Emily Prokop: Analysis paralysis and intermittent fasting

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SPEAKERS
Katy Weber, Emily Prokop

Katy Weber  00:00
Okay, so thank you so much for joining me, Emily.

Emily Prokop  00:05
Thank you for having me.

Katy Weber  00:07
I'm very excited about this interview, I think the biggest thing I'm worried about is keeping this to one hour. Because I feel like there's just so many elements I want to talk to you about, and questions I want to ask you about, because you are a podcaster. And you do such fascinating things. And so I'm gonna have to pace myself, because I want to ask you everything all at once. So why don't we get started with ADHD? And tell me a bit about when you first thought you had ADHD and kind of what led up to getting your diagnosis. And when that was?

Emily Prokop  00:45
Yeah, so I was 30. I'm 37. Now, about seven years ago, and I had nothing on the radar for ADHD, absolutely nothing. I was actually going to a therapist at the time, for about two years for anxiety. And he was treating my anxiety. And after a while, he realized that the medication that I was taking for anxiety took care of that symptom, as it were with ADHD, but the impulse control was still running rampant. And so he gave me this questionnaire with all these questions that had, the answer is up. Always, never sometimes. And I'm looking at the questions. And I've never seen questions like this that were, it was things like, did you doodle in your notebooks while in class, that one specifically will always stick in my brain as I was like, always. And like, I've never been asked this before, I never thought about these things. And then just going down the list, I'm in his office, almost shaking, being like, What? What is going on? It's almost like finding out that you're from another planet. And all this other planet has all these things that all the other people do. And you're stuck here in this other world of neurotypicals being like, wait, oh my gosh, so it was such
a revelation for me to actually get that because after the questionnaire, he looks at it, and he's like, so your anxiety is actually a symptom of your ADHD. And that was the first time I heard your ADHD. I don't know if you said that exact phrase. But I, I had ADHD now as a word in my brain that possibly applied to me. And I had no idea that all those things on that checklist, were ADHD, because I grew up in the 80s. I was born in 83. So in the 80s, and early 90s, it was all the boys who were fidgety in class. And what my therapist said to me, was, he's like, right, a lot of younger boys got those diagnosis is because they acted it out. And we're finding out more that women internalized it as kids because they would see that behavior, realize it was wrong here that label ADHD or add, and women who were more likely to internalize their own add and do things like doodle, or look out the window, or do all the things that a neurotypical would do, but then be exhausted by about 4pm because they're trying to train their brain, which works differently to work in a world that doesn't really work for our brain.

Katy Weber 03:46
Yeah, I think that's the number one misconception I'm finding with women and girls, which is the H part of ADHD, which was, well, I was never a hyperactive little kid. So and I'm not even hyperactive now. So how does that pertain to me and really just sort of not relating to that misconception that the hyperactivity is in your body and, and in your, you know, inability to control yourself in the classroom and all of those things that we sort of see with little boys. And I had a similar experience where I was recommended to me or it was suggested gently to me by my therapist a couple years ago that I had ADHD. And so I took the online self test for women from attitude magazine, and was so so surprised that it was asking questions about like, how tidy I was, or whether I was would get a lot of anxiety with the, at the idea of like, unexpected guests. Or I was like, you know, these these connections that I had never made before where I was like, Oh, yeah,

Emily Prokop 04:52
I saw when I looked at those questions, it was exactly that I was thinking how are all these questions connected? What is he testing me for? Like, this is really fun. Who ever made this test, I want to meet them. This sounds like a cool thing to have whatever it is. But yeah, and it's so interesting. Now I feel like more females, especially with the internet and social media and groups with ADHD that are coming online. It's so nice to have other women having these conversations and going back and looking at those experiences in childhood and really thinking, Wow, this is so interesting. And especially as for me as a parent, and looking at my kids to,

Katy Weber 05:41
yes, absolutely. I think, yeah, I've found a lot of women who were diagnosed because they had a child who was diagnosed, and then they started reading the symptoms and saying, like, Oh, that is something that I experienced. Which I think is interesting, because for me, personally, my son, my diagnosis is so new, my son is nine. And I see so much of how I was as a child in him in school and how he relates, you know, how he tackles assignments and stuff like that. And, and, you know, it just, it feels so good to me to be able to feel like I can help him in a way that I might not have been able to before this diagnosis. And and, you know, and again, like my husband and I are always talking about like, you know, I'm want him to get diagnosed, and I want him to get tested. But it's a little difficult with the pandemic right now. Like, you know, do we really want these? How important is it to get a three hour test right now in the driver's office? And, you know, his my husband sort of feels like, Oh, it's, you know, it's the stigma of a diagnosis, how is it going to help? Is it going to hinder him? Is it going to make him like, sit back on his laurels? And I'm like, no, it's the total opposite. I love how you describe the the idea of the alien planet. Because I, you know, I so strongly feel like, oh, my goodness, my childhood would have been so different. If I had understood this. Yeah, the least I can do is turn around and help my kids.
Emily Prokop  07:16
I think one of the really interesting things with a lot of people with ADHD is the fact that once we find out about it, oh, my gosh, this is something in my brain. It's just another big puzzle for us to figure out. And a lot of us do that work of researching and listening to the podcast and finding out about rejection sensitive dysphoria and going to Google. And I hope everybody's looking that up right now, because I just learned about it. And I've had the diagnosis for seven years. And there's so much to un-wrapping with ADHD so much so much, and it affects every aspect of your life, but it doesn't have to hinder it. That's the great thing. That's really the great thing about learning more about it is the more you learn about it, and especially getting that diagnosis for me, it gave me a jumping off point. It was like a new beginning for me. Really?

