

Chelsea Uithoven: Cycles of productivity & the on/off switch...

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SPEAKERS

Chelsea Uithoven, Katy Weber



Katy Weber 00:00

Hi, yeah, I'm so I've been looking forward to this. I just think you're just so adorable. And I feel like we have so many like similarities and alignments and our journeys and like what I what I was like looking into you when I first discovered you and I was like, Oh, I love her videos. She's so likable. So I would like down the rabbit hole, the Chelsea rabbit hole as one does. And I was like, I was admitted just made me laugh because your whole the ADHD Enos of your resume always makes me laugh right where you're like, Yeah, I was a kindergarten teacher. And I was also like, a theme park character. And then it's just sort of like, yeah, now we're here. And it all makes sense, right? Like, I love piecing together our strange and varied histories. Yes.



00:44

I'm so excited.



Katy Weber 00:45

Awesome. Okay, so I don't know. Have you listened to the podcast? You? There's Yeah,



Chelsea Uithoven 00:49

yes, I have. And when you ask, yeah. When you said you'd like to interview me, I was like, Oh my gosh, I feel like I'm being interviewed by like a celebrity. Because I feel the same about you. I'm like, Oh, this is so cool. Like, I've listened to this podcast so much, and listen to so many different people that I'm like, how cool that I get to be on this now.



01:07



Katy Weber 01:07

Ah, that's awesome. Yeah, no, believe me, I'm just like, a random mom and her track pants in my living room.



Chelsea Uithoven 01:15

I mean, same, except I just like put makeup on because I felt like, you know, it was like, some guests now that I'll just try to get a little ready. Yeah, I



Katy Weber 01:25

know. So it's, it is kind of crazy. Because like, you know, I, immediately after my diagnosis, I was like, you know, the wheels start turning, and I was like, I'm gonna buy the URL. And I'm going to start this bit. And I'm going to do this. I'm going to start the a, you know, Instagram. But really, it was like, I just wanted to reach out and meet other women and be like, was your experience similar to mine? And and then it kind of has blown up from there where I'm like, not only are these conversations helping me, and I think helping the the woman who's sharing her story, but then other people are actually listening to these stories and hearing themselves in it, which I think just blows my mind. Because I'm like, oh, yeah, like it's so it's just so cathartic for all of us.



Chelsea Uithoven 02:06

Totally. And I'll get I'll get out of where I'm not listening to ADHD content. And I'll kind of start feeling down on myself. And I'll get back. I'll be like, oh, yeah, I should listen to other people that have ADHD. And I'm immediately reminded, like, oh, yeah, all these people have such a similar experience. And it's like, so comforting. So that's definitely what I feel like your podcast is done. Well, I



Katy Weber 02:26

feel like I am so immersed in ADHD. And I talk to so many people with ADHD that I forget that there are people out there who don't have this experience, right? Like I'm at the point now where I'm like, every once in a while I will, I will like come upon somebody who's so aggressively neurotypical where I'm like, Alright, I forget that you guys exist, and that we're not all this like hilarious high jinks of chaotic mess, you know that they're like, oh, man, like, we just think so differently. I forget.



02:56

Right. Right. I totally feel that.




Katy Weber 02:59

Okay, so we'll start out, I guess, I will ask about your, you know, when you were diagnosed as you it was, how long ago? Was it? How old were you and kind of what was going on in your life that led you to sort of look into ADHD and, and put those pieces together for yourself? Yeah,

 Chelsea Uithoven 03:18

so I was diagnosed this past year, February of 2021. I'm like, what you're just turned, it always takes to like, April till I actually remember the year. So February of 2021, I was diagnosed and like most of us, um, I, the way it came about was pretty random. I started my business in January of 2020. And I was a kindergarten teacher previously. And once I moved to working for myself working from home, I honestly thought everything was going to be great. I was gonna be like, Oh my gosh, okay, nobody's going to be home, I'm going to be in my own environment, I'm going to be able to be so focused, I'm going to get so much done, you know, and you sit down for that first day at work. And you're like, that's what did I get done today? Right. And so I just struggled really, I struggled a ton with focus and keeping on task, getting things done following through all the things that we typically struggle with, with ADHD, starting my business, but honestly, I didn't attribute any of that I would have never thought it was ADHD. I was just kind of thinking to myself, well, I need to try harder, why don't have a good work ethic? Well, I just need to, you know, power through it, you know, hustle my way to the top, whatever it is all that stuff. And later, the way that the ADHD kind of came into the picture was actually a friend of mine who has ADHD. There was a couple conversations that happened around the same time but a friend of mine who has ADHD. I don't remember exactly what the conversation was, but she said something to the effect of She said, she said something assuming I had ADHD. And I was like, What do you mean? And she was like, Wait, I thought you had ADHD. I'm so sorry. I don't mean anything bad by that. And I was like, what? That's just really strange. What makes you think that she goes, Well, I don't want to say it. I don't want to offend you. And I was like, what is it? She's like, well, you kind of interrupt a lot was like, Wait, that's an ADHD thing. And that conversation just sparked me to look into it. And I immediately sent the list to my husband and was like, look at these things. Are these not all me? And he's like, No, those are this sounds like it was written about you. And that kind of sparked the spiral down the road of getting diagnosed.

