



HOW TO IMPROVE
YOUR MENTAL WELL-BEING

Nisha Jackson, PhD

The Dr. Nisha Jackson Show: How to Improve Your Mental Well-being

Rusty Humphries: Well, hi there and welcome to *The Nisha Jackson Show*. I'm Rusty Humphries. She is Nisha Jackson, and you're in your workout clothes. Normally, you're all fancied up and you're ready to go. What are you in your workout clothes for?

Dr. Nisha Jackson: I decided to wear my workout clothes because guess what I did today?

Rusty Humphries: Went swimming, shopping.

Dr. Nisha Jackson: No.

Rusty Humphries: You worked out.

Dr. Nisha Jackson: I worked out. Well, I work out every day, but today I got to climb a mountain.

Rusty Humphries: Is that new for you? I mean because you've been hurt. I can't believe you're doing it. You hurt your leg really badly.

I can meditate when I walk and hike, and I take my dog with me, and it's just such a great time for me.

— Dr. Nisha Jackson

Dr. Nisha Jackson: I have to say, when I injured my knee — which we've talked about a lot on these shows, really injured my knee badly, did total reconstruction surgery — the thing that I was most sad about was not being able to hike the mountain.

Dr. Nisha Jackson: And I'm here in La Quinta. I love hiking the beautiful mountains around the Palm Springs area. I love it. I did it so many days last year, and it's really such a great exercise for me, not only just physically because it's very challenging, but mentally and emotionally it's so clearing for me. I can meditate when I walk and hike, and I take my dog with me, and it's just such a great time for me. And so, when I injured my knee, all I could think about was that I wasn't going to be able to hike the mountain. I was actually thinking it was going to be sometime in March or April before I could do this. And it's not even — well, it's January.

Rusty Humphries: Wow. Was it hard? I mean, you said it was challenging. It's a tough hike?

Dr. Nisha Jackson: It's a tough hike. All of the hikes around here are actually pretty tough, and I just powered up the mountain like a goat. Well, I am a goat. I just powered up the mountain, and it was so cool — all my friends with me, had many friends with me today. It was a great day, and I just feel so happy that I can walk. I'm so happy that I can hike.

Rusty Humphries: I'm proud of you that you did that. Very proud. You know what's interesting, and you're talking about all your friends and stuff, first of all, I got a chance to meet your parents. I met them once years and years ago. I'm staying at their house in one of their rooms, and your dad's like, "Hey, nice to see. I haven't seen you in 15, 20 years. House is open. If you want to go in, whatever you want, feel free. Refrigerator's open. You need the keys to my car?" The nicest people in the world. Your mom, too. And so, you've got this core base, I think, that most people have no idea. I know I sure as hell have no idea what that's like. I see how you are able to get people around you — your tribe, and I'm sure that the basis is with your parents, you think?

Dr. Nisha Jackson: Yes. Well, my mom and dad have always put a really strong emphasis on family support. It doesn't mean we all get along, and it doesn't mean that we all agree on everything all the time, of course. That would be completely unrealistic, but my family is very supportive. These last couple of years have been really difficult for me, and my mom and dad have always been there for me. I'm glad you brought that up, and I'm glad you had that experience with my parents.

2019, energetically, was a year about cleaning out. It was a year about getting rid of things that weren't serving you well. 2020 is really all about taking all those things that you've given up and using all of your beautiful skills and gifts and talents to be able to create more success in your life in every area of your life.

— Dr. Nisha Jackson

Dr. Nisha Jackson: I think it's something to talk about because I feel, in 2020, we're moving into a new decade. This is a really interesting year because 2019, energetically, was a year about cleaning out. It was a year about getting rid of things that weren't serving you well. 2020 is really all about taking all those things that you've given up and using all of your beautiful skills and gifts and talents to be able to create more success in your life in every area of your life. So, I'm particularly excited about 2020 because I'm ready. I'm ready to launch.

Rusty Humphries: You're ready to go.

Dr. Nisha Jackson: I'm ready to help other people launch, too, and I'm just so excited about what — just the meaning of a new decade is kind of exciting. But I believe, Rusty, one of the things that is so key for us to think about this time of year is what can we do to better our lives? And the only way that we really can impact other people, especially people that we love, that are around us, the only way we can do that is if we continue to better ourselves.