Katy Weber  08:07
Oh, absolutely. And I think it just changed how I spoke to myself in such a profound way. Whereas I've said before, like, I felt like my my my knit personal narrative was this overarching sense of failure. And I would have these moments that were deviations of failure, where I would accomplish things, but generally, I always felt like I was doing something wrong, or you know, that that sense that you know, I couldn't do things and and felt smart, but just also felt like there you know, I didn't know I didn't get the manual. I think it's the expression Yes,

Emily Prokop  08:45
I felt like I was out sick the day they taught everybody else had a human right.

Katy Weber  08:53
And so I've just noticed just in the last few months, you know, how much how important it has been for me to change my the way I talk to myself and the way I think about how I approach things and how you like you said with the puzzle, you know that this is all just getting to the solution and figuring out the puzzle and I love nothing more than puzzles you know, so

Emily Prokop  09:15
our brains are meant for this it's so wonderful actually. It's like oh, something people are still talking about and confused so many different avenues to go down so many different types of ADHD to look into. Oh my goodness, it's a rabbit hole.

Katy Weber  09:30
I know it's definitely still my current hyper focus. I'm curious what will happen. So you know, I love talking to people like you who were diagnosed years ago because I've I've always found like, I've always found that myself and how I operate is is my hobby, you know, like some people nit, I just like love figuring out who I am and how I am operate in this world. And so it's like, I feel like this is going to be endlessly fascinating for the rest of my life because it applies to so many realms in your life. But I also know that historically, I tend to hyper focus and get super excited about that something and then I drop it like a hot like a hot potato, cold potato, and I drop it, you know, and so I'm curious how this is gonna go.
Emily Prokop  10:21
The interesting thing with ADHD is you can't really run from it. There are times where I felt like I've tried to contain my ADHD. And I was like, okay, and I was on medication for a long time until I got pregnant with my son. And then I went a more natural route. And both with medication and without medication. There have been times where I felt like, it's contained in its own little world in my bubble, I only have a few minutes a day to deal with ADHD, and then I'm trying to run the rest of my life, pretending I'm neuro typical. And then I get burnout. So we go through phases, that ADHD is always going to be there; it's always going to be something that affects your life. So whether or not you're really digging into it and focusing on it, it's still something that's a daily, at least something that I like to be mindful of, to be like, Oh, I'm really upset. Oh, could it be my ADHD? Could it be my anxiety? Because my ADHD? Could it be a story I'm telling myself that isn't actually true. And it's my own ADHD coming up with this idea?

Katy Weber  11:23
Okay, so now, I, you mentioned a little bit about the anxiety. What are some other things when you look back at your past? With this new lens? What were some things that really struck you as Oh, my goodness, that was, of course, that was ADHD.

Emily Prokop  11:37
I think one of the most common things for people with ADHD is hearing growing up. She has so much potential. But there's always that but even if they don't say that, but she has so much potential. And it's sometimes it was a good thing. It was a nice way to push myself. And I remember looking back, when I think about my grades in school, I felt like a lot of times it was either a plus, because I got into hyper focus mode and did a whole thing. Two weeks worth of work in two nights.

Katy Weber  12:10
Or it was just interesting to you. Yeah, right, exactly.

Emily Prokop  12:13
Or if it was something I was really interesting, interested in, or it was an F because I just couldn't do it. And not because I wasn't smart enough to do it. It was because I physically, I don't know, something just blocked me. And I didn't know for a long time that that was ADHD it was I know I have to do this, but I can't. And I don't know why. And it's because with our brains, we actually need to step by step, think out all those steps. Because if we think about that project, we're very good at having a bird's eye view of projects. But when the work of that project hits us, it can just paralyze us almost,

Katy Weber  12:54
oh, yeah. Yeah, I, I never had a problem researching or taking notes, it was the turning around and actually writing the essay that is parallel, you know, actually just like starting, what you know, figuring out what to do. And the more research you do, the harder it becomes to actually do something with that.
Emily Prokop  13:14

Right, and analysis paralysis, which is one of my favorite terms, I have to remember that, because it’s so easy for me to get sucked into that. And especially with hyper focus, I love hyper focus, I absolutely love it, when I can harness it. But there are some times I know I’m in it, and I’m like, but Oh, but I know, this isn’t gonna get me any closer to my goals or anything I actually wanted want to accomplish. But it’s such a good idea and realizing that we are always going to have way too many ideas for us to have the time to actually execute unless we have the money to, you know, send it out for others to do. But sometimes it can be very heartbreaking to let those ideas go and be like, maybe later,

