

GrowYourSideHustle-TarrynMorrissey-Jan24-2023

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SPEAKERS

Jennifer Roland Cadiente, Tarryn Morrissey



Tarryn Morrissey 00:00

If you're relying on willpower, eventually that's going to fail and you're gonna cry, you know, I can only sit with a piece of chocolate cake in front of me for so long before I eat that thing. So, you know, if you plan and you kind of create systems and I guess lock in commitments in a really like in a way that feels good for you, it can help overcome that that willpower, you don't need it anymore.



Jennifer Roland Cadiente

Hello, and welcome to the Grow your side hustle Podcast, the podcast for entrepreneurs who want to grow a side hustle into a second stream of income, or their full time gig. I'm your host, Jennifer Roland Cadiente. Today we're joined by Taryn Morrissey, who's a chiropractor in milpark Victoria, Australia. And she's also running a side hustle, helping coach other chiropractors to move their businesses online. And Taryn is here to talk to us a little bit about how we can stay healthy. While we are focused on our day jobs and our side hustles. Thanks for joining us today. Taryn? Why don't you start by telling us a little bit about how you got into nutrition and health and all the healthy habits that you like to help people have?



Tarryn Morrissey 01:13

Yeah, well, I think it started, I guess, as a teenager, I used to see my mum going to the chiropractor for her health and for her back. And it sort of just became part of the lifestyle of you know, we'd go to the chiropractor. And when you were there, they'd start to talk about things like supplements or exercise or stress. And it was interesting that it just it sort of it permeates your consciousness. And that just became a really natural path for me to follow and go down. So when I chose to do it at uni, it was my first preference to become a contractor. And I literally only put three other preferences, I didn't really have a backup plan. In my mind, that was all I was gonna be there was no, there will be. And yes, I was I was very lucky to get in obviously, in Australia, it was back then it was heavily interview based. So you had to sort of perform really well in the interview to get in. And, and once I was in, it just made sense to start

doing things like I did a personal training course because I wanted to learn more about movement. And then I picked up some nutrition courses because I wanted to understand a little bit more about how nutrients affect healing and performance. And it just became I guess, an obsession about the about how the what how you can get the most out of people's bodies. And I just think over time, you just pick up things and you realize that you've actually got an encyclopedia of knowledge after 17 years of being in the health and fitness and wellness industry. So it's been such a such a great journey. And I guess I've been you able to see it firsthand the impact that good habits and great food can have on the body. And then just makes you even more of a convert.



Jennifer Roland Cadiente

Right. And those healthy habits are the first things that we will ditch when we're busy, like say when we're working on a side business outside of a day job.



Tarryn Morrissey 03:12

That's so true. And I think that's one of the biggest things. And you know, when people people are really driven, and you want to build a side hustle, you want to create something that you own, and that you've got power over and you can kind of put your passions and everything you've ever wanted to do into this business. But sometimes that detracts from the other things in your life, such as your family and your social life and, and exercise and food. But sometimes we we neglect those at I guess our own disadvantage for our business. Because if you can actually keep some of those habits going there, they will help you through the stressful times. They sort of keep you a little bit more focused and more productive. So it is a bit of a double edged sword, you know, you want to sacrifice your time for your business. When in sacrificing yourself. You're detracting from, I guess bringing your best self.



Jennifer Roland Cadiente

Right, and then, you know, it feels like oh, I don't want to spend an hour working out or I don't want to spend an hour shopping for decent food when I could just stop and get takeout on the way home. But all those choices add up and spending that hour could gain you back five hours because you have the energy to do things.



Tarryn Morrissey 04:26

Yeah, and I think that's probably true for I guess your listeners who are mamas who've got family that, you know, trying to just cram 40 hours of day into a 24 hours it certainly you know, you're making the choice of do I exercise for an hour? Or do I go and pick the kids up from school? I mean, your natural instinct as a parent is probably to go and pick your children up from school. Rather than do you know then take the time for yourself and, and I think that's one of the I guess you have to make a choice of where you're going to prioritize yourself and how much time you're gonna allocate to that. And it may just be that looking at how do you set up your day that do I focus on myself or just the very first part of the day, knowing that all of life's things are going to come my way after that, you know, someone's going to be sick, or I

have to stay back late at work, or I've got a meeting that runs over time, or I've got a doctor's appointment, it's kind of, you know, the whole day, if you don't control it, from the get go, it's going to really take you on the journey. And I guess if I ever give advice to anyone, it's if you are trying to build something, you know, it's gonna take extra time. So like a side hustle where you know, you're putting in a lot of extra hours, the probably the best thing that you could do is do something small for yourself in the morning. And that's, you know, maybe that's just five minutes where you are just stretching, just get out of bed and just take your body through some structures, or might be just hop out of bed, still in your PJs, take the dogs for a quick loop around the block. Knowing that you've established basically training your brain that you have the self worth, that you're you know, you're important. Your thoughts, your business and your dreams matter. Because you've put yourself first before anyone else before the kids are asking for breakfast, you've done something for yourself. That's that is healthy, and is putting you in a great state for the day. I do think that that one little secret of just starting the day with something small, is probably the best way to counteract what generally comes after everyone else in the family is awake. And the day's started.



