**29. Learn to Look After Yourself with Mindfulness Teacher Roya Hekmatpanah**

**Roya Hekmatpanah:** [00:00:00] My audience are not an easy sell, but what that's meant for me is I've had to really work so hard to understand actually apart from the impact I've seen this have on my own life, in those I've taught, how can I convey this? And how can I really say with integrity that this does result in this.

**Intro** [00:00:21]

**Alexandria Lawrence:** [00:00:21] Hello and welcome to ALSO in PINK. The podcast all about lifestyle design. How we live, the clothes we choose and how we organise our space. I'm your host, Alexandria Lawrence, a certified KonMari consultant and personal stylist. I'm here to guide you on your journey to live a happy, fulfilled life.

Every Tuesday, you'll get new insight on what it means to live well, plus actionable tips.

Redefine what's possible and create your ideal life.

**Interview Begins** [00:00:53]

Our guest today is mindfulness teacher Roya Hekmatpanah. Roya is the mindfulness and yoga teacher behind All Humanity. She is passionate about helping driven professionals to achieve success without sacrificing their wellbeing. So, is mindfulness just a buzzword or is it something with the power to transform our workplace and our lives? This episode has a lot of laughs and Roya will lead you on a lovely mindfulness grounding practice

Roya, welcome. It's so lovely to see you and thank you so much for being on the show.

**Roya Hekmatpanah:** [00:01:40] Well, thank you for having me. It's lovely to see you. I'm very excited.

**Alexandria Lawrence:** [00:01:44] Okay. So am I, and it's been quite a while, almost exactly a year, hasn't it? And we met in rather surprising circumstances just before the pandemic hit the UK. So we both took a beauty makeup course at the London College of Style. And I think I can safely say this was an unexpected move for both of us.

**Roya Hekmatpanah:** [00:02:05] I couldn't have said it better we were the anomalies in that setting by a long shot.

 **Alexandria Lawrence:** [00:02:11] And I had recently trained as a personal stylist and seasonal color consultant, and I took this beauty makeup course to add an extra element to sessions with clients. So I could do someone's colors, help them figure out what colors best compliment their skin tone and help them discover a whole new world of color when it comes to clothing and then offer makeup tips too. So the whole package, and as you say, you and I had very little experience with

**Roya Hekmatpanah:** [00:02:40] Yeah.

**Alexandria Lawrence:** [00:02:41] I think we kind of bonded over

**Roya Hekmatpanah:** [00:02:43] I think we did when I was first given a model and makeup brush and I just said, well, what do I do? And no, it was all new to me, but I'm so glad I did it. I had a great week. As it turns out, it was our last week of fun before the pandemic really kicked in.

**Alexandria Lawrence:** [00:02:58] Oh, I know. And I think I told you this before, but the funny thing is I was so keen to get started with this new venture and so completely oblivious to the pandemic, just around the corner, that I went out and got all my makeup supplies because I really didn't have anything. And then of course the pandemic the UK Okay. I don't know if I told you, but, um, Ben, my husband is, is very kind and sweet and a good sport. And early on in the pandemic, he even let me curl his eyelashes.

**Roya Hekmatpanah:** [00:03:30] Oh, I mean, that is the love we all need in our lives.

**Alexandria Lawrence:** [00:03:35] I couldn't have put it better myself.

**Mindfulness** [00:03:39]

So, mindfulness has been a buzz word for the past few years and we're living in a kind of mindfulness revolution. We have mindfulness and meditation apps, and we know we should try to live in the moment, but what

**Roya Hekmatpanah:** [00:03:58]

Yeah.

 **Alexandria Lawrence:** [00:04:00] but what is mindfulness beyond that? How can mindfulness benefit your life?

**Roya Hekmatpanah:** [00:04:06] It becomes a way of life. So it's not an add-on. It doesn't change who you are, but it enables you to just be free from the problems you caused yourself.

