



uhealth

Do Hard Things

Show notes:

In this episode...

Part 1:

- Background on Dr. Michelle Barron and how she learned to handle challenges as a child and young adult.
- How to deal with things you can't change.
- Michelle's advice on how to get through COVID-19: Let go of what you can't, look forward to what you can change and keep moving forward. (Or let go of the things out of your control.)
- Know your limits: It's OK to seek professional help. There are things we can't control-we don't need to be "superheroes" and it's OK to be scared.
- Accept that you will make mistakes but it's OK and try to accept it and move on.
- Don't suppress the hard feelings: Let them out by going for a walk or watch a sad movie that allows you to cry and use that as a release.
- How to maintain your strength in vulnerability: There is no perfect human and acknowledging your feelings only makes you stronger.
- Lean on your community and your shared experiences.

Part 2:

- Allow yourself to feel what you're feeling and process it however works best for you.
- Try to keep your stressors in perspective so you can get beyond the negative feelings.
- Practicing gratitude and positive self-talk can help.
- Focusing on yourself is important: Helping yourself is essential to be able to help others.
- Find ways of releasing your stress: Meditation can help.
- Goal setting helps with resilience since it gives you something to focus on. It's important to be flexible with your goals.

Dr. Barron's top 5 tips for staying resilient through tough times:

1. Have self-compassion and allow yourself to feel sad.
2. Exercise and practice self-care.
3. Don't be afraid to ask for help and lean on friends; be open to getting professional help if necessary.
4. Arm yourself with the facts so you can be prepared.
5. Focus on what you can control.

Links:

- Meet the Top Infectious Disease Expert in Colorado: uhealth.org/today/meet-the-top-infectious-disease-expert-in-colorado/
- 5 Questions with Dr. Barron: connections.cu.edu/spotlights/five-questions-michelle-barron
- Identify 3 Good Things Daily to Boost Happiness: uhealth.org/today/identify-three-good-things-daily-to-boost-happiness/
- 132 Rounds of Chemo and Still Fighting Pancreatic Cancer: uhealth.org/today/fighting-pancreatic-cancer/
- UCH Team Gets to the Heart of Stress Reduction: uhealth.org/today/uch-team-gets-to-the-heart-of-stress-reduction/