Jennifer Roland Cadiente

Right? It can be really challenging, though, to make that decision in the morning. So how do you set yourself up so that it's not a decision? It's just a habit? It's just what you do?



Tarryn Morrissey 06:49

I love that question. And that that yeah, the right, it has to be something of who you are and what you do. And I guess the way that you you set it up is a bit like if you had a business meeting, while it's locked into the diary, and what do you normally do before you've got a business meeting, you'd prepare yourself so you make sure you've got your computer set up, and you've got your glass of water nearby so that you don't need to leave it the same thing like if the night before you popped a pair of your runners right next to your bedside table, you popped your you know, fresh undies and socks and you know a shirt and some pants soon as the alarm goes off, you know, mentally I've set something up the night before for myself, even if you just put the shoes on, and you just go out to your letterbox and come back in. And that's all you did. That would create that foundation for that habit. And as long as you sort of pop the shoes out the night before in the morning, your brains already geared to take that action. And I think it I guess, and I love this book, by James clear called atomic habits. He talks about, yeah, it's such a good book. And I found it really very helpful to my patients who struggle to build habits and find that they're like, why am I struggling with willpower? You know, why can I get the motivation and one of the things he says is, you don't rise to the level of your goals, you fall to the level of your systems. And that for me, obviously, being a chiropractor was not the only thing I've done, I've usually had a couple of jobs or businesses on the go. I don't currently got a side business. And I find this is so true in my life. If I don't set the systems up, I'm absolutely going to just default. And default for me is like, yeah, work really hard, and then lay on the couch because I'm exhausted. And I'm probably not alone in that I'm sure.



Jennifer Roland Cadiente

No, like, it's like you're here in my house right now.

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Tarryn Morrissey 08:48

Yeah. So I find I have to hack my environment in order to get the best out of myself. Because some days, because I have a couple of businesses, I might be working at 12 or 13 hour day. So if I don't start and I don't get the get my environment set up, I'm just going to work and I'm not going to do anything meaningful for myself or for my family around that time. And so I guess, you know, if you're relying on willpower, eventually that's going to it's going to fail and you're gonna cry, you know, I can only sit with a piece of chocolate cake in front of me for so long before I eat that thing. So, you know, if you plan and you kind of create systems and I guess lock in commitments in a really like in a way that feels good for you. It can it can help overcome that that willpower you don't need it anymore. So you know, I guess the best example is, you know, an eight o'clock eight o'clock rolls around, you've had dinner and you got that little feeling and you told me you know, you're like you want a little something something. If you've got cookies, and you've got ice cream in your cupboard and your fridge, guess where you're gonna go? Right? You're gonna go in habit but if it's not They're, you'll, you'll get that feeling. And you in your mind think I'd love a cookie? Why don't have any. So I'm just gonna go to bed. And guess what? I've done that a few times, and I've never died. Yeah, nothing bad's ever happened for me just going to bed without having a cookie. But if I haven't, you know, if I haven't thought about it, and it's there, and the willpower is going to break at some point. Yeah, so I guess I find, it's really helpful for me, just personally, I got a meal delivery service, because because I work till sometimes 8pm, a couple of nights a week, you know, on a side hustle, just like probably all of your audience. You know, and I don't have children, unfortunately. But I imagine some of your audience have got children, so they probably never had any free time. I find that meal delivery services. So like, I've been using HelloFresh for years. And it's just great. Because, firstly, I don't have to think about what meals I'm doing. I don't have to sort of go, Oh, what are we going to have tonight, pick a color. That's what we're grabbing. That's what we're cooking. And the other thing too is I can then start to leverage other people in the family to help do that job as well. So instead of you becoming the person who plans, buys, and cooks and then cleans, you can offload some of that too, you know, we'll see, you know, my husband is going to cook on Mondays and Wednesdays when I'm working late. And all he has to do is pull out a recipe card and follow a recipe. Yeah, and it allows you then I've bought back that hour or that hour and a half of cooking time for myself. And I think as women, I'm gonna say this, and I don't mean to, obviously, I understand a lot of people don't identify as being female. But I'm just going to use the word women just as a bit of a generalization. So generally, that kind of that primary caregiver, which is often the female in the family tends to pick up all the cleaning all the drop offs, whenever the kids are sick, you're going and getting them and you're cooking, and you're cleaning. It's just too much. How are you supposed to build a side hustle if you're doing all of these things, right? And then, you know, on top of that, you've got someone like me, guilt, you being like, you should walk and exercise. It's just too much. So I think probably the best way to approach it is well, how can I offload? How can I leverage my time better? And offload some of these, you know, these things that other people can I get? Can I get someone to come and just pick up my laundry and do my laundry and send it back? That's actually a pretty cheap thing to do. And that would save you having to like wash and dry and iron and fold? Or could I get my children to be carpooled with someone else's kids a couple of days a week. So I'm not having to do drop offs and pickups. Same with like cleaning, can I get my partner to do you know, set an agreement or have my kids can my kids vacuum, you know, their five, you can hold a vacuum, let's get them to stop vacuuming. And just understanding that you don't have to be the be all and the end all. And I think once you start giving yourself permission to actually delegate and set boundaries of No,

I'm not doing that job, someone else in the family is going to do that we're all part of a team. And these guys are going to contribute. And that sometimes can mean some difficult conversations. Once you get better at doing that you can really leverage your time. So you've actually got mental freedom to think about things like oh, yeah, I want to go into a Pilates class or, yeah, I really want to do a SoulCycle class with my friend on a Wednesday night, you've given yourself the space to think how can I get someone else to help me so I can I've actually got time to do this, because it's important to me. Because I doubt people don't have a don't want to focus on their health, but it's usually that it becomes a less of a priority, doesn't it?



