, I can't possibly come out with this, I can't talk about it. And as a therapist, I know that people who look like they're doing fine on the outside are often struggling with really deep, painful things on the inside, but they feel like they're the only ones going through it. And so I'm so glad that you're talking about this for people to know, nope, you might look like you have everything on the outside, but you can still be struggling too.

Chase Rice:

I mean at this point in how long humans have been around, nobody on this planet's good enough to create something that nobody else has done before. I mean, you could invent something, I'm not talking like that, I'm talking about emotions and actions that we do as humans, we ain't inventing anything, everybody has done it, you're not alone, so stop thinking that you're reinventing the wheel and just understand that we're messed up people sometimes, and the biggest thing you can do is fight against it and talk about it. And like I said, the more you talk about stuff, whatever it is, people have
different addictions, people have different things that they do in life, and the more you talk about it, the less hold it has of you.

Amy Morin:
Oh, I love it. When you were in therapy, did you tell anybody back then that you were talking to somebody?

Chase Rice:
When I was in therapy?

Amy Morin:
Yeah.

Chase Rice:
All right, I see what you're saying. I think so, I was pretty open, because especially when you're in it, then you have no shame, you're like, oh, this is awesome, I'm best I've ever been. Yeah, so at that point you're like, you'll tell it, you'll tell everybody anything.

Amy Morin:
What's been the reaction so far, as you've been talking about this, and as tons of people are watching the video, obviously Bench Seat, and the music's out there, what's been some of the responses you've gotten so far?

Chase Rice:
Nothing but positive. And then the ones that are negative, like somebody called my album hip hop trash, it's like, you clearly didn't listen, you dumb ass. Those negatives, I don't see that stuff often, somebody just happened to send me that one. But it's been all positive, people are just excited that they're talking about their dogs, or their depression, or their addictions. My bus driver, his grandson the other day, he's probably mid-20s, 30s, somewhere around there, older, ended up killing himself. So brutal thing to happen. But my bus driver knew that he could come talk to me, because he'd just seen the video. And he'd been there too, he was an addict, crystal meth addict for years.
So people, I think, are just opening up and talking to me about it, understanding I'm not just this, whatever thing they had in their head, just singing about these topics, partying and dirt roads, and all this stuff, now they see me as a normal person I think, which is awesome. Life's hard, life can be very difficult for a lot of people, for almost everybody. I think it actually is probably everybody, so I think it's cool that people are opening up and know that they're not alone,

Amy Morin:
Right, because there's so many things, like social media, people post how awesome their life is, and sometimes I think it makes people feel more isolated because they get that in their heads, everybody else is enjoying life and having a good time, except for me, and this song, and your music, really sends the message that says, no, hey, I've struggled too, and so does other people.

Chase Rice:
Yeah, I don't think... There's so many different things people fight over these days, but I think the number one thing that's been the worst thing possibly in the history of the planet is social media. I think it's brought a lot of people fights, there's a lot of negative and cancerous stuff that social media brings. There's positive stuff too, for sure, but I think it's a huge problem.

Amy Morin:
I do as well. I think the research, the more that it keeps coming out, the more it's showing that not only are we staring at our phones too much, but the content we're consuming isn't good for us, and for a lot of people it's a huge problem in their lives.

Chase Rice:
It's a huge problem. I mean, I'm on my phone too much, and even when I had a long while too, a couple years ago where I didn't have any social media, I just had other people do it for me, now I do some stuff on Instagram, but I stay off it way more than I used to. You'll find yourself creeping back on there looking at useless shit, and it's just
like, I'm not going to waste my day like this. So like I said, that's a battle that everybody fights, just get off your phone and go outside, go for a walk, talk to people face to face.

Amy Morin:

Yeah, all of those things can definitely have a huge impact on our mental health. What about you when you're on the road? How do you stay mentally healthy when you're traveling a lot and staying so busy?

Chase Rice:

That's actually easier for me.

Amy Morin:

Really?

Chase Rice:

You get into a routine, yeah. And I lose my voice pretty easily, so if I'm out partying, that tour wouldn't last very long, I'd be done. So yeah, I just eat healthy, try to work out every single day that I'm on the road. And that not only passes time, a lot of times we have nothing to do during the day, so that passes the time, it also makes you just a healthier person.

Amy Morin:

Do you ever worry about losing your edge when it comes to music? We've talked to other musicians before and sometimes some of them are like, "Well, if I'm depressed I write better songs, or if I'm feeling bad, then it just comes with the territory, but then the emotions come easier." Has that ever been a concern for you?

Chase Rice:

Yeah, for sure. I mean, there's plenty of times where I thought I needed to be depressed to write a song, but when I wrote Bench Seat, I wasn't depressed at all. It was based off of another time in my life, and based off my friend's time in his life. I think the best stuff that I write is when I'm healthy, and I've learned, especially at this point in my life, who I
am more as a person, then I at least know, we’re not singing about that today guys, we’re not going to write that. Here’s what I want to do. So it brings out, actually to me it makes the music even better.

Amy Morin:
And you put a picture of your dad on the cover of the album, right?

Chase Rice:
Yeah, music never fit, it never fit... I mean, I'm not going to put that picture on a song like Eyes on You, it wouldn't even make sense. But it also, the music I was making, I don't think necessarily was me, and my dad would've known that, so I would never represent my dad with that picture, with music that wasn't a good representation of our family or who he was, and this music is that, so it's perfect timing.

