**48. How to Know When to Press Pause & Take Time for Yourself**

**Alexandria Lawrence:** [00:00:00] It's all about longterm health and happiness and truly embracing what it means to live well, which is, after all, what ALSO in PINK is all about.

**Intro**

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. This episode marks a new chapter for this podcast. After an amazing whirlwind year, I'll take you through why I've decided to press pause for a little bit and take a break. [00:01:00] For those of you who love the show, don't worry. I'll be back.

This is only the beginning of my journey with ALSO in PINK. So I'll tell you a bit about what I'm planning to do during my break, what to expect when I return and how you can make sure you still get your weekly ALSO in PINK fix. So stay tuned.

 Hello, lovely listeners. First of all, let me say how incredibly grateful I am to you for listening. Whether you're new to the show or have been with me, listening from day one, I thank you from the bottom of my heart. Thank you for listening. Your support really does mean the world to me.

After all, this podcast doesn't amount to much on its own. Without listeners, like you, it's just another drop in a vast ocean of content. So I'm incredibly grateful to [00:02:00] you for sharing your valuable time with me and listening.

Thank you. And wow. What a year I feel I can safely say it's been quite a year for all of us, with the pandemic and all the uncertainty and change it's brought. But personally, it's been an immense year for me too. I can't believe it's already 11 months since I launched ALSO in PINK. What a journey! And I'll admit I had absolutely no idea what I was getting myself into. It's been epic.

And for those of you who love the show, please don't worry. This is only the beginning. I'm committed to continuing this podcasting adventure with you. I realized though that I can only do this, if I have a proper break.

Now, people who have known me for many years, know that I'm quite stubborn. I am a Taurus after all. But whether or not your star [00:03:00] sign really does affect your personality, it's undeniable that I'm someone who likes to follow through and I don't easily give up. Not that taking time off is giving up in any way. That's a very important distinction.

Whatever it is we do, this is a reminder that we all need to take time for ourselves. For our physical and mental wellbeing.

And to be open and honest, I've been experiencing physical signs of stress for many months now. And this has surprised me as I consider myself a fairly easygoing, relaxed sort of person. But it just goes to show how stress can manifest itself when you least expect it.

That's why it's so important to keep in touch with that mind body connection and tune in to how your body responds in the moment.

 I've been experiencing full body aches, soreness and fatigue for many months now, which I've [00:04:00] learned is a common way that stress shows itself. I discuss this with trauma and EFT tapping specialist, Sherry Lukey in episode 47. We chat about the fight flight freeze stress response, and Sherry is highly knowledgeable about this. She herself has experienced and recovered from PTSD. So, definitely worth listening. This is something we need to shine a light on and all be aware of.

Despite all of this, it still feels like a big thing for me to admit to myself that I need a break. A proper break. And if you're at all like me and wild horses can't drag you away from what you're doing, I encourage you to always, always prioritize your wellbeing.

Even if you're not feeling particularly run down or depleted, it's important to take time for yourself every day, every week. This level of [00:05:00] self care helps you show up better for yourself and for others too. It's all about longterm health and happiness and truly embracing what it means to live well, which is, after all, what ALSO in PINK is all about.

 So I look forward to returning to this podcast in a few months, refreshed and ready to make some waves. In the meantime, here's a little overview of what I'm planning to do during my break. For a start, I'm going to take at least a week off in August. No work of any kind. And I can't wait. I realize how much I need this. Ben, my hubby, is taking time off too, so it will be such a pleasure to wander about London with him and spend time in nature as well.

How lovely is that?

 [00:06:00]And here's something you probably won't know. I'm currently enrolled in a residential interior design course. And this is something I'm really excited about. There is a deadline though. I have until the end of April next year to complete my interior design certificate course. So I'm going to need to get my skates on.

Other commitments have made it hard to keep up with the coursework this past year, but I should be able to finish on time if I'm able to dedicate a good 15 hours a week for the next nine months. And I really do want to make this happen. So here it goes. I also can't wait to flex my design muscles again. As much as I love podcasting, I really miss doing creative, visual things. So very much looking forward to that. And I look forward to interviewing people in the interior design world. [00:07:00] I think that will be a lot of fun.