Jennifer Roland Cadiente

Right. And I think you said something so important that you're getting that time back for yourself. Because I feel like a lot of us were like, Oh, I've got an extra hour that I can do more work. And in the short term, certainly that, you know, that might be what you need to do. But in the long term, that's just gonna burn yourself out. And you'll find that everything that you do take so much longer, because your brain is tired. And so taking that hour for yourself and not just for your business can be so much more rewarding.



Tarryn Morrissey 14:28

I love that. Jennifer, do you think that if people I guess what do you think? Have you noticed in the work that you do that people that do take more time a bit more productive when they're doing their work? Yeah,



Jennifer Roland Cadiente

yeah. And, but I know I fall into it too. Like I'm like, Oh, I took I could just get this other thing done. But no, sometimes you need to take a night off and go see a concert or something like that. And then you come back the next day, and your brain is fresh.




Tarryn Morrissey 15:00

It's like that whitespace. And then it allows all the creativity to come out. And the inspiration and I suppose if you're always focused on, how can I do more for other people or cram more work in, it's more more, you're not allowing your brain and your body to reset, and come back to the table with something fresh, you know, and I suppose that's how we all end up at our computers with like brain freeze, trying to figure out, how am I going to write this BLOG HOST? Or how am I going to, you know, how do I make this next post meaningful, but if you haven't been out and explore the world and done anything for yourself, probably really going to come up with nothing.



Jennifer Roland Cadiente

Absolutely. And I mean, the blank page is hard enough. If you're not giving yourself the tools, you need to be able to fill it.


 Tarryn Morrissey 15:47

Yeah. And I think like, movement definitely is a big part of that. But you can really only I think a lot of people feel pressured. You know, I'm going to exercise I'm going to start running when you hate running. Yeah. So I think you're right, you've got to create time for yourself. But then you also have to choose things that light you up and that feel good. I mean, personally, for me, I love CrossFit. And I love Olympic weightlifting. That's definitely not for everyone. You know, and I'm not a small, athletic body. I'm quite a curvy body type. But I feel like, it feels good for me to do that. And I do it at the level that I can do it. And I guess if anyone wanted to start something, what have you tried before that you've enjoyed? What are the things that you actually wouldn't mind doing? Or that you could do in a social environment? So it doesn't feel like exercise? If you're allergic to getting sweaty? Right? What could you do that doesn't feel like it? So maybe you've got a girlfriend you haven't seen for a while. And normally you'd go and get coffee? And you'd sit at the cafe? Well, could you grab takeaway coffee, and actually walk around a local park, so you're still having a coffee and just social interaction, but you're getting that movement into your day? In a really like? It's a very heart centered way of moving? And very kind of restorative? And, and I think the same for your family, like, could you go as a family, walk to the park and then spend time at the park rather than, you know, maybe driving down to, you know, pockets a bit further away? Or could you create a moment, so you're getting that connection, as well as getting the exercise in? It's much more, I guess, you're more likely to stick to it. If it's something that you can build into a routine. And it feels really good when you do it. Like I know when I go for a walk with my husband, it feels so good. Like I like we could walk for an hour because I actually, you know, he's hemmed in, and he can't avoid my question. He has to talk to me.



Jennifer Roland Cadiente

I know it's, it's almost as good as being in the car for getting your kids to talk to you.


 Tarryn Morrissey 18:02

That's so true.



Jennifer Roland Cadiente

Yeah. So one of the things that I think also that stops people, like when you started weightlifting, I don't know how much you can lift now. But let's just say 100 pound deadlift, you didn't just go to the gym and do that. You worked up to it. And I think that's where the James clears. Tactics are so powerful that you just you do you start saying I'm going to do one pushup. Because we can all agree to do that. And sure, maybe your goal is you want to do 15 Push ups, three sets of 15. And, you know, be super strong, but just start with one. Do any push up, do a wall push up, just get started.

 Tarryn Morrissey 18:47

Yeah, Jennifer, that is you've hit the nail on the head there. And I actually had spinal surgery last year. So I had a massive disk extrusion. So it wasn't actually like



Jennifer Roland Cadiente
doing a lot of deadlifts. Well, I



Tarryn Morrissey 19:01
actually am doing



Jennifer Roland Cadiente
dairy back.