So I really think it's a very practical thing and it's a fundamental thing. We have really solid programs that are evidence-based. Meditation as a tool to cultivate mindfulness, which is essentially awareness. And when we know what's happening as it's happening, we actually has an element of choice that comes in. So if we know that we're getting really stressed right now in this moment, it's being able to say, you know, I'm, I'm actually really riled right now or I'm really sad right now. I'm really hungry. And when you cultivate that awareness and you're able to see what's going on as it's going on, I do have the option to say, can we step away? Let's pick this up in 10 minutes, or let's pick this up tomorrow. And so it's just enables us to act in a way that actually serves us better, without, you know, going away and then seething.

 **Alexandria Lawrence:** [00:05:16] Yeah. And I think that's the key thing being open to it. Because the more intangible something is, the more we might be inclined to dismiss it, or think it's a fad. Or what do you say to people who see mindfulness as a bit woo-woo?

**Roya Hekmatpanah:** [00:05:30] Yeah, I understand it. You know, um, I think what's really helped is these programs are evidence-based and the strongest evidence base you can get, which is a clinical randomized controlled trial. Say the programs are offered in our NHS as frontline interventions for things like recurrent depression. You can treat depression but the problem is that it often happens again when the treatment stops. And so actually in trying to address that problem, they developed these evidence-based mindfulness programs that actually work. My biggest thing is I don't want you to have to suffer recurrent depression because anyone who has had depression, I myself have suffered extremely badly.

 **Alexandria Lawrence:** [00:06:17]

And is depression something that you need to currently take any medication for or through mindfulness are you able to treat it in that way?

**Roya Hekmatpanah:** [00:06:26] So, this is really interesting. The medication debate, I do take medication, and I've actually had medical people say to me, why don't you fix it with the mindfulness? I think depression is one of those things that is just such a vast unknown. There are so many different causes. We have drugs that work. They don't actually know why they work. They have theories, but there are holes in the theories. So it's just such a massive unknown. And for me, there is still this unknown, but it's very clearly related to hormones. So nothing in my life changes, you know, it's not like when I feel this way, it's a result of an incident. It's very clearly like certain days in my cycle. Cause hormone surges, presumably that affects the way I feel and I found a way to get help with that. I embrace that, so I think it's just such a personal thing. If you're experiencing depression as a result of certain patterns of thinking, which is very often the cause of it and definitely contributed to mine and that's why I'm able to manage it so well. Then yes, you can manage it with, you know, exercise, with lifestyle, with mindfulness. But it's just a very individual thing. And I would hate for anyone to feel that they failed if they need to rely on medication. It's there to help, you know, if you had a broken leg, you'd get a cast.

**Alexandria Lawrence:** [00:07:59] Yes, that's such an important thing to say, really. So currently, if you go to the NHS, the national health care system we have in the UK, for something like depression, do they first approach it from a kind of clinical point of view and maybe find medication that works for you, but then will they naturally introduce something like mindfulness? Is that part of the kind of ecosystem yet? Or is that maybe more in the future?

**Roya Hekmatpanah:** [00:08:24] It's very much part of the current ecosystem. So everything we're seeing in the mainstream where you said it's becoming a buzzword, is bleeding out of the clinical ecosystem. I think it was first offered in clinical settings in the seventies. So now if you go to your NHS, it is offered as an option on the front line to attend. It's called mindfulness-based cognitive therapy. They've extended it to things like tinnitus, chronic pain or supposed to conditions that it benefits.

**Alexandria Lawrence:** [00:08:57] It's extraordinary. I had no idea actually. And I think a lot of us, if we're just aware of mindfulness as the buzz word, it's easy to see it as more woo-woo and you don't get that evidence-based kind of clinical aspect. Do you have a criticism of your field, would you say in terms of how a lot of people approach mindfulness?

**Roya Hekmatpanah:** [00:09:18] It's such a tricky one, because it's always the way that when something becomes really popular, it becomes a victim of that popularity and it can appear from the outside the, how hard is it really to lead a meditation? I mean the depth behind what is being done is completely missed. And I totally understand why that's the case, because if you don't know why would you. In order to be credible and offer mindfulness with integrity and safety because we are working with the mind. This is not something to almost dabble in with anyone.