Katy Weber  14:00

I was gonna say, I don’t let them go. And so much as I have my lists, you know, yeah, I have my to do list and I have one that’s called, like, building my empire. And, and it’s, it’s where I put all of those ideas, because that was Yeah, that was something that I didn’t really think about was this, you know, not only was there sort of this impulsiveness and this urgency, to want to do everything, but a lot of that impulsiveness came from not being able to distinguish or not being able to prioritize, right? And so there’s like, not only do you have the impulsivity, but then you have the executive function of not being able to prioritize and so, you know, realizing the why I always felt like I had all of these idea gnat flying around my head, but was unable to do anything about them. Because they all felt equally urgent at all times. And, and so just being able to like label that and understand that has been so important to me. And so now I just like dump everything from my head onto these lists. And I’m not allowed to even touch them until I’ve done a and then I can do B, you know, but this has come from like a business coach who understands this be my brain. I think that’s been, you know, I think the first thing I did after my diagnosis was and I started thinking about myself as an entrepreneur, I was like, the first thing I did was hire a business coach, because I’m like, Oh, yes. Like, I realized now how coaching is essential that hand holding is essential, because like you said, like, we can see the big picture. But we really need like, we need things laid out in full detail over and over. Because we’ll forget,

Emily Prokop  15:41

I didn’t realize the value of a coach, either until years after I started my business. I started my business about almost four years ago now. And I had a business coach in the beginning, but for marketing, and when I bought his course, first of all, I had to really get to know this business coach, and I have a feeling he understands people with ADHD the way he talked it, was very approachable. But for a lot of other coaches, I was so dubious, because it just sounded like they were spewing the same thing over and over again. And he was the first coach to actually sit there and be like, stop overthinking. And I was like, Oh, yeah, that worked. Okay, this is the guy I wanted. And just because he was able to speak to my brain, and because also his marketing course, I feel bad. I’m not shouting him out. But he doesn’t run this anymore. So Landon porters love you. But the first part of his course, was all about mindset. And it completely did so much that therapy, I felt like my therapist wanted to with me, but I needed to actually do the work and having a course that I had to run through and learn how to set my mindset for business success, all of a sudden, it started making my life make a lot more sense. And it worked with my ADHD brain to really break down things that I thought my was going on because of my anxiety and my brain versus the things that were actually going on and my actual gifts that I have, because of how my brain works. Does that make sense? Yeah, absolutely. It didn’t totally edit it out, because I went on an ADHD train. And I was like, I’m riding this train. I’m going with

Katy Weber  17:31
This podcast is all about going off on trains, believe me, you know, I was just thinking about, like, how many topics we've already covered from that first question. Yeah, I know. So it's, you know, people, people. I think people if they're listening to this podcast, or the first place, they're probably following along just fine because I know we can make those leaps with no problems.

Emily Prokop  17:54
By the way, listeners, I love your brains. I love talking to other ADHD ears. I love listening to other ADHD ears. I'm right along with you on those tangents. I love your brains.

Katy Weber  18:05
So how did you get into podcasting?

Emily Prokop  18:08
A hyperfocus. Actually, I got into podcasting. I've been listening to podcasts for years. And my husband was always saying, Oh, you start a podcast, we have the equipment, we have the equipment, we didn't actually have the equipment. He had microphones from the game rock band, if anybody remembers that on PlayStation, that we could plug into the computer because they were USB and they were terrible. And I don't recommend anybody start a podcast with rock band mics. But because it was something new. And it was something that was shiny. And I had already been a journalist for years. I had been a newspapers, book publishing magazines. This was a new format for me. I learned about some audio in college, but I didn't really want to go into it because I was told my SS whistled and I was very self-conscious about that. And then they taught me a mic technique that I was able to use to stop my whistles. And also, when I got into editing podcast, I learned how to take those whistles out and I got a lot more comfortable on the mic. And then after a while I don't even care about my whistle anymore, which was interesting because I got to thank podcasting for giving me a lot more confidence speaking out loud, which for me, and I don't necessarily know if this is ADHD. I really like to think first and I express myself better in writing form. So speaking was always it felt like a little bit of a not a hindrance for me, but something that I couldn't do as well. So podcasting gave me that ability to do that. So I love it and I love having I love when other people start podcasting and they're and I get to help them get used to their voice and get comfortable with their voice and being on the mic, microphone and letting them know that their voice matters. And so yeah, that's, that's podcasting for me.

Katy Weber  20:06
So the story behind which was that your first podcast?