But you know, I guess I was at the point I couldn't walk last year, so I couldn't even stand up. So it was quite, it was very, it was a really challenging year for me last year and having the surgery, I had to go all the way back to basics. I wasn't allowed to do an ab crunch. I wasn't allowed to pick up anything heavier than like a carton of milk for sort of six or eight weeks. And so I was forced to go all the way back to basics to just okay, you're allowed to do a five minute walk, you can do a 10 minute walk. And I guess it really put me back because I've not been able to do anything for ages. I'd lost all of my normal systems and my routine. And so I feel like I felt like I was right back where a lot of people are and probably it made me very empathetic. Have a lot of empathy for my patients that I know what it actually feels like to have lost all of your rhythm and have to kind of come back into it and And what you said, Jennifer, just start with one, like one minute or one push up. Like that's, that's all I could do for some things. And it was like, go right back to basics. So what's the most basic thing? Okay, can I do just a bodyweight squat, don't put 100 kilos on your back, let's just do a weight squat, and let's move really well. And focus on having good technique and doing it in a really wholesome way. I wasn't trying to get sweaty, and, you know, I wasn't trying to get a six pack, I was literally just trying to move my body and, you know, allow the nerve damage that I had to heal, and some of those muscles that had got really weak, because of the nerve damage to actually start to come back. And you're right, like that is probably if you can just start just something tiny, get that little run on the board get that wrapped around. Even if it was kind of messy. You know, maybe you started walking the dog and you realize you didn't have any toilet bags for the back and the phone rang. You still went? Right? You know, you still do that.



Jennifer Roland Cadiente
The hardest part?



Tarryn Morrissey 21:02



Tarryn Morrissey 21:05

Yeah, 100%. And the starting I think is probably the the most tricky thing. But if you could kind of have some ways, like some ways that you you trapped into a bit of commitment. So I'm actually going to walk with my husband tonight after work, or I'm meeting a friend, you know, be at my kids ballet while the kids are doing ballet. And we're going to do a couple of loops around the block while the kids are doing ballet. Whatever it is, if you can create some systems or tie yourself in, it will help you get a bit of momentum. So on those days, where you really just you wake up and you think I could just stay in bed all day, you've got something to fall back on. Yeah, but in a way that you like, okay, we're just going to do one loop, or I'm just gonna do five minutes, or I'm just gonna wait is that yeah, if you can just get yourself to do something. Over time, you will change your identity of who you are. Because you'll be like, I do something active every day. Even if it's not going to the gym, it's like I'm active every day. So then in your mind, you're like, I'm an active person. You know, I live an active and healthy lifestyle. And it's, it's amazing what the kind of compound is when you start doing one good thing. So sort of a concept called like Keystone Habits. And I know I'm probably digressing a little bit, but each sometimes have some habits that it's like a really positive habit. And if you do it, it kind of leads to a flow on of other good things. So for me, if I exercise in the morning, I tend not to come home and eat donuts or breakfast. Yeah, fine, then eat a healthier breakfast, and then I might drink more water. And then all of a sudden, I'm happier and more productive. So I'm not picking fights with my husband when he comes home. It's kind of like that, like you create this like little cascade of goodness.



Jennifer Roland Cadiente

Yeah, and I think we've all seen the negative of that, where, you know, say picking up your phone and scrolling first thing before you even get out of bed. That doesn't lead you on a healthy path. As an example.



Tarryn Morrissey 23:17

Yeah. And probably to that add to that, then Jennifer, starting your day with scrolling is probably the worst thing that you can do.



Jennifer Roland Cadiente

And because many of us do it, and



Tarryn Morrissey 23:29

I'm gonna put my hand up and say even I'm guilty of that, like, I'll set my alarm. I know I'm going to the gym at six. I'm still in bed at quarter past five scrolling on my phone when I could have slept for another 15 minutes. Yeah, with that time I wasted scrolling. So even I'm guilty, and it's definitely something that you kind of have to keep working out because that they've get all of those social apps to get us so addicted. Yes. You just almost can't take yourself away from it.



Jennifer Roland Cadiente

I know. So, um, you did mention doughnuts, as you know, not the healthiest, healthiest way to start the day, maybe. So let's talk a little bit about food. I mean, I know that what I eat has a huge bearing on the amount of energy that I have. But you know, sometimes the the less healthy choices are the easiest the fastest. What can we do to set ourselves up to eat the foods that we know are healthy and are going to give us what we need.