 Katy Weber 05:40

I know, right? I know, I talked about how my therapist had been like, gently suggesting it to me, too, with that way of like, I don't take this the wrong way. But I think you need to look into it and how like, initially, I was kind of insulted. Like, do you think I do you think I'm like a crazy hot mess? And do you think I'm really care? I mean, she's my therapist. Of course she does. But like, you know, now it's funny, because I'm like, oh, yeah, I have a crazy hot mess. But there is that feeling of like, if somebody else suggests that you have ADHD, you're sort of like a no, like, there is something sort of insulting, you have to kind of deal with that internalized stigma, but then when you have ADHD, to just say to somebody else, like, I think you have ADHD is almost like a badge of honor.

 Chelsea Uithoven 06:25

Right? It's like, No, this is a very good thing. I wasn't insulted. I was actually curious, because I feel like I have always been looking for answers. I was always like, there is something different

about me, and I cannot pinpoint what it is like the way that I think is different. And when I was younger, I was diagnosed with bipolar disorder, which I now think was a misdiagnosis for ADHD, um, how, you know, ages for me all kind of like meld together. And years and months and time is like, I don't understand how



Katy Weber 07:02

young like you were still living with your parents? And no, I



Chelsea Uithoven 07:06

think I was like, 20. I was in my early 20s. I'm 31. I think that was like 23 or so. So I kind of am always interested, like ever since then, because I was like, that doesn't hit it on the head. But there's still something you know, but I kind of push it to the back of my mind. So when she said that I kind of had this inkling and this interest immediately to be like, let me look into this. What does this mean? Maybe this is, you know, I didn't know it would connect all the pieces together so perfectly. But it did.



Katy Weber 07:34

Well, bipolar. I mean, there's a huge stigma around bipolar as well, right. But I think I secretly thought I had bipolar I think a lot of us did when you don't know what's happening. And you know, I was diagnosed with depression and postpartum depression and anxiety. But again, it was like, I don't feel like those fit. Like for me, a lot of it was like emotional regulation and being like, how come I'm happy one minute, and then in a rage, five minutes later, that feels like bipolar. And so that's like, I would always like secretly go fall down those Google rabbit holes, but like, realizing that I had my own internalized stigma about that term and



08:12

right,



Katy Weber 08:14

yeah. Interesting. So you think so? When you were so what was going on though? You were diagnosed with that in your 20s? Or was that? I don't want to pry.



Chelsea Uithoven 08:24

Oh, no, no, not praying at all. Um, you know, that was kind of like the most, I want to say the most hot mess phase of my life, but I feel like it's pretty much all just kind of a mess, you know, but things all worked out eventually. But so I like had just gone through a breakup and I started seeing this therapist, and I'm going through the breakup, obviously I was having a really difficult time and I came in and I guess I was kind of sad and down and yada yada. And then the

next time I came in, I was in a really good mood and was really up and except you know, I'm very excitable and I do think that the roller coaster of emotions is definitely part of my ADHD that emotional regulation is a big piece that is a way that it shows for me and I don't know I honestly I'm not sure I literally saw that therapist three times. So um, and then I ended up going to a psychiatrist and he diagnosed me with bipolar after one visit and which is why when I got my ADHD screening I want I did the official tests like where they sit down and you do like she did like this test that felt like I was taking the LSAT but for like kindergarteners, I did the full thing because I was like, I want you to screen for everything because I wanted to really know that that's what it was. That's the question.



Katy Weber 09:47

It is I kind of want to do that too. though. I feel like I was almost cheated because I you know, my general practitioner is a psych specialist. So she was able to diagnose me in the eye office just through like my own, you know, I had this handful of papers of myself tests and all of these things and, and it was mostly just sitting down and having a conversation with her that she was able to diagnose me. But I hear about people who take the three hour tests my picture you like it kindergarten, like annotated with like a rope puzzle, and Rorschach tests that I'm like, Ooh, I want to do that I want to it was kind



Chelsea Uithoven 10:21

of fun. Yeah, it was kind of fun. And, you know, we get, we can tend to get really focused on that kind of stuff. And so I was like, I wonder if it's not gonna show that, like, I you know, how my focus really is in real life. Because when a person sitting there, it's like, your focus is totally different. But obviously, they saw something.