Emily Prokop  20:10
No, that was my second podcast, everybody should have a first podcast that you get to play around with. And, you know, even a first few episodes to play around with. And that's what I did with my very first podcast, it was a hobby podcast with one of my friends. And I knew going into it. This is how I'm going to learn to podcast. And then when that podcast ended, after a year, I decided, Okay, I really want to go a little bit more full force at this. And I decided to do the story behind which is the extraordinary history of the ordinary. So I take everyday objects and find the story behind them and stick it into a beautiful ADHD friendly five to 10 minute format. And I came up with that idea.
Because I have ADHD. And that was actually when I was pregnant, and unmedicated. And I got to like, really experience ADHD again, and be like, Oh, well, now that I know what this is, okay, this is cool. I can work with this. And I figured out a format because ADHD ears are great at making systems when they want to streamline something. Because I already knew the background of podcasting. And I started doing it, I got hyper focused on it. And it went from there. It was nominated for a Webby Award back in 2019. And I was able to write a book from it. Because that was funny. I always wanted to write a book. And I didn't realize I was writing a book every time I was writing a script for an episode. And the publisher came along and said, Hey, you want to put some of those episodes scripts together and make a book? I was like, oh, wow, look at that. I was multitasking. And I didn't realize it. ADHD brain? Yeah. And so I just recorded the audio book. And it's on the podcast is on indefinite hiatus right now. Because let me gesture around to everything going on in the world. Yes.

Katy Weber 22:00
Your youngest is how old? Oh, he's three.

Emily Prokop 22:02
And he talks so much so much as you're in the trenches. Yeah. And I have a nine year old too. She is wonderful. I am so excited for when he he just gets out my three year old when he gets out of this phase of just having a baby maybe. Because it's bad enough. My ADHD brain does that to me all the time. Anyway, I'm just like, hey, Emily, you should be doing this. You're doing that. Hey, is that a dust bunny over there? Maybe you should clean it. When's the last time you vacuumed? What's the last time you vacuum the vacuum? Should you empty the trash? Yeah, let's go. Oh, and now I have a three year old who's just an outside ADHD brain for me.

Katy Weber 22:40
Well, one thing I didn't realize was ADHD. But I totally do is I am very good at tuning out everybody in my family and tuning out the noise. And and so it's sort of like a joke with my kids, which is like if you actually have something that you want me to hear and, and like, internalize, you need to like, get my attention first. And make sure that I'm listening to you. Because if you just come into a room and say mom, bla bla bla, like, I'm not going to be listening to you because for my sake of my sanity, I tune everybody out. Because that noise is just like it's overwhelming.

Emily Prokop 23:16
Yeah. And there's the constant fight or flight response that having young kids puts you in all the time, your adrenal glands are so sharp, probably because you're just constantly Oh my god, what it's like living in a horror movie. Some days from the time they wake up to the time they go to bed, you're like, oh, finally, and the credits roll and you're tired, and you go to bed and start the whole thing again.

Katy Weber 23:42
I do feel like I'm in this wonderful phase right now where I have a 13 year old and a nine year old and they're like, self sufficient. And yet they're not, you know, self destructive.
That’s very true. Yeah, that is a sweet spot. Oh, you just gave me something to look forward.

It really gets I know, that’s why I said you’re in the trenches. It does. It gets so you’re you’re so close to getting out of that feeling of just like constantly exhausted. I mean, I don’t know. I mean, yeah, there were so many years where I look back now. And it was like, if I had only had a decent night’s sleep, everything would have been fine.

Yeah. Oh, yeah. And that’s, that’s one thing with ADHD, I found out is sleep is imperative for us. There is a difference when you for me, I can get six hours of sleep and function fine, like maybe at a C plus level. But if I get seven hours of sleep, that’s at least a B, if I get eight hours of sleep or more. Oh, man, that’s just the best day for me. Yeah, I know. Right? But not too long. Because if we do it too long, then it’s so easy to just lay in bed the rest of the day because oh, this is easy. Okay.

Yeah, that was one thing that I really struggled with in the beginning. Embracing the H part of ADHD Because I had hyperfocus, and I had what I used to call manic episodes of productivity. But then I would also then need that mental rest, where I would sit on the couch doing nothing for a day or two. And also at the same time, even though now I realize you need that mental rest after hyperfocus, at the time, I felt so guilty the whole time, because I think like we have a really hard time relaxing. And so much of that relaxation comes with a sense of guilt and shame or failure. I’m not sure, but like, I really enjoy my relaxation time a lot more now, since my diagnosis because I’m like, Oh, yeah, it makes sense. It refueling. And even when I say that out loud, I’m like, I’m sure most people neurotypicals might have already realized that a long time ago that rest equals refueling, like, that’s not a difficult of two’s concept. But like, you still need, for me, it was something that I hadn’t really made that connection yet.

And it’s so hard right now, in society where there is this hustle culture that pervades a lot of people in entrepreneurship, where you must be hustling from the time you wake up to the time you go to bed, you should be thinking about your business. If you want it badly, you’ll find the time I think that’s one of my least favorite phrases right now, if you want it bad enough, you’ll find the time because it’s true for the really big things, the values, hopefully. But when you hear that phrase, at least for me, sometimes it feels like you’re lazy. You’re not achieving your dreams, because well, first of all, I have way too many because we’re idea machines, and that hustle culture can really bring you into a guilt spiral.