Tarryn Morrissey 24:34

I mean part of that is going to come down to planning and and you know how can you hack that? Can you get someone to deliver like a box of fruit to so you've got a fruit box and then when you have it don't shove it down the bottom of the fridge where you will never see it till it goes. Can we create the environment again it comes back to what's the environment like you know if you cut up that fruit, and you shove it it's cut up and it's in the fridge, you're more likely to reach it because it's already prepared for you. Yeah. And so is it sort of like when you get the food and it's delivered? Do we cut up some of it, you know, do we cut up the oranges, or we, you know, take the tops off the strawberries, knowing you're more likely to reach for it and grab it, then if you didn't do that, and I know, we talked, there's a lot of talk about, well, then the nutrients are not as great and it doesn't quite taste the same. It's better not being as nutrient rich, or not quite tasting amazing and getting eaten, then it going off in the fridge, which, you know, we've all been there, right? Where you realize, Oh, absolutely. Strawberries in the house. Um, but I also think to like having things on hand that, you know, you can grab easily that tastes good that you'd like. So, you know, like, like a tub of yogurt, or, you know, chop up a bunch of carrots, knowing that, you know, you might you got my might have some dip or something, they'd be like, Oh, I can have character with do it. It's still yummy. It's still tasty, but you've added that little bit of goodness in there. And I think trying to add, add more goodness, rather than don't eat the donor, but like, you can have the donor, but let's have a couple of glasses of water before we have the donut. Because often what you're feeling when you have cravings for sweets is it's generally you know, it might be stress, it might be a little bit of boredom, it might be fatigue, and particularly into the afternoon, it can be a little bit of mild dehydration. So you know, if you're getting cravings, let's maybe just pause for one second and have a glass of water there. And then wait a couple of minutes and see what that does to your body. And sometimes just by having that little bit of a change of environment, you've had some water, it allows your body to reset. And then you're a bit more mindful about your choices. Because I think a lot often we drift into those habits because we we lose the mindfulness of it, and we get into a routine. But I think I guess getting back to what your your question was, is if you can create a little bit of an environment where there's a tiny bit of prep, or you're out sourced some of that prep, so maybe it's the things are delivered to you, or you get your kids to, you know, I want you guys to chop up the veggies when we get home from school. Like let's write other people. You know, then that way, if they want to have an afternoon snack, they're chopping up veggies, you can eat as much as you like, are you chopping it up? Yeah. Are they going to eat pieces of carrot and bits of capsicum? Maybe? I mean, maybe not. Yeah, they're a bit more likely to. Yeah, if it's sort of continue to sort of promote that. That's what you try and do. But I also think too, even if you have no time and you are going to buy takeout, okay, let's, let's buy the takeout. And let's not feel guilty about eating it. Because part of the issue I think comes from, you know, maybe you had takeout and you put all these feelings about is it a good food or a bad food? And then I've got the guilt that I've had something bad for lunch. And that follows me around a bit like a bad smell. Yeah, all afternoon. And it's kind of like the guilt then

makes you feel guilty. So like, well, I've already eaten bad. Just eat all the junk. I as well have ice cream before I have dinner. It's sort of like if we took away the the morality of food and we're like, okay, I had McDonald's for lunch. Cool. Lunch is finished. What are we going to do for dinner? And rather than just been like, I've had something, maybe it wasn't the most nutritious option. But I've still eaten, I'm still giving my body something. What can I do next? And kind of like, every moment is a new opportunity rather than like labeling what you did before? Right? You know, because there's going to be weeks, right? Where the kids are sick. Maybe you've got COVID or whatever. You You know, you might eat five nights or take out okay, are you horrible person? No, no. Is tomorrow or new day? Yes. Yeah. And you can just had something good tomorrow. I think we've got to let ourselves off the hook a little bit more for being human.



Jennifer Roland Cadiente

Yeah, I know. And it really is strange the way that we do assign, like moral judgments to food, like food is just the thing. If it's not good or bad. It's maybe not the best choice to eat McDonald's every meal for every day. But again, you are fed.



Tarryn Morrissey 29:30

And I wonder too, if you ate McDonald's every meal every day, at some point, you would get a craving to eat a salad. Yeah, you'd get a craving for something healthy. And maybe the moral is, if you tune in a little bit more of like, what do I actually need? Your body's gonna start talking back to you and start telling you, I'm really craving like, I'm craving something sweet and like, Okay, well, do I have to have sugar? Could I have a banana that's gonna kind of hit that craving that sugary This in a different way, you know, I'm gonna get, I'm gonna get some potassium and I'm gonna get some fiber in that as well. So, you know, is it can we kind of like tune into it? And then, you know, give ourselves a little bit of grace and go, Okay, I'm really craving something sweet. Is there something that I can have that slightly better? Or do I need to just lean into that and actually, you know, have a cupcake? Because it's really what I'm craving right now. And if I deny that in a feeling that I want for the food, is that just gonna drive me to eat half a bakery? Yeah. Because I certainly feel like if I was really craving a cupcake, and I didn't eat it, I promise you at some point, this week, I'm going to eat five cupcakes. So yeah, I also wonder too, if you know us denying natural cravings that we have, because the body is really intelligent. It's amazing how sometimes your cravings are really good sign of what's happening underneath, such as if you're really stressed out, and I imagine some of your side hustlers. Do you get pretty stressed out, your body's going to crave sugar and fat? The reason why it craves those things is it needs it to make those stress hormones. So sometimes you're craving a cupcake, but what are you actually craving, you're actually craving the sub the ingredients in the cupcake, because your body needs those to the building blocks for things like well, we're stressed I need all these things, so much stress, you know, and also wanting that high calorie because you're like, I don't it doesn't recognize stress in the way we do. Robot is still got a, you know, 10,000 year old lizard brain, it still thinks that we're getting chased by bears, it doesn't realize that we just got a deadline at 5pm We're trying to meet.



Jennifer Roland Cadiente

I know. And it's so funny when you think about, you know, how, just how deep those things go like when you know you, you do get stressed? It's okay. The lion's not gonna get us because we

don't live with lions right now.