Amy Morin:
Is this the album you feel like is most representative of you and you're the most proud of?

Chase Rice:
Oh, by far. If I could delete everything I've ever done and keep this album, I would do it. Obviously you don't have to do, if people love Eyes on You, and Drinkin' Beer. Talkin' God. Amen, and Ready, Set, Roll, those are huge parts of some people's lives, so at the end of the day I'm actually not even ashamed of it, I just know it was me trying to figure it out. But that stuff doesn't hold a candle to this album, and I know that for a fact. If you want to argue that one, go ahead, there's no reason to even talk, I'm standing on my ground. Better songwriting, better vocally, it's better production, it's much better, so yeah, it's the best thing I've ever done by far.

Amy Morin:
How'd you get to that place, where you said, I'm going to put out the best album so far?

Chase Rice:
COVID was a lot of it, you just got a lot of downtime, wrote a bunch of songs on an acoustic guitar. And a lot of it was getting off the social media, getting sick of tired of hearing people arguing and talking so much, and having their agendas that they felt like they have to put on everybody else, I was like, you know what? Y’all live in that world, I'm done with that world, I'm just going to do my thing, and this album's a product of that for sure. And then Oscar Charles coming in and producing the whole thing was a huge, huge piece of the puzzle that was missing.

Amy Morin:
And I know Bench Seats about a dog, but you have a dog in your own life, right?

Chase Rice:
Yeah, I got Jack because of the music video. I was like, if I'm going to put a dog in this music video, it's going to be my dog. So Jack was supposed to be the puppy, ended up being two years later that we finally filmed the video so he was the main dog, but yeah, Jack's the middle lab in the video.

Amy Morin:
Awesome. So for somebody who's listening, last question for you, if somebody's listening and they're in a dark place and they're struggling a bit, what would you say to them?

Chase Rice:
Talk to somebody. That's the number one thing you should do, find a friend, a family member, somebody you trust and respect and tell them, and that's the number one first step that I would do. I would 100%, because then at that point you're not alone anymore. No matter what you're not alone anymore, because you've got at least one other person in the fight with you. But yeah, having other people join in and being a part of your fight is probably the number one thing that's going to help.

Amy Morin:
Sound advice. Chase Rice, thank you so much for being on The Verywell Mind Podcast.
Chase Rice:

Thank you, it was awesome talking to you.

Amy Morin:

Welcome to The Therapist's Take! This is the part of the episode where I'll give you my take on Chase's strategies and share how you can apply them to your own life.

Here are three of my favorite strategies Chase discussed.

**Number one: make yourself do one thing.** I love that Chase said he sometimes forces himself to just do one thing (like a quick workout), and once he gets moving it's easier to get motivated to do more things. When people say objects in motion stay in motion, they're usually talking about physics. But it's true with human behavior. It's tough to get up and clean the kitchen after you've been sitting on the couch for five hours. But if you just got home from a walk around the block, cleaning the kitchen doesn't feel like such a huge task. Once you get moving on things, it's easier to stay moving. Of course, there's no guarantee that the one thing you do will improve your mental health. Going for a walk, cleaning the house, or calling a friend might give you some relief; but it might not. Don't give up if something doesn't work. You may need to do some more experimenting to figure out what works best for you.

**Number two: take care of your mental health on an ongoing basis.** Chase was open about the fact that his depression comes and goes, and he's still working hard to manage his mental health the best that he can. I'm glad he said that because sometimes people are quick to declare that they are better, and they assume that they're never going to struggle with something again. But our mental health is a lot like our physical health. You wouldn't overcome the flu and then say that you're physically healthy for the rest of your life. You know that more illnesses or problems are going to happen. You can care for yourself, but sometimes those things are still inevitable. Mental health is the same. You take a lot of steps to address your mental health, to stay as mentally healthy as possible. But ups and downs are still normal, even after you've completed therapy or after you've tried medication. Chase said some of the things he
does are that he exercises, reads books, and prays. It's important to incorporate strategies of your own into your everyday life to stay as mentally healthy as possible.

**Number three: talk to someone.** The feeling of being alone compounds any problem you have in life, especially a mental health issue. So many of our guests who have shared their stories talk about the shame that they felt when they kept their struggles a secret. When they started talking about those things, they took back their power, and those things no longer controlled their lives. It was only then that they could start to get better. Whether you're battling an addiction, struggling with a mental health issue, you've made a huge mistake, or you're dealing with an uncomfortable circumstance, don't keep it a secret. Talking to someone helps. Even if the other person can't fix the problem, just talking might help you feel less alone.

Chase shared how he was able to listen to his friend who needed someone to talk to. And when he needed someone, he reached out to a therapist for help. If you have a friend that you trust, be open with them when you're going through a hard time. And if you have a friend that you suspect is struggling, be a good listener. If you can't afford professional therapy, you might try talking to somebody online. There are support groups, websites, and peer support chats that are free. And you can usually stay anonymous.

If you want to learn more about Chase, or listen to his music, check out his website, chaserice.com.

If you know someone who could benefit from hearing this message, 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 for listening to *The Verywell Mind Podcast!* And as always, a big thank you to my show's producer (who says he grew up
in the country, but the place he grew up is actually bigger than the biggest city that I knew of when I grew up), Nick Valentin.