We're always on a computer. We're on our cell phone. We're completely unplugged socially so to speak. Having these people around you that love you and support you and help you along your way is so vital to our own emotional well-being and our own spiritual growth

— Dr. Nisha Jackson

Dr. Nisha Jackson: And so, one of those things that I believe that we should all be thinking about, men and women, young and old, is developing a group of support systems, or I like to call it a *tribe*. I have lots of different tribes around me. I have one core tribe that's really special to me — includes some family members. But then, I have lots of different tribes like my work tribe and my exercise tribe. It's so cool because what this does for people is it gives them something that our environment doesn't give us in any other way. We're always on a computer. We're on our cell phone. We're completely unplugged socially so to speak. Having these people around you that love you and support you and help you along your way is so vital to our own emotional well-being and our own spiritual growth. And so, I wanted to talk about that today. What does a tribe do for you as you move along in your life?

Rusty Humphries: What does a tribe do for you as you move along in your life?

Dr. Nisha Jackson: Well, the main thing is who couldn't use some support, right? We all need support. Life is difficult. There are a lot of things about our lives that are challenging at times, emotionally and mentally and financially, and support is a huge part of it. That's why I think having different types of friends is really important. The different types of friends that I think are important to have are, you always should have a friend that no matter what goes down, and this is usually maybe more of a lifelong friend, no matter what goes down, no matter what is happening, you can pick up the phone or you can go over to their house or you can meet them for coffee or whatever, and you can tell them anything that you are going through, and they will not judge you. They may help you kind of get straightened out a bit, but they won't judge you and you can tell them anything. These are usually longer friends – friends you've had for a long time, although it might not be. It might just be somebody that you met that's more like a soulmate. That's just a friend soulmate.

Rusty Humphries: Like your friend who we're going to probably have on the shown in the next couple of weeks, Jennifer. She's your new best BFF, right?

Dr. Nisha Jackson: Yes. Jennifer is awesome. She's one of those people that I just met this last year, but I feel I've known her forever. And so, these are the kind of people that you need. You need someone that you can call no matter what. And if you don't have a friend like that, or maybe you've had one in the past which you've lost contact with them, I would really encourage you to reconnect with some of these people because we need people that we can tell anything to.

Rusty Humphries: It's hard for some people, though. Every time you meet somebody, they're your new BFF. It's hard for some people. Any suggestions?

Dr. Nisha Jackson: It's hard because we don't practice it. It's hard to *not* eat sugar because we don't practice it. It's hard to not drink too much alcohol because we don't practice it. It's hard to exercise because we don't practice it. So, you just have to practice it because you can learn anything, really. It is more challenging for some people to make friends than others, but you get so much out of it personally that I just really encourage people to reach out, to try to find that good, solid support person.

You need someone that can kind of just knock you upside the head and say, "That's wrong. You shouldn't be responding in that way."

— Dr. Nisha Jackson

Dr. Nisha Jackson: And then, we also need somebody in our life, Rusty, that when we're a little off track we say, "Well, I'm just so mad at my sister-in-law. She said this to me, and it was just so disrespectful." And you're just like going crazy. You need someone that says, "Okay, come on now. I mean that's super selfish. She didn't mean that. She's going through her own stuff." You need someone that can kind of just knock you upside the head and say, "That's wrong. You shouldn't be responding in that way." I have a friend like that; her name is Jane, and she calls it as she sees it. And I appreciate that because sometimes I'm just absolutely wrong.

Dr. Nisha Jackson: And then, for sure, you need to have a friend or somebody close to you — and I'm curious, Rusty, if you have somebody that's like that — that you can call up if you just need to go have fun like you need to *laugh*. Someone that says, no matter what time of day or night, you call them, they're like, "I'm in. I'm going." Sorry, my computer's on here.

Rusty Humphries: Your phone's going crazy.

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Dr. Nisha Jackson: They're in. They want to go with you, and so you need to have a friend that's just a lot of fun that will help keep things light.

Rusty Humphries: Can I ask you a question that's kind of off topic just a tiny bit, but I think it means a lot. Today is your birthday.

Dr. Nisha Jackson: Today's my birthday.