Yeah, that’s a good point. And I think also, there’s always a sense of like, I should be doing something else right now, you know, especially when it comes to my business, I feel like I should be making vision boards, and I should be having business plans. And I should be much better about you know, my goals and all of this stuff. And, and there’s,
you know, there’s always the sense, which I think stems from that feeling like I never got the manual, which is like everybody else is successful, because they’re doing these things that I don’t know how to do.

Emily Prokop  27:24
And I think we we fall subject easily to comparison itis where we see what other people are doing. And it’s easy to see many of many of the same people types of people doing different things and thinking that there is one amazing woman entrepreneur out there who does the vision board and the yearly planning and looks back on 2020. And does the Pinterest post and the blog post and the Instagram post, there must be one amazing woman and why can’t it be me because I have all these ideas. I can have it in my head. I see it in my head. But oh my goodness, getting my hands to do it and getting time to do it and having the energy to do it. No, I don’t think that’s really, at least not for me, at least not in these trenches. I’m sorry, if I’m bringing everyone down. Because I’m very much. It’s so hard right now just to to have everything going on and trying to be an entrepreneur. So anybody who’s doing it, anybody who’s doing any of those things, if you did even one of those things. Congratulations.

Katy Weber  28:39
It’s a good point. And now how did you transition into podcast editing professionally?

Emily Prokop  28:46
Well, when I was doing my podcast, I was so hyper focused, and I was in all the podcasting groups on Facebook. And I got to know a lot of podcasters. And I went to conferences. And what’s interesting is I am an introvert. But apparently when I find other people who are hyper focused on the same thing I’m hyper focused on, I forget that I’m an introvert and I go and I socialize, I meet them and I get to talk to them and I get to find out about their brains and a lot of podcasters that I know are also diagnosed as ADHD or they think that they may be they may have ADHD too. So it’s very fun to talk to all of them and entrepreneurs to a lot of ADHD entrepreneurs out there so I really enjoy talking to them. The problem is because I’m an introvert it took me a while to realize that that drains a lot of my energy and when my energy is drained at that point Wait Where was I go? Oh my gosh, I’m so sorry, I ADHD out on you completely.

Katy Weber  29:45
I had asked about how you how you got into podcast editing. Yeah, yeah. Just as an aside, you reminded me of the the confusion between the EMI an extrovert or an introvert and I wonder if that’s peculiar to ADHD as well or at least very common because I get a sense from a lot of people who have ADHD that, like you said, like we really like one on one conversations. And we really like get, you know, those connections and we also are very good at like being onstage and performing in a certain way and, and public speaking. And so there’s ways in which I feel like I’m an extrovert there are some times I can walk into a room and I’m the life of the party. But then there are so many, you know, but at the end of the day, I feel like I’m an introvert because of like you said, like, I’m so drained by all of that, and I need so much rest. And I really just like being at home with my family, you know, like, the social distancing was not an issue for us, because we liked each other. We like being home, and we’re home bodies. And so I always have that. Whenever somebody asks, Are you an extrovert or an introvert? I’m like, I don’t know.

Emily Prokop  30:49
Yeah. But so the reason I brought that app was because I was able to network with all these people. When I found out that I was getting laid off from my job, probably because I was too hyper focused on podcast. I decided to go into podcast editing, I really liked it. I knew other podcasts, editors, and I was always thinking, wow, this is an amazing job. I can't believe people do this from home. This is always what I wanted. I always wanted to work from home. I love podcasts. I love listening to them all day. And because of my hyper focus, I was able to learn how to edit a lot like everything, every single question, I would think of every single idea, I had an audio I was able to Google it, or I was able to go to somebody I knew from podcasting and say, hey, how do I do this thing? I have an idea of how do i what I want to do, how do I do it. And so that really got me into podcast editing. When I got that sort of kick to you got to find a new job. And I had my network and I started telling people Alright, I think I'm going to start editing other people's podcasts. And I had a client or two. I and that was a that was pretty much how I got into the podcast editing. Then I started doing it full time. And then when everything hit back in March, I scaled back I was only doing well, I was about to start putting out more courses and all that stuff. But now I'm just I'm pretty much doing podcast editing and a few offshoots now of I still have my courses, and I'm hoping to do a few more this year hoping, hoping hoping it's on my plan.

Katy Weber  32:34
Your build your empire list. Yep,

Emily Prokop  32:37
yep, yep, yep. But I realized I have to take it one one year at a time. Because if somebody asks me, where do you see yourself in five years? It's like a punch to my face. Almost. It's just like, Oh, my God, you can't ask me that. There are way too many ideas. I could be anywhere in five years. I have no idea.

Katy Weber  32:56
That's a great point. I love that. That is a really difficult question to ask somebody with ADHD.