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Tarryn Morrissey 31:59

Yeah, it's interesting, though, I guess. And probably a good segue. Because I know you may, I feel like you're going to ask me about supplements, so might be a good opportunity to talk about a little bit of supplements for people who are maybe listening to you who do have a really good eating and exercise routine, they're probably wanting to know, well, what's in this podcast for me? I think if you're really stressed, and I would say that probably people who are starting a new business have got a higher level of stress than the everyday citizen. Yes, there's a lot that goes into trying to get your business off the ground, and really trying to create something, you got to hustle even, you know, we don't I don't promote a hustle culture. But I think you still have to get going, you still got to put a lot of work in from the outset absolutely stresses, stress is very minimally expensive. So obviously, within food, there's a lot of nutrients and minerals. And they're used for like cellular reactions and things in the body. But stress itself can really deplete some of the big minerals such as like zinc, magnesium, and calcium. And I guess there's a lot of research on the impact of those minerals. Well, some of its emerging, but there is quite a bit of body behind it about how that impacts like cognition, and your brain's ability to function. So if you've got, you know, you're working a job, you probably got a nine to five, you got a family, and you're trying to create this side business and your brains fusing out, you know, yeah, it's probably not not not the best. And I guess, like magnesium, for instance, is really important for cognitive ability, neuroplasticity, so really learning. So if you're starting something new, we're trying to learn lots of things, we haven't got good circulating magnesium in our system, you probably find that like I can't remember or it takes you longer to learn that new thing. So if you're trying to learn how to do sales funnels, it's probably going to take you a lot longer to pick it up then if your was functioning better, and other things like zinc is it's very concentrated in the hippocampus, which is part of our brain where memory and learning happening happen. So low levels of zincs going to impact your memory. So like me walking around with the keys in your hand you move them many of you thought and I think the other one the the other big one is calcium and calcium. They think that it's really linked now some of the most recent research is linked to like memory loss, so age related memory loss, and so they're starting to wonder if it's linked to dementia and Alzheimer's so I guess they're the three you know, using magnesium calcium, if you do want to supplement they might be really good ones to supplement on top of your diet because because obviously they're going to help counteract the the impact that stress can have on your life. So it goes if you're gonna ask me what kind of foods that are in. Maybe we'll start with magnesium. So magnesium think nuts. That's your almonds, cashews, peanuts, pumpkin seeds, and I guess fruit Your Sources are things like spinach, kale, so your your leafy greens, avocado, and of course like fish, so tuna. And you can obviously buy in a supplement if you want, like I personally supplement. But I feel like supplementation is a good thing to have if you've got a good diet already. So to sort of dry is where you struggle, I would say try the whole foods first. So to start with your fruits and veggies, and then add your supplements, because there's sort of no point supplementing it the diets not there. But if you are eating well, your best kind of supplements are going to be like a magnesium, a taurine, or a glycinate or a bio glycinate. So when you look at your I don't know if you have Swiss in the States. But if you look at your multivitamin, or the vitamin you want to take there's different names of the compound, some compounds absorb much better into the body than others. So for magnesium, taurine and glycinate are the best, they tend to upset the gut less. So you get a sore tummy, no one wants to get into a tummy now, which for some people who are a bit sensitive, that can't that can

happen. So if you are someone who's sensitive, even with those types of supplements, I would just say, take it in a smaller dose, maybe take it every second day to allow your body to get a little bit more used to it. And gradually build up that dosage to what the recommendation is on the bottle. I guess if zinc foods or things like pecans, pumpkin seeds, black pepper, and that that again is the same like a glycinate is going to be your best form or a pickle and aid is going to be the best form of zinc supplement as well. And calcium calcium you can find it in a lot of like greens, so collard greens, broccoli is amazing. And turnip greens. And I also like calcium in yogurt, because I feel like the fermentation that happens in yogurt makes the calcium slightly more bioavailable. Whereas in milk and I guess in fortified foods generally that they're popping in the cheaper calcium records, water fiber, calcium, so it's not as bioavailable can be quite acidic. And the body actually uses calcium to balance acidity. So we kind of want to stay away from high acid foods because that leeches calcium out of the bones. So right, yeah, so and I guess citrate is the best form for calcium there. I know. I've totally nerd it out then.



Jennifer Roland Cadiente

Okay, I know. And, you know, sometimes it's hard to remember all of the all of the things. But I always feel like if your big bottle of calcium is \$4, it's probably going to not be the most bioavailable version. Not that I think you should only buy the most expensive ones. But that can be a good gauge.



Tarryn Morrissey 38:05

I think you're right, Jennifer, that you do it a little bit with supplements get what you pay for. Yeah. But you know, is a supplement. That's that's cheaper, because that's what's in your price range. Is that better than nothing? Pretend Potentially, yes. And if you are feeling really depleted, is it better to try it knowing that, okay, it might not be as bioavailable, but it's better than nothing. The worst thing for you to do is to drop \$100 on a supplement, when the \$100 could have bought a whole bunch of really healthy foods that you can highlight a week and got a number of vitamins. And that's why I sort of think supplementation is really, it's kind of the end point. And really, like if you can start with with just adding goodness into your diet, don't worry about you know, if you still want to eat your takeout, and you still love your sweets, and things still ate that. But let's try and add a little bit more goodness in. And what you'll find over time is your habits and your eating habits will shift in a in a more gentle way. I find restriction and diets tend to be just very hard to maintain. And I think at the end of the day, you want to like what you said Jennifer, like we want to create a habit that's gonna that's gonna last the distance. And that kind of means starting with something that's sustainable that you could do



Jennifer Roland Cadiente

forever. Yeah, yeah, it gets so all or nothing. When you when you think about a diet, and that I think is what leads us to that. Oh, well, I already screwed up. We're just going to screw up the rest of the day. Whereas if it's just one choice among many, then you know next choice you can make the different one.



