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itsjustyou *NEWS*

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Holy Shit. 10 Newsletters out. 10 months total. I also can't help but think about how far along in my journal I am. I'm approaching 200 pages very quickly, it's surreal to think about the things I've "survived" on those pages. Some make me cringe when I flip through and some make me tear up as I think about how much it hurt then compared to the healing that's happened since. It feels like it's taken lifetimes to arrive at September 2021, doesn't it? I'm tired but hopeful. I hope that's where you're at also. If hopeful isn't quite the word you're thinking of, I think by the end of this newsletter you'll agree that it needs to be.

This month feels good. The kids are back in school full time and I think now, a few weeks in, I've got a routine down. It wasn't easy going to be honest. I, the routine queen, really struggled to find something that worked for all of us in the beginning. I gave myself a week. I started [you know it] with my GapFinder Journal to help me prioritize & figure out my non-negotiables. I believe that to figure out what works, you have to figure out what doesn't work first.

WHAT DIDN'T WORK:

1. **Working out before my kids woke up.** This had nothing to do with kids and everything to do with dogs. Turns out they hated waking up early just as much as I did. Instead, we slept in a bit and shifted .
2. **Squeezing it in.** I drop off my oldest child and the other rides the bus. I've found a gap of about 45 minutes between those two where I thought I'd try to fit my journaling session. My youngest loves to chit chat and I've found myself enjoying that time with her more than the stress of *trying to* focus on my journaling.

SO THEN I SHIFT: Do you notice that when you try to force it, your energy is drained?

BOUNDARIES: I *shifted my work schedule* to start just 30 minutes later, starting my journaling/workouts when the kids are gone for the day. For my journey, sleeping in and making this adjustment fully aligns & feels good. The 5 am club works for some, but I'm opting out. It's not one I'm joining just because it was trending at one point. Shhhh... clear that noise. What feels good to you?

RECONNECTED.

I could cry. If I let myself, tears could just start flowing if I think back to the weekend I got to reconnect with my best friend, Ali. We met in 2017 and I shared some backstory in my last BLOG (go check it out if you haven't yet). Okay, we also chatted about it in our last Podcast Episode too. Anyways, we last saw each other in February 2020 for our birthdays in LA. Being in Canada, Ali was pretty much banned from the US (haha) while Covid got hot & the universe just thought we should be online besties for a while.

Double Vaxxed + ready to rock, she booked a flight to come to Denver at the end of last month. Honest - I cried the whole morning before picking her up. Do you ever have those days where you feel like everything you're doing is falling apart? Big or small, even the morning omelet.

I pulled up to the airport and saw her face, tears started streaming and they didn't stop for the entire weekend. She got in the car & I remember us locking eyes saying, okay, let's figure out life's problems. Like I shared in my blog, we did figure them all out.

You know what I realized most from this weekend? How little joy we allow ourselves to create on our own. I mean, typical days, Chad & I aren't roaming the city with excitement for the day looking for trouble. We work from home & have fun at home, we're trained that way from quarantine, hah! Of course we'll make time for one another and enjoy quality time but the *joy* and *adventure* are the two key words here. I think those are sparked most by **community**. Isn't it ironic that community is what has been stripped this past year?

This isn't an anti-anything post, haha! I'll quarantine, I'll wear a mask, I'll do what's needed to help protect my community, but I had no idea how much the lack of (in-person friendship) community played a role in my mental health and how much I needed to hug my friend.

If you don't have that friend in your life who can literally help bring so much clarity into your life in just a weekend, please keep searching, they're out there. I met mine when I was 30. I hope you keep looking for that best friend that will get multiple covid tests just so she can come cry next to you. I hope you look for that friend who will bring mullet wigs on her flight just to make you laugh. I hope when you put on those mullet wigs, you laugh like we did. I hope you find that friend that will secretly *CIA shit* question your boyfriend every time you head to the bathroom to make sure that he's aligned with you. I hope you find that friend that will take the time to get to know your kids. Teenage years are hard *tearing up right now* and you don't have to navigate them alone. Find a friend that wants to tread those waters with you and who reassures you when you feel like you're not doing it (whatever *it* is) right.

Oh man, I miss her again - but thankful every moment, for the reconnection we were lucky to have.





HOW DO I REALIGN MYSELF?

I DIG INTO WHAT FEELS GOOD.

I'll explain.

During a depression in 2020, I went through periods where I really hard time seeing the bigger picture, the vision, where I wanted to go and what I wanted out of life. I found routines hard to stick to (yep, true) and had the hardest time slowing myself down and snapping out of my hard-wired programming. To pull myself out of that, I made it a focus to do something that felt good daily, something for me and only me. I needed something that would quite literally break the trance I was in when I'd get into these funks.

I don't remember how I stumbled upon this book but I did and in that moment, it changed everything for me. BECOMING SUPERNATURAL contains a paragraph: *If we are feeling and thinking the same thoughts and feelings, day after day, feeling those same*

emotions, we are broadcasting the same energy with the same message. The same energy of our past carries the same energy now which creates the same future. To change your life, you must change your energy that you are constantly broadcasting.

Deep reflection & self-awareness had to come in. Am I stuck in a cycle of broadcasting the same negative energy in a new *life* where it's not welcome? Yes, time to realign.

MAKE A LIST:

Take 5 minutes this week and just close your eyes. Think about the things that you get to do daily that energize you? What would you *like* to do more of daily? What activities feel like they recenter you? What allows you to take a breath a little easier?

It could be a walk outside or a trip to the Farmers Market. It could be a run outside or a home workout with the music blasting. It could be a game of fetch or a book in the corner. What feels good?