Emily Prokop  33:03
Because you're opening yourself up to a lot. It's like, Oh, well, I'll be 42 my kids will be older, my son will be potty trained, the world will open up again. Oh, my goodness, you know, what was funny? So I, every year I see this challenge called nap pod pomo. And it's national podcast post month, and it's in November. And it's to put out a podcast episode every single day. And I've been wanting to do it for three years. So in October, I started this notebook just to come up with podcast ideas. And I'm like, Okay, well, I really want to do this. Let me just write down a bunch of ideas and write down however much of that idea. I want to brainstorm. So now I have a notebook. I didn't even do a podcast because I have a notebook of 40 podcast ideas, and I can't choose a single one of them. And I don't have time to do it. Anyway, I don't know what I was thinking. So now I just have this notebook that every time I have a new podcast idea, I stick it in there. I brainstorm as much as possible. And then I put it away and say, I don't have time, but maybe another maybe another lifetime.

Katy Weber  34:26
Maybe that'll be the podcast, just giving other people ideas for podcasts if they have time. I
Emily Prokop 34:31
know I thought about that. But I feel like that’s so dangerous to do. It’s like, Oh, yeah, let me give you this idea. run with it. How many listeners? Oh, man, are there gonna be at least, you know, two other podcasts out there like it now?

Katy Weber 34:49
Yeah, you know, and that’s another thing too. I feel like I have a really hard time. What’s the word I’m looking for? Like? I’ll do something if it feels like it’s been, it feels like it’s not a sort of unique novel idea, it’s very difficult for me to kind of go through with it and, and you know, I see a lot of people in my, in my industry who will sort of take the same message over and over and they just post about it, like the same five posts all the time, year after year, and it just seemed so boring to me and I, you know, I’m like, Oh, wait, I could actually do that I could, I could, like, go back into my old posts and regurgitate them. That’s like a thing you could do. But you know, I feel like we seek newness so much, I guess is my point.

Emily Prokop 35:36
We love reinventing the wheel, especially wheels we’ve already invented over and over again, repurposing is so boring. I love it. My one part of my brain loves the efficiency of it. The other part is like, but but we could be more creative. But what if we just changed it up a bit, it’s only gonna be five minutes, five minutes of hyper focus, which actually means an hour.

Katy Weber 36:03
Okay, so let’s talk about hate to wait, which is another podcast that you started with a fellow podcaster? Also, who has ADHD who also has ADHD? And you started that one in 2018?

Emily Prokop 36:18
Yeah, we started that when we both started doing intermittent fasting, and we were talking about it. And because we’re podancers, and we have ADHD, we were like, oh, let’s let’s start a podcast. Let’s start a podcast about it, we got to talk about it. Come on, let’s get on the mics. And that’s what we did. Every week, we would talk about our weight, and we wanted it to be very positive, because I had worked with an eating coach who really made me aware of just how toxic diet culture can be sometimes, and how much a lot of the messages that were that I grew up with, being a child of the 80s, but also having parents with, you know, trouble with eating and diets, a lot of those messages I needed to sort of get clear on and get rid of and replace with better messages and better habits. So we started that podcast to talk about every week. And since starting that podcast, I’ve lost almost 100 pounds, I stopped back in March with and I went into maintenance when everything shut down with COVID. I went into maintenance mode with intermittent fasting and the podcast was still going for a while, but now we’re both in maintenance mode. We don’t really want to really go deep into weight loss with everything going on. So we’re doing it every month, but it’s still going on if anybody is interested in talking about intermittent fasting and it’s a comedy podcast, it’s a conversation podcast, we both have ADHD we go on plenty of tangents. It’s a lot of fun. We deal with a lot of food stigma diet, culture mythbusting I mean, we love that stuff, because it’s so hard, I think for especially people with
ADHD or is where we have that impulse control. We have that maybe not problem with impulse control, but it’s something that we need to be extra aware of. We’re dieting for a lot of ADHD years is really tough. And and keeping on top of their health is really tough.

Katy Weber  38:27
Yeah, absolutely that I have a long history of dieting and was actually you know, a former weightwatchers leader. And I always joke about the fact that I joined weight loss I joined Weight Watchers and all I got was this lousy binge eating disorder because you know, I just I feel it makes sense to me. Why people with ADHD find dieting appealing because diets offer structure they offer excitement they offer planning and weighing and weighing and tracking and all of this stuff that you can really get into you know and get that dopamine hit and hit and you know see results.

Emily Prokop  39:15
Every diet has a big learning curve which for our hyper focus we’re like oh something new something shiny,