Tarryn Morrissey 39:44

Yeah, Jennifer I think that's right. And I think that that does come from our diet culture. And our it comes from mainstream media have that pressure to be perfect to get it all right and just just, you know, and also I'm gonna say a little bit the hell Within fitness industry, because we've got a bunch of people who have orthorexia. You know, they're obsessed with clean eating, right, coming out and telling everybody you know, the general population, this is how to eat good food, or this is what you should do. So we have all these shoulds, I should do this. And I, you know, rather than what can I do? You know, after you ask the question, What can I add? Or what can I do differently, I think you're more likely to have success over time.



Jennifer Roland Cadiente

And I think you did mention a really good point, that budget has a lot to do with it. And where you live has a lot to do with it. You know, some places, especially here in the US, there are areas where the only food that's affordable is the highly processed food, and the healthier, less processed foods are just they're out of people's price range.



Tarryn Morrissey 40:49

Yeah. And I've seen that even just ourselves. We obviously in Australia, we've had floods basically all Yeah, and our food availability. So for instance, Iceberg lettuce, just like a head of lettuce was \$10. For lettuce.



Jennifer Roland Cadiente

Oh my goodness.



Tarryn Morrissey 41:06

I mean, I'm sorry, I'm not a millionaire. That is out of range. So for a lot of people that meant coming back to basics and what what could what can you add? That's a little bit cheaper, could you grade up a little bit of zucchini? Because it's cheap, and shove it in, you know, in your beef patty in your head and your hamburger that you're having at home? Could you other cheap things? Like could you add carrots? Can we can we great and process up carrots, because they're cheaper and a little bit easier to get your hands on. And sometimes that means just being a little bit creative with the kind of food that you're having, like, Oh, I'm going to try this because it's a little, it's cheaper. It's what's in my budget, I can afford it. Rather than sort of being like, Oh, well, this recipe needs to have kale. Kale might be twice the price of spinach, just by the spinach of spinach. And, yeah, it's more important to pick what you can afford, and do it regularly than to try and you know, get the food that's in the recipe to be perfect. Or, you know, because you feel like you need to you right, and especially now we've seen with all the supply chain issues, sometimes there's just, there's no choices. Okay, can we use tinned tomatoes? Let's use mottos like, just that little bit of like, okay, it's okay to have something that's canned, or frozen, because the fresh is just outside of your price range. Right?



Jennifer Roland Cadiente



Jennifer Roland Cadiente

And, you know, sometimes, depending on how it's stored, the frozen might have more nutrients.



Tarryn Morrissey 42:34

Actually, you're right. It does. It does a lot of cases, particularly the snap frozen, where it's pretty much picked and frozen. Yeah, very bioavailable, very high nutritional value, and in some cases, a lot more nutritional value than the and put us in inverted commas, like fresh stuff that might be sitting in cold storage for some of the apples have been sitting in cold storage for nine months. Yeah, well, they're not fresh. No, they're not as fresh as like the frozen pears. So



Jennifer Roland Cadiente

yeah. So I think that one of the things I wanted to talk about is, how do you know what's working for your body? Like, how do you take the time to listen? And you know, see, when the changes are making positive difference for you?



Tarryn Morrissey 43:21

Yeah, so there's a there's, I guess there's said that there's sort of like 15 markers of progress. So most people obsess about one marker, which by the way is the scales right? And you knew you started laughing. McRaven said it. So most people obsess about the scales, but there are a lot of different measurements, such as like your energy levels. Looking at your skin, like is your skin clearing out so our skin is is the largest organ on our body. And, you know, basically, if you're you're getting a lot of breakouts and you're getting a lot of clogs, you know, a lot of like, inflammation that you're seeing in your skin. What is that saying about what's happening underneath it, you know, so have a look at your skin. Is your skin glowing? You know, is it looking really dry or your lips cracked? Okay, if your lips are cracked, you're probably dehydrated. Yeah. So there's we're our body's kind of giving us a lot of things. So you kind of know if you're on the right track. If okay, maybe over time, your clothes are fitting better. So our physical centimeters, maybe if you go to the gym, you're feeling a lot stronger, you're actually able to lift a little bit more at the gym. So you're getting you're laying down more muscle and your muscles are getting stronger. Maybe you're getting a better night's sleep, that's another indicator of improved health. Like you're actually waking up feeling fresh, and you're falling asleep faster and you're not waking up in the middle of the night and unable to go back to sleep. That's a really good indicator that you're on the right track. If you get a good night's sleep, and then of course you know there is weight and composition and they get I suppose more aesthetic things. But I certainly think for some people, you might find inflammation. So like a joint. So I'm over 30, and my knees, and my body certainly don't move as fluidly as they used to cracking, crunching downstairs. And what you might notice is you might feel like a lot of soreness in your joints. And over time, as you eat a little bit better, you might actually feel I'm not as stiff, I'm able to move a little bit more freely, and I'm not feeling so sort of inflamed in my joints. So that's a that's a common one that when people are feeling like better, and they're eating better that actually feel it in their body. And I guess that's going to help you exercise more, because you're not feeling Yeah, God.