Katy Weber 10:38

I know, right, it is. So it brings to the fore like, how so much of our I guess that that self doubt, right, that internalized self doubt plays into just the diagnosis journey itself of like, am I faking? You know, like, I like it a lot, too, when you go to the eye doctor, and they're like, which is clear this A or B? And I'm like, I don't know, hey, can we do B again? I in charge? What do you think? I know exactly like so. I was so worried that I had gotten it wrong. I think I've said this in the in other episodes to where like, I made my doctor say out loud to me, like, you know, I was kind of disappointed that I didn't get like a card carrying certificate or something where I was like, You need to say it out loud. Otherwise, I'm always gonna think that maybe I misunderstood. Total. And I mean, I still spend most of my life doubting the fact that I even have this diagnosis, and that maybe it's all a lie. And, and I was just having a bad day, you know, like, I still am in constant state of questioning even what this is.



Chelsea Uithoven 11:43

Yeah. And even doing the official test, I still feel that way too. And I've spoken to a lot of other women that feel that way, too. I don't know why that is. I think it to me, it might be that internal feeling like our entire life, we've been told that this stuff is excused, like an excuse, or that we

need to try harder. So I almost feel like, we're like, Well, is it though I still kind of think it might be I still gotta think I might just be lazy. I don't know, you know, like we have those moments, or at least I do.



Katy Weber 12:13

Think it was it was so for somebody who has like a background in nutrition. And as was probably as steeped in diet culture as I was for most of your adult, young adult life. Like, it's mind blowing to think about the similarities with like, for me, like when I started thinking about diet, culture, that idea that like, you're doing it wrong, if it's not working for you, it's somehow your fault. It can't possibly be the diet's fault. And then they're, you know, when you come to that moment of realization, where you're like, wait a minute, like, you see the man behind the curtain, like Dorothy, and you're like, Oh, my God, I did, they were lying to me this whole time, they never were like, it felt like there were so many similarities to that journey of like diet, recovery, and getting out of diet culture, and also like having to the same idea with ADHD where you're like, Oh, my God, I'm not the problem. The problem isn't me. The problem is like everything I had been told my whole life all of these messages.



Chelsea Uithoven 13:07

Yes. Oh, my gosh. And I've been exploring this idea so much the parallel between diet culture, or really my relationship with food, and what I kind of went through with my relationship with food with improving that. And instead of saying, I want to change my body, and force it into this and force myself into this, like, perfectly controlled little person. Now I'm going through that same experience with productivity. And it's like the same exact thing. Like, instead of forcing myself into this, like, Oh, I must get this done. I must be like this. I'm like, What am I just sit back and like, what really am? What are my natural tendencies? And like, what do I want to do? And it's funny, there's so many parallels, I completely agree.




Katy Weber 13:50

Yeah. And it's funny, because that's one of the things that really appealed to me when I first discovered you was that that approach, which is like we're overcomplicating every big, like, we just need to like, take a breath, and settle it. And I was like, yes, thank you. Because we do get so worked up, right. And like Now at least I can kind of see it happening and have a sense of humor about it. Or I've like, here is the part where I'm getting really really excitable and I'm good and I want to do all the things in one day and then I get exhausted, like, you know, I like to say it's like, I've got like all of these notes in the margin now that follow me around when I'm going through these but yeah, like I think a lot of it does come back to that sense of like, you know, there's so much at play, like there's the excitability factor. There is that feeling of like, I want to do all the things all the time that urgency and impatience that can get us like to feeling like why? Why is everybody else getting it right? And I'm getting it wrong, like that feeling of like, Why does everybody else have the manual and I didn't get the manual and you're like, what is leading to that constant that you know In so many elements of our life, what is leading to that feeling of like, you know, just chronic overwhelm, I think is the best way I've heard it described.

 Chelsea Uithoven 15:09

Oh my gosh, yes. And when you said over complicating things, I'm the queen of overcomplicating things because I think we have so many ideas and so many thoughts and like you said notes in the margin. I like that, like, a million notes in the margins that I carry around with me, but I know

 Katy Weber 15:24

right, I'm saving articles to read later and like, things that we think are even just like New Year's resolutions, like all of these ways that we have sort of have this idea that like the answer is around the corner and we're going to find it if we if we research and up or if we read something there's always like, we're always like one article away from solving the puzzle that is yes, yes. But then you get the

 Chelsea Uithoven 15:47


next piece and you're like, wait a second, this doesn't fit with the rest of the puzzles now I feel like I have to start over or at least that's how my boy

 Katy Weber 15:54

I say that about and when I was I say that that with ADHD I'm like the more I know the less I understand right? Like what even is this? Okay, so let's backtrack a bit because first of all your your resume really does look like all the jobs like I remember going to attitude magazine's website and looking up, like what are all the perfect jobs for people with ADHD? And it's really like actor, teacher is on there. Coach is on there. I think you know, dirt. I was a journalist, a journalist is on their editor. But like, yeah, so it was funny to see you like checking off all of those lists. So let's go back into knowing it. Right, like, so when you were diagnosed? And kind of putting these pieces together? What are some of the things looking back over your life as one does where you were like, Oh, the signs were there all along?