Katy Weber  39:23
right? Yeah. And I’m you know, that idea of like reinventing, reinventing yourself and all of that is super super appealing to our brains. But at the same time, we don’t really like to be stuck in routines. So right. And then you take into consideration the idea of attentiveness and so we have a really difficult time tuning in to our hunger and our fullness. And so it makes sense why when we are not dieting when we’re not in this rigid structure, we tend to feel like our lives are out of control. And that there’s a sense of chaos. And you know, and you sort of like, come to and and the bag of chips is empty, you know, those that feeling of like accidentally bingeing on food. Right. So, like, I’ve thought so much about the ADHD brain and like how we deal with food, and I didn’t realize until I was diagnosed and started researching into ADHD, how binge eating is such a big, you know, habit or struggle with so many people with ADHD. But it makes total sense, you know, why, why we have that tendency to eat beyond fullness. And not only the, the dopamine, but also the attentiveness and, and, and why we kind of always go back to diets and, and try to, like, reclaim that structure and that automation in our lives. So it’s, you know, I’ve been thinking a lot about, you know, how, how are ways that we can bring structure to our lives and have goals and have a sense of excitement, without getting stuck in a lot of that toxicity of diet culture and without having everything being focused on, like, how we look or how we are perceived, you know, and, and, you know, some of the stuff that like, as a mother to a 13 year old early, and I want to avoid for this next generation of girls in terms of literacy, the poor body image and the and the self esteem issues that come out of a lifetime of dieting. And so like, how do we kind of juggle all of this when it comes to this overarching umbrella of our health. And, and one thing that has been really fascinating to me about intermittent fasting, and why I was so excited to talk to you about it, is the fact that it sort of feels like it’s kind of tailor made for the ADHD brain. And so I wanted to find out how you feel like it has helped you in terms of your ADHD, I mean, I know that it is great for weight loss, and a lot of people use it for weight loss. And, you know, there’s the whole science behind it, which I don’t feel like we can get into in the course of a one hour pod. And I will actually, now that I’m thinking about it, I will probably put a trigger warning at the beginning that we are not doctors, we’re not medical professionals. But you know, I think there’s so much about

Emily Prokop  42:42
ADHD and intermittent fasting,
the basically when you're in the fasted state you everything that is good about ADHD sort of turns on you. No, absolutely. And that was something that in my own like forays into intermittent fasting was immediately I just felt like so much energy and so much clarity and so much focus. And, and everything I knew about everything I thought I knew about the importance of breakfast just went out the window.

Right? Yeah. And I never liked it to begin with, which was funny, I would skip it, going to school. And my mom's like, how would you do that? And I'm like, I don't know, but I feel better doing it. But she wouldn't let me do it. Because breakfast is the most important meal of the day over and over and over again stuck in your brain stuck in your brain.

Oh, absolutely. And I know, you know, a lot of registered dietitians who sort of used that metaphor of like building the fire and you have to put the foot you have to keep the logs on the fire all day long, which I you know, on some level makes sense to me. But at the same time, I'm like, when I'm putting logs on the fire all day long. I feel tired and foggy. And I want to take a nap, you know.

that kill the fire? If you keep putting logs on to I've killed a lot of fires with doing that.

Right? Well, I think people with ADHD maybe put too much fire, you know, we have a tendency not know how much to take this metaphor as far as it'll go, you know, like we just like, we will just throw the logs on the fire all at once. And you know, I always felt like when it came to intuitive eating sort of felt like it makes sense to people who have a lot of impulse control to begin with, and who are much you know, better at tuning into their hunger and fullness. Whereas something like this where you can literally have a switch on and off for when you eat seems tailor made to the ADHD brain so curious what you think.

Yeah. For me, I found out about intermittent fasting from the book faster than normal. It's by Peter Shankman. It's about turning ADHD into a superpower. It's written by somebody with ADHD. So anybody with ADHD who's like, I can't read books, I don't like books. I can't pay attention. It I promise you, you'll read it you'll hyper focus on it. It's there are beautiful bullet points. Lots whitespace so we're not overwhelmed with just text in your face. And in that book, he talks about using ADHD as a superpower. And in one chapter, he talks about intermittent fasting. And that was the first time I really heard about it, and how it works, how its structured. And for me, being a former binge eater, I guess you never grow out of it. Or you can't say former, I'm always going to be a binge eater, but being a binge eater, and knowing that I didn't like how I looked and I wanted to go on a diet, I didn't like how I felt I didn't like my health, and I wanted to change that was occupying my brain. From the time I woke up to the time I went to bed, not fully in front, but whirring in the background, sort of like a buzz, you're constantly hearing and sometimes you
can tune it out, but it’s still there. It was constantly should I eat? Should I be eating? Is this the right thing to eat? Oh my gosh, was it too soon? Since I ate and a diet, every I would go on every diet, find out about it. I would love the structure of it. But then it would get to be too much. And when I found out about intermittent fasting, and how I only had to think about eating for eight hours in a day. Oh my gosh, it was like a light bulb went off. And those other hours of the day. I didn’t have to think about eating. I didn’t have to think about nutrition labels. I didn’t have to think about calorie counting. Was it after eight o’clock. Yep. Can I eat? Nope. Okay, doo doo doo doo doo doo doo doo doo. And whatever it was I wanted that was the other thing is that I read delay don’t deny by Jim Stevens. And that book title set it all for my ADHD brain delay. Don’t deny if I want that chocolate cake. Oh, I can have that chocolate cake. I can have that chocolate cake for a cupcake for breakfast, which is now 12 o’clock. The first thing I eat can be chocolate cake if I want it. And after doing intermittent fasting, and seeing that it worked for my brain, I wasn’t even doing it for weight loss. I really was I wasn’t expecting it to work for weight loss. The first week I was doing it. I was like, now. Ah, this isn’t gonna work. Yeah, honey, we’re having takeout. We’re going to drive thru for a whole week. But only between 12 and eight. I just want to see what the whole thing is like, I just want to see it. And when you know, it was amazing. Oh my goodness, I loved it. And I kept doing it. It wasn’t something I had to ease into. It became very easy. After a while there is an adjustment period there is the first time you eat for the first few weeks, the first time you eat during the day. Sometimes you may need a nap. I needed a nap after lunch every single day for two weeks. I’m like, Oh, I don’t know if this is gonna work. But after that goes away, the brain fog would clear. And after a few years, I was losing weight. And I was still eating all my favorite foods, again, that diets took away from me. And my body naturally went into intuitive eating. Of Wow, I’m really craving vegetables. Like if I don’t have a vegetable soon. I think my stomach’s gonna be bad at me, I don’t think I’m gonna feel great. And it was weird hearing those messages for the first time from my stomach or from my brain. Because before it was just diet, diet diet must lose weight must count calories must get on the scale. If the scale is too high, you’re bad if the scale is low, good for you. And doing that, like that. Yo yoing was done. It was done. I loved it.