It's sort of the equivalent of like going to your local beauty parlour for, you know, botox or whatever, and they're injecting your face and there are nerves and stuff in your face. You want someone who has had clinical training, you know, this is not something to play around with. So it's a similar thing, but it's unregulated. There's reasons for that. It's very hard to regulate. You know, they are in our registers. To be on that register you need to invest that in personal practice climate, in training requirements to signal that you really are someone who's trained, but there are so many people out there who haven't and just claim they're a mindfulness teacher. So of course, depending on if the audience, has no idea of the different things behind that, how are they going to know? And if they have a bad experience, of course you dismiss it.

 **Alexandria Lawrence:** [00:10:42] Your target audience seems to be that ambitious professional, which is quite a fact driven results driven sort of person. And as you described mindfulness, I think you do present in that way, but do you find it challenging to kind of get them in that world and present mindfulness in a way that resonates with them?

**Roya Hekmatpanah:** [00:11:01] It's been a journey. I've been thrown in at the deep end. I have been challenged as if I was on the whip. Yeah. Oh, Oh. Especially in a clinical mindfulness space. People are really suffering, suffering so much. And when you suffer to that degree, your motivation is so high. In that space. I predominantly teach in I think there is a lot of suffering, but it's not become conscious.

And it's sort of all in these unconscious, maybe not very helpful behaviors like anger, like feeling like you're too busy all the time. It just feeling this constant sense of pressure, but there's not that recognition that maybe there's a need for change. And so my audience are not an easy sell, but what that's meant for me is I've had to really work so hard to understand actually apart from the impact I've seen this have on my own life, in those I've taught, how can I convey this? And how can I really say with integrity that this does result in this, you know, there's cause and effect. And, uh, why is this beneficial to someone whose life is so busy? There's so much pressure on them.

They don't have a lot of spare time. Why are they going to dedicate time to this? And so it has been tough. You know, I've. Hudson build up over the years in each training I've done led me to have sort of this rock solid belief. And when new information emerges, I bring it in.

**Grounding Practice** [00:12:34]

Alexandria has kindly invited me to share with you a brief practice. The practice that we're about to do is a practice in grounding and grounding simply means we know how to stabilize ourselves. So whatever life throws up and it certainly can throw up a lot and has done over the last year for all of us, but whatever it might be, it might be a big life event, or it might be the trials and tribulations that arise day that rather than being completely knocked off course by them.

We have a sense of stability within us. And we can cultivate that through these grounding practices, which are really simple. So this practice is called feet, seat and hands. And simply sitting in the chair that you're in. And if you're standing, maybe do take a seat for this practice. So taking a seat in a chair and then sitting in that chair, having both feet firmly planted on the floor, have the hands resting in the lap or on the thighs somewhere that feels comfortable for you and have the spine and the back self-supporting, if it's possible to do so. So that might mean shuffling away from the back rest a little bit, an inch or so. And ever so slightly tilting the pelvis toward the thighs.

And this means the small of your back, the curvature will ever so slightly increase. And this simply helps sure that the weight is on the sitting bones and there's no strain or compression in the lower back. Imagine that the crown of your head is reaching toward the ceiling and if it feels comfortable to do so, closing the eyes. If any reason that doesn't feel comfortable, simply lower the gaze to a fixed point on the floor, maybe an inch or two ahead of you.

And we'll begin really simply by feeling the sensation in the balls of the feet, in contact with the floor, and then the heels of the feet in contact with the floor. And this might be as simple as a sense of pressure.

Or it might be the sensation of your fit in your shoe or your slipper.

The heat or coolness from the floor beneath.

Maybe there are internal sensations present such as tingling or pulsing.

We're not trying to find anything that's not there. We're not trying to induce sensation, simply becoming aware of what you can feel in the soles of the feet right now.