Rusty Humphries: We're talking about the end of the year and a new decade. What kinds of things go through your head today? You are a reflective person. Is this a reflective day?

Dr. Nisha Jackson: Yes. I think back on this year — this last year was a really, really hard year for me; emotionally, I went through a lot. Most people know I went through a divorce a couple of years ago — a year and nine months ago — and it was really a difficult transition for me. I was married for a very long time, and I have an amazing family, and it's been very difficult for all of us. I look back on this last year, and I think about how I believe God puts so many situations in my path that I would've never imagined would have happened. And that's friends that have come and new friends and old friends that I've connected with. I've gotten closer to my parents than I've ever been in my life. I'm 56, and I've never been this close to my parents.

Dr. Nisha Jackson: I've always been close to my parents, but now I'm really close because going through something difficult really sometimes brings people close together, and I've learned a lot about myself. I started a couple of new businesses this year and got some new business partners that I would have never imagined I would have been involved with. And, I just am so thankful for the difficult times this last year because many times I was very lonely and sad and guilty and feeling awful about where I was in my life, and yet I just realized that nobody can change that but myself.

Dr. Nisha Jackson: I can't get any peace and any happiness from anything outside of myself. It all has to come from inside myself. And I think most of my life, Rusty, I've really focused so much on my work, and so much on helping people, and so much on my business and my kids and my family that I often didn't look inward for happiness. I didn't look at trying to fix some of the things internally, and I just kept running from them. And this last year is one of those years for me that just sort of slapped me upside the head and said, "The happiness needs to come from within."

Rusty Humphries: And part of it, isn't it because you're kind of a new empty-nester, too. Your daughters — you put so much into your daughters, you love them so much, but now they live in a different state. Is that kind of part of this?

It has to come from inside you, meaning that you have to figure out. What is it that I love? What is it that I want to do? What is it that I'm aspiring to? What is it that I was put on this earth to do? And then, set out a plan to do it.

— Dr. Nisha Jackson

Dr. Nisha Jackson: Yeah, they've been gone for a while now, and they've graduated from college — both nurses in Dallas, and they've been on their own for a while, but it's just a totally different phase in my life that I would never have thought I would be in. And it was just a really huge adjustment for me. I'm just so thankful that I have my friends and my family and that I did a lot of internal work this year because if you're feeling empty, if you're feeling sad, guilty, angry, resentful, whatever the feeling is, whatever you're struggling with, the only person that can change it is you.

Dr. Nisha Jackson: It has to come from inside you, meaning that you have to figure out. What is it that I love? What is it that I want to do? What is it that I'm aspiring to? What is it that I was put on this earth to do? And then, set out a plan to do it. If that means that you need more spiritual help to do it, get it. If it means you need to get in better shape to do that, to feel better about yourself or live a healthier lifestyle, do it. The great thing about everything about ourselves, Rusty, is we have the ability to change it. If we don't like who we are, and we don't like how we feel, we have the ability to change it, and nobody else does.

Rusty Humphries: Is that something, though, you would have said to me three years ago if you were talking to me? Is it different now that you had to actually live through it?

You know what show has gone through the roof that people really want to hear about? Hashimoto's. I'm serious. You would not believe how many people watch that show, and we didn't put that up that long ago. So, there's some real pain out there.

— Rusty Humphries

Dr. Nisha Jackson: Yes. I had to live through so many things this last year. Physically, an accident that was very painful, physically painful. A lot of emotional stuff — sort of a rebirthing in a way. I would say that the majority of my emphasis in the past has been more external for me. It's almost like I'm so developed externally, but I wasn't as developed internally. And so, this last year for me was that. It was really working on the inside and saying, "What makes Nisha happy?" I figured a lot of that stuff out this year and I'm just really grateful for that. I'm really grateful that I was able to start the process of figuring that out.

Rusty Humphries: I'm very proud of you, and I'm glad that I've been a part of this year with you, too. Thank you very much for that. So, thank you. God bless you. All right. So, if you are trying to make changes in your life, and whether it's emotionally or physically or whatever, go to nishajackson.com, would you please? Find out what Nisha might be able to do to help you. She's been there. All these things that you're going through, she's been there. I was looking at some of the podcast numbers. You know what show has gone through the roof that people really want to hear about? Hashimoto's. I'm serious. You would not believe how many people watch that show, and we didn't put that up that long ago. So, there's some real pain out there.