I've been a nail biter for as long as I can remember. I always sucked on my thumb as a small child and that eventually just turned into munching on these disgusting nails. My dad would always tell me, as he slapped my hands from my mouth: "girls are supposed to have pretty nails, stop biting." I know he spent a ton of pennies on no-bite polish that I'd just chew through.

I got the talk from the Orthodontist when they placed my braces on in highschool: **no more biting.** I agreed & while it was difficult at first, I'm an overcomer and I figured out how to still bite my nails without fucking up my braces. I started to develop insecurities around my nails later in highschool and remember spending \$30/biweekly to get my acrylic nails put on with my best friend at the time. We'd always go long... ya know, full on french tips like we did circa 2004.

Holy shit it's been nearly 20 years then, of going through cycles with my nail care. A year of biting and accepting the little sausages that I called fingers were my fingers. Then a year of saying, eff it, it's worth the money, nails done biweekly never missing a beat. Trouble with the inconsistency is that it's caused really weak and damaged nails. If that wasn't enough, the universe threw me an auto-immune disease to make everything on my body a bit weaker. Has anyone followed since I had my claws? The dipped tips I'd wear that were so sharp I'd constantly scratch a kid or dog?! Those were fun.

I saw an opportunity to try my natural nails again when Covid hit. Salons closed so I took it as a sign (I do that a lot). Anxiety hit hard and it took several months (I mean several) to find something that worked to help me stop biting or picking at my nails. When I'd master the biting, the picking would take over. I purchased press-ons and all the at home manicure kits from Instagram, failing at them all.

A few months ago (yes, it's been a long journey of trial and error), the consistency paid off and two products that I stumbled on changed the game for me. STRONG WILL is a no-bite brush on that isn't a polish, it just dries. But holy shit it's the worst thing you'll ever put in your mouth. It took about 3 weeks of consistently applying this 4-6x/day to stop my biting. Simultaneously, I started using the KERATIN 3-DAY GROWTH. With this *polish*, my nails started to grow in stronger. I kept them painted & kept my cuticle trimmer handy at times

when my picking would be triggered (working or on calls). The secret is to keep them painted with the Keratin Growth, moisturized (cuticle oil), and brushed with Strong Will.

Be patient with yourself and most of all get CURIOUS: what are you doing when this is triggered? what are you thinking about? where is your mind? where are your hands?



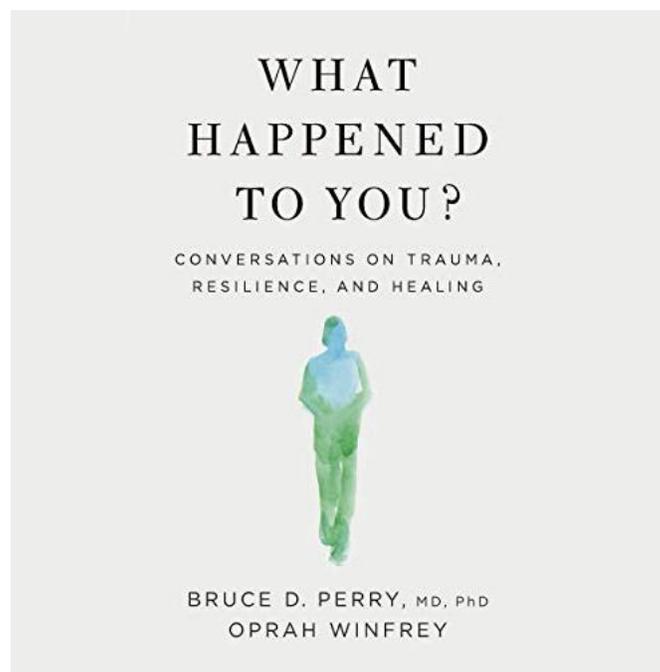
HI, I HAVE ANXIETY.

MUST READ.

Through my deep dive into thoughts, mindset, mindfulness, and developing more consistency, the word trauma came up a lot. I started reading this book and it shifted my outlook and approach that I was personally taking towards healing the trauma I've experienced.

This book digs into the challenge of shifting our language from *WHAT'S WRONG WITH YOU?* to *WHAT HAPPENED TO YOU?* It digs into the idea that some of our habits and ways of thinking, the fight or flight, the analysis till paralysis, the self-doubt, the worry, the reactions we are quick to jump with... what if it was all related to trauma in your life (maybe not even your personal trauma but that inherited)?

What if there's nothing wrong with you, you just have some things to heal?



WORK WITH ME.



workouts

You'll get access over 1,500 workouts to do daily so I can meet you where you are. Beginner or advanced, you can choose a new workout each day or follow a multi-week plan to reach your goals.



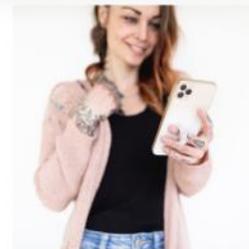
food guides

I don't believe in diets, fads, or quick fixes. You'll get access to a variety of different meal guides and grocery lists as we work together to find what works specifically for you and your lifestyle.



mindset

This journey is more than a cardio workout or a fresh salad, it's about the shifts you make mentally. I'll work with you through roadblocks & limiting beliefs that are holding you back from creating overall wellness.



support

Join a group where we lift one another up, encourage, motivate, and hold each other accountable. Consistency will come as you connect with like-minded people who are working towards the same goals.

I will be taking a deep dive this month into my wellness & support groups as I'm having a really fun time experimenting with my newest program! The workouts are naturally slower paced but we take it a step further implementing some breathwork & deep stretching. It's a 13-week program and you can start/navigate at your own pace. When you join, you'll get daily group check ins along with app access to track your workouts and meals. I'll walk you through picking the best workout to start with and help you get set up nutrition *guide* that fits your life.

Not a group-person? One on one spots are available. I'm excited to connect!