And if it is possible to feel anything right now, simply registering that no sensation.

Coming up the legs past the knees, to your sitting bones. Okay, feeling the sensation in the sitting bones on the chair. Again, this might be as simple as the weight dropping down through the crown of the head, through the spine, into the sitting bones. It might be a sensation of the softness. If there's a cushion underneath hardness.

And then inviting you to rest the attention on the hands. In the hands areas of huge sensation, especially the fingertips. And again, simply noticing any sensation you can feel right now. Maybe it's the warmth of your own touch.

Maybe it's a sense of pressure of the hands resting on the thighs. Or a tingling or pulsating in the fingertips.

And these three points. The soles of the feet on the floor, the sitting bones in contact with the chair, the hands resting in the lap or in the legs. These three points are being drawn down by gravity that grounding us, that connecting us no points of clarity in the body that are always available to us.

They're available to us to return to throughout our practices and throughout our days

And gently, as we start to draw the practice to a close, having the sense of the whole of you sitting here in this chair all the way from the tips of your toes, to the crown of your head.

Firmly in contact with the support beneath.

The whole breathing, being.

Perhaps lifting the gaze or gently opening the eyes. Maybe you need to stretch or yawn or stand up just being gentle as you move out to this mode and step back into the rest of your day.

 **Alexandria Lawrence:** [00:19:27] Venturing out of that safe, in many ways, corporate world and deciding to start your own business is incredibly exciting, but there is so much to do. How do you avoid burnout when you're running your own business?

 **Roya Hekmatpanah:** [00:19:39] It's a funny one because my business has very naturally, organically emerged. I was a chartered accountant in a big financial services firm. I didn't just decide, oh, let me become a mindfulness teacher. It was as a result of learning how to look after myself. And what does it mean on a practical level? It means I'm going slower than I want to. Honestly, I'm not progressing at the speed I'd like to, but recognizing my own limitations and honoring those. That is the choice, the choice that maybe we didn't like, because there's an element of sacrifice in it, but it is just accepting that maybe one day wasn't as productive as I'd liked it been. I mean, you'll know this. You're, in it. In the arena, doing it on your own. It's such a mindset thing. You don't necessarily see immediate results. There's no external pats on the backs, bonuses, job title. I think that's part of what keeps me going. Like, I love that variety. But there is, there's no magic. It's a learning process in a day by day process.

**Alexandria Lawrence:** [00:20:46] It definitely is. And then you have that element of wild entrepreneurial hope, I guess that keeps you going.

**Roya Hekmatpanah:** [00:20:54] Exactly. It's I mean, it's swinging from, uh, you know, hope absolute despair and somehow managing to be okay with those things. You've got to laugh at your own bravery mistakes. I sometimes that can be hard to do.

**Alexandria Lawrence:** [00:21:14] And I completely relate to everything you've said, especially about pacing yourself. I think honestly, that's something I struggle with since, I have these goals that I really desperately want to meet in many ways. And, you know, part of having the podcast as well, you have weekly goals, lots of things to do. But I'm sure it would be healthier for me as well to try to take that step back when I can.

 **Roya Hekmatpanah:** [00:21:38] And it's just such a personal thing. Like your energy levels and your reserves may simply naturally be at a higher level than mine and would I love to have higher and more steady energy, a hundred percent, you know, but I think it's recognizing that in my case, I don't. So, if I was in a position to push harder without crashing, I would definitely do it. So there's no right or wrong or judgement in whatever way you choose. And also there's a lot to be said for momentum. And I think you have. You bought that one, right? .

**All Humanity** [00:22:17]

**Alexandria Lawrence:** [00:22:17] Yes

So let's talk more about your new venture then. Your new business. All Humanity provides ambitious professionals with the knowledge, skills, and community to reach their potential without sacrificing their wellbeing. And even if they have demanding careers. So to be well and stay well through mindfulness as you say which sounds amazing

**Roya Hekmatpanah:** [00:22:48] It is about going into these institutions. Working with them from the insider working in collaboration. And you know, some firms, some industry is especially are intentionally set up to be brutal is, is actually part of their model.