I already have a couple interior design connections from past trade shows and I'm going to Decorex in October, pandemic permitting. Decorex is a big international interior design event hosted in London. I've been once before and it was fantastic. So I'm really looking forward to this. Will be fun to meet some new people and hopefully find some fantastic podcast guests from the design world.

And, you know, I do love being at home. My home is my sacred space, in that it brings me great joy and inspiration. I'd love to do some fun projects around the home. I admit though my budget is very limited at the moment, but I should at least be able to paint my home office, my studio, as I like to call it. Or if I'm feeling [00:08:00] extra fancy, my creative style studio.

Yes. Paint is a wonderful way to transform your space if you're on a tight budget, so I'll put that one to the test. I'd also love to spend time learning more about plants. You may have realized from past interviews that I'm kind of plant obsessed. I definitely have indoor jungle goals. And if you can relate to this, I'd highly recommend checking out my recent visualization, in which I hope you step into your indoor jungle. So I'd love to dedicate time to learning more about plants and slowly building my own indoor plant collection. I'll keep you up to date with any new developments on Instagram @alsoinpink.

 And here's something a bit different. I also recently joined a British voiceover community. This was mainly an effort to better care for my own voice [00:09:00] and see how I can improve and make the most of my voice and vocal technique for podcasting. But I think it could be an interesting challenge to try a bit of voiceover work too.

So perhaps I'll experiment with that next year. We'll see.

Yes. And here's kind of a funny side note. It's amazing how learning a new skill changes the way you look at the world. I've probably spent at least 800 hours this past year just editing my podcast. I know, right. And it's amazing how that changes the way you hear things. I worked as a professional musician for many years, so this definitely helps too. But with my audio editing ears, I've recently noticed something kind of funny. And it relates to the Tokyo Olympics.

Are you a fan of the Olympics? Well, I certainly am. And I've been watching some BBC Olympics coverage and [00:10:00] couldn't help but notice that several of the presenters make these smacking popping sounds when they talk. And confession time. Most of my podcasts guests do that too. But I always edit this out, so you never hear it. So let me demonstrate. It would sound something like this.

And I believe this mostly happens because of dehydration, and perhaps not having the best mic technique. It's after all a subtle art and I still have a lot to learn myself. Anyway, I thought this was funny to hear on the BBC too. I'd never noticed that before. But after so many hours of audio editing, any smacks and pops now sound deafening to me.

Most importantly, though, I want to make sure I don't get back into old habits. I want to give myself enough time off so I can set up a better system going [00:11:00] forward.

 I realize I need to take at least one day off each week, which I really encourage you to do as well, if that's not something you already do. And I need to be able to maintain a content buffer. I want to be six weeks ahead with podcast content, social media, and email newsletters. So I'm not editing and producing content at the last minute, like I've been doing this past year. Because it's exhausting to always feel behind.

So figuring out how to bring more joy and less overwhelm into my life is my main priority. And I hope I can inspire you to do the same. If you feel overwhelmed by any aspect of your life, I encourage you to press pause and ask yourself. How have I created my perfect system for overwhelm? And what can I do about it? You may [00:12:00] not feel like you have a choice, but I guarantee that you do. Your longterm health and happiness is worth looking after. For more inspiration, listen to episode 45, to hear Pam Dibbs's wonderful anecdote of her client realizing how he created his own perfect system for overwhelm. You know, Pam really helped me take a closer look at my life and realize that, yes, I do have a choice.

So, yes, you can always get closer to living the life you really want to live. Don't settle for anything less than that Olympic gold when it comes to you enjoying your life. Because our time here is limited and we all have a duty to do our best to live it well.

So while I'm on this podcasting break, there are a few things you can do, so you don't miss out on your [00:13:00] weekly ALSO in PINK fix.