Dr. Nisha Jackson: Yes. There are lots of people that are very confused about what to do with their health because they're not getting concise answers. They're not getting real answers, or they're getting conflicting information, and they still ultimately don't feel well. What I love about this show is we talk about the spiritual component, the emotional component, the physical component as far as your health goes, what you should be doing with your diet, your hormone system. I mean, all of those things need to come together because this show really was about developing a support system around you that will help you in this new decade, will help you in 2020.

Dr. Nisha Jackson: It will help you achieve your goals in a way that you can't even imagine because you can't do it on your own. You need support. Even if the goal is just in January, the month of January, find one person that you can trust, one person that will help you get along your path in a more enjoyable way, in a more supportive way. I would encourage you to find one person that you could add to your support system and maybe, *maybe* find one person you could eliminate. Find one person to eliminate and one good person to add because this is all about balancing your energizers and your drainers. So, get rid of a drainer and add in an energizer.

Rusty Humphries: Now, you're part of our podcast tribe. They're our podcast tribe, right there.

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Dr. Nisha Jackson: That's right. Yay! Thanks for listening.

Rusty Humphries: I know I kind of changed the subject. Did we miss anything on the time? I don't think so. Is there anything else you wanted to get in before we wrap it up?

I just wanted to challenge people to not stay internal, as far as don't just be on your phone and your computer and doing your job. Think about getting out and connecting with people.

— Dr. Nisha Jackson

Dr. Nisha Jackson: I just wanted to challenge people to not stay internal, as far as don't just be on your phone and your computer and doing your job. Think about getting out and connecting with people. You release an awesome hormone called oxytocin, which gives your life back to you. It gives you energy. It gives you internal love. There are so many benefits to the hormone oxytocin. And, we get that with social connectivity. We get that. And you get it from hugging. You get oxytocin from hugging. There are so many things that you can do that support you.

Rusty Humphries: And try to get the oxytocin, not the OxyContin. Big difference.

Dr. Nisha Jackson: Oxytocin. It's a hormone. It's the love hormone. So, it really is a wonderful thing to be able to support your life.

Rusty Humphries: Well, we love you, and we sure appreciate you for being a part of *The Nisha Jackson Show*. Go to nishajackson.com, or check out onepeakmedical.com, and just check things out. We're really wanting to make sure that 2020 is a great year for you. And also *Brilliant Burnout*. (*Brilliant Burnout: How Successful, Driven Women Can Stay in the Game by Rewiring Their Bodies, Brains, and Hormones*)

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Dr. Nisha Jackson: The last chapter talks about what we just talked about here on the show.

The last chapter — “The Vibe Tribe.”

Rusty Humphries: “The Vibe Tribe.” I like that. That could be your new hip group, like Marky Mark and the Funky Bunch. It can be Nisha Jackson —

Dr. Nisha Jackson: Stand-up comedy or something, yeah.

Rusty Humphries: Like a rap group — Nisha Jackson and the Vibe Tribe. That's pretty good.

Yo, it's about that time. It's about that time to end the show. We'll check you next time. I'm

Rusty Humphries. She's Nisha Jackson, and thanks for checking out *The Nisha Jackson Show*.



Nisha Jackson, PhD MS NP HHP

NISHA JACKSON, PhD, is a nationally known hormone expert and functional medicine specialist. Nisha founded and is the director of Peak Medical Clinics, which specialize in functional medicine, hormone balance, age management, and disease prevention. For 28 years, Nisha has subspecialized in hormone balancing for men and women. With in-depth testing and balancing of the adrenals, thyroid, brain chemistry, gut, and sex hormones, she has successfully helped thousands of men and women reverse chronic problems such as fatigue, brain fog, weight gain, and depression and regain focus, stamina, drive, and optimal mood and energy. Nisha is a renowned lecturer, motivational speaker, radio host, columnist, and author. She is the founder of Peak Medical Clinics in Oregon, Texas and California, and the founder/owner of Balance Docs Inc., a nutritional supplement company, and Peak Laboratories, a full-service laboratory for in-depth specialized testing and research.