And so I think with those, it's not the time. They would have to want me there. I'm looking very much for people who may not be getting it right, but who wants to be getting it right. And from there, we can build this really strong case that, you know, what. These things happened as a result of this program, because that becomes incredibly compelling and we know these things can happen.

We know people will essentially be happier and healthier and with that, you will get all the knock on effects. So that's where the focus is now. It's on building these relationships with large employers to really embed these programs within their organizations, not just to turn up, delivering out, but to put people through a full program. To offer followup services, continuing classes that they can attend. To put it into policy. So as part of that or for the training program, So we go in, we literally deliver an evidence-based training to the staff, but we also offer consultancy.

You know, that's just an umbrella to say, let's have a conversation and let's think about how we can improve things. Actually there's evidence to say that sick days might actually increase, but they'll increase for emotional, mental health reasons.

 Ultimately, my aim is for the individuals who go through the programs not have reliance on anyone else, including myself. So yes, I will be there to give them the knowledge. They need to do the basic training, but I believe fully, once that's embedded self-sustaining and you can do that internally. That's the aim.

**Alexandria Lawrence:** [00:24:45] That sounds fantastic. Watch this space. I look forward to seeing what happens.

**Review Ad Spot** [00:24:53]

Well, hello. Can I just say, thank you. Thank you for listening. And if you're enjoying the show, it would mean the world to me if you'd rate and review ALSO in PINK. I'll make it super easy for you and you can even win a prize.

Submit your review on Apple Podcasts, or wherever you get your podcasts, for a chance to win a 20 minute one-to-one virtual coaching session with me. Pick my brain about life, KonMari or style. I'll announce the monthly winner on each Ask Alexandria episode. So be sure to listen out to see if your review gets picked. All you need to do is: go to ratethispodcast.com/alsoinpink. And rate and review the show. Want tips on how to win? Write something genuine. Be thoughtful and let your personality shine through. Bonus points for a dash of charm.

And for your weekly dose of podcast joy, subscribe to ALSO in PINK, so you never miss a show. Thank you so much. You really are a star.

 **Failure** [00:26:05]

And failure of course, is something that we all have to deal with in various times throughout our lives. And it can be a positive thing as well. And I think that's probably how a lot of entrepreneurs view it. So it helps you learn and grow and. Yeah. Do you have a personal experience you'd like to tell us about, and maybe how mindfulness helped you navigate a failure?

**Roya Hekmatpanah:** [00:26:30] This is such an interesting topic, failure in general. My relationship to it has changed so much over time and it's had to, or I would just be, you know, a puddle on the floor, but now I almost. don't have a concept of failure. truly, I'm not saying this as some nice pithy thing. I only see it as a learning and I have cringed. I have, uh, the processes of learning. For me comparisons that's where I've got to be careful because of where I began, because my background. I've got a lot of very successful people around me. So it highlights. It highlights the differences of where you are in your journey.

**Alexandria Lawrence:** [00:27:23] I love that concept of failure, not being a word as we understand it conventionally as well. I think

**Style** [00:27:29]

As a mindfulness teacher, how would you describe your personal style? I mean, you're looking very jazzy today, I would say.

**Roya Hekmatpanah:** [00:27:38] Oh, thank you.

**Alexandria Lawrence:** [00:27:41] Do you go from more of a corporate look? Do you try to mirror the people you're dealing with?

**Roya Hekmatpanah:** [00:27:46] Absolutely do. And I think that's really important because people are receptive to people who look like them. And so, you know, I'm a free spirit. I'm a looney inside. I can put on a good charade. But I probably do need some Alexandria in my life. I don't think I've ever nailed my personal style. I've never been someone who wants to be at keeping up with the latest fashion but I really enjoy looking good. And there's work to be done.