Katy Weber  48:32

Yeah, I think I think listening to your entire intuitive self. I think that voice is louder. When you don’t have you know, the diet rules from whatever diet you’re on, telling you what to do. And so then you start to like, stop listening to your own inner voice about what should I do? Because you’re always listening, you know, you’re like, well, what are the rules? What am I supposed, you know, is this have gluten in it? Or is this you know, keto or, you know, like,

Emily Prokop  49:03

let me count macros let me Right, yeah.

Katy Weber  49:07

And, you know, and, and so the, you lose track of, of how you actually feel from one moment to another. And so yeah, I do feel like once you get into this rhythm of trusting yourself, you can actually start to say yeah, yeah, I actually do want vegetables. Yeah, it is amazing. I’m so fascinated by that whole topic. It was definitely my hyper focus for a while and still to some degree i’m i’m very fascinated behind the science behind switching over to using fat for fuel and a toffee G and all of that interesting stuff. Okay, so then how can our listeners find you How can they know more about you and how can they work with you?

Emily Prokop  49:57

Yeah, first I want to say thank you for having me on. This has been such a refreshing adult conversation and I’m sorry,
I went on so many tangents. I feel like I'm so excited to talk to a real live adult in person that I just, I just threw it all at you. So I'm sorry to you. I'm sorry, to your listeners. I'm sorry to future you who is editing. But you can find me over on Instagram. I'm there every day. I love Instagram. I'm at Emily Peck, p ck prokop pr o k. o. p. And please visit me over there. All my stuff can be found at E podcast productions.com. If you're interested in podcasting, if you want to get a podcast launch checklist, absolutely free head on over there. If you're thinking about starting a podcast, and I look forward to connecting, if you're an ADHD woman, entrepreneur, please connect with me I love I love being surrounded by you all, oh, it's wonderful. It's woman. One, it's

Katy Weber  50:58
such a supportive community. It is amazing. It's like, on the one hand, you you want that validation and acceptance so much. And we get it in spades, like everybody is so positive, because I think we all come from that sense of like feeling like an outsider for so much of our lives. And everybody is such wonderful cheerleaders and, and I feel very seen and understood and welcomed.

Emily Prokop  51:26
And the other thing is, I love our brains, that when there's a question asked in a Facebook group for people with ADHD, the answer is are just Google it, or here's a quick link. It's step by step instructions and context and letting you know, oh, in case this happens, make sure you do this. Because our brains are so helpful. As soon as we figure out a solution. We can't wait to tell other people that it's such a supportive community and that respect. Yeah,

Katy Weber  52:00
I agree. I know, I've started like, even emails, when I when I send emails out, now I put a TLDR at the end at the beginning. And I make I make everything in like point farm nodes. And then there's certain things that I bold, and then there's certain important things that I bold and put in red. And I realize, like, how helpful all of that stuff has always been to me. And so I'm like, Well, I want to be helpful to everybody else, because it's so important.

Emily Prokop  52:28
I know. And what's funny is I, I'll speak in bullet points to people in email, sometimes I'm like, I'm sorry, this is just how my brain works. That works in bullet points. They're like, no, that's actually the most memorable email I've gotten so helpful. Thank you. Like great. I can't make a story out of it sometimes, but I can give you bullet points and step by step.

Katy Weber  52:48
Okay, well, yeah, you have Emily has fantastic freebies and downloads and is giving away so much really great information for free on her website, if you are interested in maybe starting a podcast this year, she's a great place to start. And you do your Sunday Q and A's on Instagram stories, right?

Emily Prokop  53:10
Yeah, that's that's become so nice, especially for my brain where I can't I don't have to go live going live just it
stresses me out. But at least I can say okay. Sundays Give me your questions. I’ll answer them when that answer bug when that Instagram bug hits me and I’m like, Okay, I’m ready for this now.

Katy Weber   53:30
I love it. All right. Well, I’ve so enjoyed talking to you. I really glad you agreed to do this and I’m so grateful.