Jennifer Roland Cadiente

I know if your knees hurt, you sure aren't going to want to run or walk along distance



Tarryn Morrissey 45:53

100%. And, yeah, and that's something to realize too, like, whatever you choose to do, it's got to be within what you can do. And I certainly know that, like I did, what I could do with what I had like, and there were times when maybe my back kicks off, and it's a little bit stiff, and I've got to modify and just give yourself some grace, that it's not always going to be what you want it to be. Sometimes you just got to listen to your body and go, Okay, looks like we're just gonna go to the pool or looks like I'm just gonna lay because I'm sore. Yeah. Oh, yeah, you're right, totally. Okay, you kind of got to whatever it is, you just do the best with what you what you've got. And over time, you know, you got to think we think of it sometimes way too short sighted, I still want to be kicking it into my 90s I don't want to be nursing home. You know, with a walking frame, I want to have mobility, and I want to feel good. So that might mean not going so hard and doing a 10k run everyday now. Because in 20 years time, I know my hips are going to be better, and my knees are going to be better because I did Pilates and I did yoga, and I did cycling, and I went swimming, and I walked with a friend like, what have I chosen? So that future me is also going to thank me, because spinal surgery is expensive. Yeah. I wouldn't recommend it



Jennifer Roland Cadiente

if you can, no. No, and I mean, the recovery itself is painful. You know, certainly you're solving pain, but recovering from surgery doesn't feel good. Yeah, and knee



Tarryn Morrissey 47:27

replacements and hip replacements I imagine are even worse. So, you know, you've kind of got to protect what you've got. And that means really tuning in. And if you are sore, you know, let's get it checked out. Let's not just kind of be like, Oh, it's sore, I'll just let it go. Let's get it checked out early, and get a practitioner who's a professional, that then you can continue living your life. And you can resolve whatever issue when it's a small thing, because we often sort of, she'll be right, it'll, you know, I'll just leave it at rest it for a couple of weeks. And and that's usually not the case.



Jennifer Roland Cadiente

Yeah. And that's where, you know, chiropractic care has always helped me. Because just being out of balance that little bit, you know, it makes everything hurt. So you know, when you go in and get an adjustment, like it just gets your body right again.



Tarryn Morrissey 49:50



Tarryn Morrissey 48:19

Yes, well, obviously, I'm very biased. Yes. I think there's a lot of value in having joints that move really well. And having good mobility, I certainly find if your body is moving the way nature intended, you do use your muscles in a better way, you tend to get less pain tend to get less injury. And you know, you're not wasting so much energy, like if you're that, I guess you use the words out of alignment. But if, you know if you're really stiff, everything's an effort. Yeah. And if you've got a side hustle, and you need all the energy, you've got to kind of add all the extra things, because you're doing so much more. If your body is really stiff and sore, and you're not getting the body work, you're not prioritizing yourself, well, it's going to hold you back. And it's going to mean it's going to take longer for you to hit your business goals. And you know, all guys listening to this, they want to hit those goals pretty fast. And sometimes that means, you know, again, putting yourself first reprioritizing so that you can go no, I've got a massage, that means someone else has to do pick up the kids or they can say an after school care or whatever it is. Sometimes you got to make those calls because you're worth it. And you know, I would never want anyone to you know, have to go through surgery or be sidelined because they've neglected their body or, you know, got injured because they kept hustling without health care time.



Jennifer Roland Cadiente

Yep. All right. Well, thanks so much for joining us today. You shared so much information that that I think is really helpful. Where can the listeners find out more about you online?



Tarryn Morrissey 49:55

So I try to spend as little time online as possible, but I do to coaching for practitioners, and they can find me at exponentialwealth.co which eventually will become the digital practitioner. So just helping practitioners who are wanting to grow online so you can find me at the Digital practitioner. [Edit: The current URL is digitalpractitioner.co]



Jennifer Roland Cadiente

All right. All right. Well, thank you again. And we'll talk to you talk to you later.



Thanks so much for having me



Jennifer Roland Cadiente

Here are our takeaways from today's episode, start your day off on the right foot by doing something small, that's just for you. Self-care can go a long way to keeping you going. Even when you're starting to feel burned out. Set yourself up for success by controlling your environment. The example was if you don't want to eat cookies, then don't buy cookies so that they're not in your house to tempt you. Try to work movement into your day by meeting friends

for a walk through the park or something fun like that, instead of you know, a sit down drinks or you know, heavy dinner. And finally, set goals you can achieve to make incremental progress that will work for your business. And for any personal health goals you've got. Would you like to be featured on the Grow your side hustle podcast? If so, leave me a voice message. You can either click the button for the message or you can use the link depending on what podcast player you're using. So if you are just hoping to start a side hustle and you want some coaching, or you're already growing your own side hustle, or you already grown it to be your full time business, I want to hear from you. So leave me a message and tell me about yourself in your business. Thanks so much for joining us today. Don't forget to subscribe so you won't miss any of our future episodes with other side hustlers and some experts to help you deal with some of those small and large issues that come up when you're running a side hustle. I'd also love it if you could share this episode with any of your friends that you think would be interested and leave a review and a rating in your podcast app. See you next week.