**Alexandria Lawrence:** [00:28:19] Yeah. Well, the beauty of personal style, I think, is finding what's really right for you. So it won't be, you know, keeping up with current fashion or having those bold statements for everyone. In fact, that's the way probably to a lot of heartbreak and disappointment.

**Ideal Lifestyle Vision** [00:28:33]

So would you say you have a for what your ideal life looks like?

 **Roya Hekmatpanah:** [00:28:39] This is such an interesting question. So I don't have any vision in terms of exact things like where my house needs to be or what my job needs to look like that without a doubt. My ideal life is alongside a partner who is my best friend. So for me it's about the love. That's makes it all worthwhile.

**Alexandria Lawrence:** [00:29:06] Sounds wonderful.

**Roya Hekmatpanah:** [00:29:08] It does.

It will. Current vacancy, accepting applications.

**Top Tip** [00:29:16]

**Alexandria Lawrence:** [00:29:20] So would you say you have a top tip for living well, something listeners can take away with them and apply in their own lives?

**Roya Hekmatpanah:** [00:29:28] I think this will come as no surprise, that I am going to say my top tips in living well is to learn these fundamental skills that To fall under the header of mindfulness, but can be learned in different ways. So just essentially understand how your mind works. Understand why we respond to certain events and situations in the motion's in such ways, because that will free you in itself, just from understanding that you done need to identify with that. If mindfulness is not for you, for whatever reason, there will be other ways. You know, you want your mind to be working with you, not against you. And I think that they say your mind is an excellent servant, but a terrible master. And you want it to be serving you. You don't want to be working against it. There's only so far willpower can take you in and it's exhausting to use willpower to do everything.

So that would be my top tip because it's going to serve you to your dying breath. And it's going to make life more joyful along the way.

**Alexandria Lawrence:** [00:30:29] And what's the best way for listeners to connect with you and have a bit more Roya their lives?

**Roya Hekmatpanah:** [00:30:35] I would love that. I love to connect with people. And find me on LinkedIn. That's pretty much where I live. So my surname is absurdly long. So I think my LinkedIn handle is royamindfulness. and you can find our company page on LinkedIn, which is all humanity. I am on the other channels as you'd expect, but the majority our activity lives on LinkedIn.

 **Alexandria Lawrence:** [00:31:00] And how about for people who aren't in the entrepreneurial world, who aren't companies you would actually help? How would the everyday person start to effectively learn how to use mindfulness in their life?

**Roya Hekmatpanah:** [00:31:12] Well, we do cater to individuals. We cater to both. So we're due to launch very shortly. The website is that. It's got full course listings. We've got great teachers. You've got classes. So if there is an area of interest there head to the website. See what calls you?

You know, there's a kind of level for everyone. All are welcome and all is welcome.

**Alexandria Lawrence:** [00:31:38] So, now we've come to the finale. So I have a few quick fire questions to end the show,

**Roya Hekmatpanah:** [00:31:43] I feel like I need a buzzer.

**Alexandria Lawrence:** [00:31:47] Slap that buzzer.

So what's your most treasured possession and of course no judgment.

**Roya Hekmatpanah:** [00:31:53] It's a diary I wrote. I went to live and work in Kenya. It was even before digital cameras. I love to write and I diarized every day. And said, it's just such a special thing. And I always think if the house was on fire, that is the thing I would save because they're just such treasured memories.

**Alexandria Lawrence:** [00:32:12] That's a great way of figuring you truly value.

**Roya Hekmatpanah:** [00:32:15] Yeah.

Exactly. And I'm pleased that I don't have kids. So obviously if I had a child or a dog, I would pick them before the diary. But, uh,

**Alexandria Lawrence:** [00:32:29] And so, what's your favorite article of clothing or accessory in your current wardrobe?

**Roya Hekmatpanah:** [00:32:35] I can just about fit in what I'm wearing. Everything else is, uh, the size has changed. I've got pandemic hips. Yep. They're now under many layers of dairy milk and, Apple Crump.

The thing I most treasure actually is, I've just extended my middle thing to Alexandria, but it's to show her my opal ring, which is called, and I know you will appreciate this. My retirement ring.