 I encourage you to visit the website. That's alsoinpink.com. If you click the podcast link in the main navigation, you'll find all my episodes. And each episode has its own dedicated page with extended show notes. You'll find photos and videos and bonus content that's only available on alsoinpink.com. Definitely worth checking out. So you can, of course, take this opportunity to revisit your favorite episodes and maybe pick up something new. You know, that's how I feel about my favorite TV shows, radio shows and podcasts. I always notice something new when I watch or listen again.

And with nearly 50 episodes to choose from, you have many ways to occupy yourself during this podcast break.

Here's a little taste of the content categories we cover at ALSO in [00:14:00] PINK. Lifestyle is the broadest category, encompassing everything from life and death to friendship and plants. You have Health and Fitness, which explores both physical and mental health. And Creativity and Design. These are interviews with creators and designers from all walks of life.

There are visualizations. Visualizations to calm and inspire you. And the chance to imagine your ideal home. I've really loved creating these and hope you've enjoyed them too. Let me know if there are any specific visualizations you'd like to hear. As always you can drop me a line alexandria@alsoinpink.com. I'd love to hear from you. And there are more categories. For all you Marie Kondo fans, there are KonMari method episodes, which are your tidying fix in [00:15:00] podcast form.

And we have Ask Alexandria. These are your questions answered each month. So why not ask you a question now for a chance to be featured on the next Ask Alexandria? There's a link in the extended show notes on alsoinpink.com. So you can ask your question now.

 And we have fashion and style. Yes, each ALSO in PINK episode does have a style component, but there are purely style related episodes too. And more on the way.

There's entrepreneurship, which offers inspiring interviews with people who run their own businesses. And entertainment. Stories and anecdotes from performers, musicians, actors. And if you haven't already heard it, check out my chat with actor Simon Paisley Day. He has some wonderful stories and we were in such a [00:16:00] delightful show together at Shakespeare's Globe in London, which was truly the highlight of my musical career.

And coming soon, we're branching out into Interiors. So I'm very excited about that. So there really is a lot of engaging content to review and catch up on regardless of how many episodes you've already listened to.

And please keep in touch. You can follow me on Instagram @alsoinpink. And another great way to keep connected is to join the ALSO in PINK email list. I'll send out a few newsletters while I'm away to keep you up to date. And if you sign up to get access to my Ideal Lifestyle Vision Quiz, you'll automatically join the email list too.

 So, the big question. How long will I be away? Well, I'm predicting at least a three month break from the podcast. Possibly coming [00:17:00] back in late October. But I'm not going to commit to a firm date yet. I feel like I need to take it one step at a time and see how everything goes.

 What I can promise you though, is that I'll return with renewed energy and some fabulous new episodes for you. And I'd love to get your feedback. I want to make it really easy for you to send feedback. So I've just created an ALSO in PINK audience survey, which is your chance to help shape the direction of this podcast. It's quick and easy. You can complete the survey in three minutes or less. And as a thank you for taking the time to complete this audience survey, you'll be invited to enter the next random monthly draw to win a 20 minute virtual coaching session with me. So I hope this feels like a win-win for you.

 There's a link to the survey in the show notes. Again, it's quick and easy to fill [00:18:00] out. Just three minutes of your time and your feedback will help me make ALSO in PINK the best podcast it can possibly be. Thank you so much.

**Outro**

Well, I hope you enjoy the show. And if through this podcast I've helped in some way to bring joy to your life, it would mean such a lot to me if you could rate and review ALSO in PINK. So if you're someone who passively enjoys podcasts and, no judgment, I'm guilty of this too.

Here's my challenge to you. Whether it's my show, or even someone else's show, please consider writing a review. It may not seem like much, but it would mean the world to me. I know it would mean the world to any podcast host out there. And I'll be honest. It's really challenging to get the word [00:19:00] out and attract new listeners.

So writing a review for your favorite podcast or Hey, a couple of your favorite podcasts, could really make a difference to the creators of those shows you love. So, if ALSO in PINK adds value to your life, please consider leaving a review. Thank you so much.

 Until next time, keep well, have a lovely summer and I wish you so much joy. As always redefine what's possible and dare to create your ideal life.