**Alexandria Lawrence:** [00:33:02] Oh, I love that. I love that.

**Roya Hekmatpanah:** [00:33:04] So, Say I was gifted it on the day that I left my career behind as a retirement ring.

I really love it as a beautiful,

**Alexandria Lawrence:** [00:33:12] Oh, I can hugely appreciate that as I retired as well at the age of, yeah, 34 or something,

So it's never too early, everyone out can retire as young as you like.

**Roya Hekmatpanah:** [00:33:34] Sacrifices,

**Alexandria Lawrence:** [00:33:35] And where do you go to get inspired?

**Roya Hekmatpanah:** [00:33:40] Currently the Book of Joy by the Dalai Lama. It's very uplifting. But books. Yeah. They seem to always lift me and I feel excited again, you know, about my own ideas.

 **Alexandria Lawrence:** [00:33:52] And what's one specific book or resource that you'd recommend for everyone?

**Roya Hekmatpanah:** [00:33:57] I'm going to maybe say it the wrong way around, but the Mole, the Fox, the Boy and the Horse, the Boy, the Mole, the Fox and the Horse? Is that right?

**Alexandria Lawrence:** [00:34:05] I'm not sure, but it sounds good.

**Roya Hekmatpanah:** [00:34:07] It's just a must read. So, you could read it in 20 minutes. It will change your life. You will reread it. On, it should be a must have in every household.

**Alexandria Lawrence:** [00:34:19] Oh, that sounds fantastic. I'll have to check it out. Yeah, here's a very KonMari question for you. So, what are you grateful for?

**Roya Hekmatpanah:** [00:34:28] My mom. My mom is my best friend. And yeah, I do often wake up and think I'm thankful she's in my life.

**Alexandria Lawrence:** [00:34:37] And finally, what do you love most about life?

**Roya Hekmatpanah:** [00:34:42] If you haven't guessed already love and connection is absolutely what sustains me feeling connected to others. And you know, that's why I'm doing what I'm doing. So I think, you know, there's an absolute deficit out there of human connection. We're all feeling it. There's so much loneliness. And there's just so much joy to be had from its opposite. So connection.

**Alexandria Lawrence:** [00:35:09] Yes, and connection really is the key to happiness and joy in your daily life. So Roya, it's been such a huge pleasure chatting with you about all of these things. Mindfulness, connection, awareness, retiring early.

**Roya Hekmatpanah:** [00:35:30] Yeah, it's been an absolute pleasure connecting with you. I've enjoyed it ever say much. I've enjoyed laughing. It's been wonderful. Thank you for having me.

**Alexandria Lawrence:** [00:35:39] Oh my absolute pleasure. Thank you.

**Key Takeaways** [00:35:43]

Well, hope you enjoyed that chat with mindfulness teacher Roya Hekmatpanah . Be sure to check out All Humanity, her new business, which is about to launch. All very exciting. So here's some key takeaways from our conversation. Mindfulness is a way of life and it goes beyond the buzzword. There's a solid evidence base that mindfulness can very much aid you and even bring joy to your life.

It helps you see clearly, to know what's happening as it's happening. And it can support your mental health. Most importantly, we can all learn to better look after ourselves. Have you been experiencing any of the things we talked about in this episode? Such as, do you feel a constant sense of pressure? Or feel like you're too busy all the time?

Do you have angry outbursts and retreat somewhere to seethe for awhile? These could all be signs that something needs to change. And change is always possible.

That's our show then. Thank you so much for listening. I'm Alexandria, and this is ALSO in PINK. The podcast, all about lifestyle design. If you enjoyed the show, please subscribe to ALSO in PINK, wherever you get your podcasts. And the absolute best way to show your support is to write a review on Apple Podcasts or iTunes. This really helps more than anything to promote the show. And, of course, tell all your friends. Thank you so much for your support. Until next time, have a wonderful week. Redefine what's possible and create your ideal life.