 Chelsea Uithoven 18:59

Oh, my gosh, oh, gosh. I mean, like everything pretty much just my whole life. But in particular, I think that bipolar diagnosis was a huge thing for me that once I started understanding the emotional dysregulation piece of ADHD, that was like, wow, like that makes so much sense that definitely my relationship with food and my body. I feel like I have connected with so many people and realized a lot of women with ADHD have the same struggles in that area as far as all or nothing thinking when it comes to eating and food getting, like you said really excitable about something and you're like, all in and obsessive until like, you know, you hit some executive dysfunction and you can't do it perfectly. And you're like, I'm not going to do any of

 Katy Weber 19:46

that. And you throw it all out. Yeah, exactly.



Chelsea Uithoven 19:49

I dropped out of college. I mean, like it's all just like Check, check, check check. I went back eventually. It took me like eight years to finish college but



Katy Weber 19:56

I dropped out a couple times too.



Chelsea Uithoven 19:59

And You know, the biggest thing is like, everything I feel like was kind of slipping through the cracks, like just random stuff was slipping through the cracks all the time. So I would purchase a gift for friends for a friend like, and I would forget to send it right. And so I'm finding my closet Three years later, or I would forget to pay a bill or a medical Yeah, I wouldn't like go to the dentist or the doctor because I had to make the appointments. And that was too much like, I hadn't been to the doctor. And like, six years before my diagnosis, I didn't have a general practitioner, I was like, I don't even know what to do. I don't know how to get started with this, um, a lot of things, I look back and I'm like, wow, that makes a lot of sense. Now, in hindsight,




Katy Weber 20:43

I think there's, I think there's a general sense with a lot of us, like, you know, we're confounded by ourselves. Because, like, I often felt like, I'm bright, like, I know that I'm bright, but I did really terribly in school. So I think that was a big thing for me was being able to, like give myself permission to, to, like release that like to be like, your experience with academia does not dictate who you are as a person. And I didn't realize how much I was holding on to that shame. Well into my adult life, right, where I was, like, I am not a smart person, because I did I couldn't understand why I couldn't do well in school. And, and, and like you said, like, I always felt like there was some kind of learning disability that wasn't diagnosed, like there's just something was there that I never could quite put my finger on. But I think there's just a sense of like, I am very competent, like, I should be better at blank, right. And so there's a feeling of like, I should be better at remembering people's birthdays are like, I should be good at everything. And, and so I thought a lot about like, where does that come from? Does that come from all the pressure that our teachers put on us to be consistent? That we like internalized, right, because that was something I got all the time in school, which was like, you know, you're you're good. You either get an A plus or you get a D there was like nothing in between, right. And so like, there was this emphasis on consistency growing up, that I think I internalized. So I felt like I needed to be really good at everything I tried. And like where does that even come from? I don't, or how do you know? I think I think you know, there I've seen I remember Katie Oh Saurus on Tik Tok did a video about like, the kind of the the seedy underbelly of being really competent at a lot of things we try and how it leads to that. That sense of competition within ourselves that ends up being quite debilitating. You're like, yeah, yeah, that's deep. I see that.

 Chelsea Uithoven 22:49

Totally. Yeah. And, and for me, it was like a light switch. But like I did really well in. And I think this is a part of the difficulty, too. I did really well in elementary school, really well in middle school. And then in high school, all of a sudden, one semester, I had, like, almost all F's, like I just no longer cared, right? Because we have to have that interest and that excitement. And I'll never forget that that parent teacher meeting with me and my mom, and all of my teachers, and this is a moment to that I look back and I'm like, Oh, this makes sense. And my mom's like, you must have the wrong child, there is no way I've never had to, like tell her to do her homework or anything. But it was just like that on and off switch. I feel like we have this like on or off switch. Like you said, we can be so insanely competent in one area. But that's when the switch is on. And when it's off, we're just like, No, right? You know,

 Katy Weber 23:48

and I think before the diagnosis that feels very random, right? Where it's like, you can't predict when you're going to be on and when you're going to be off. And so naturally, you expect yourself to be on all the time. And so it becomes frustrating when it's off. Whereas like, now, I feel like I have so much more grace with myself when I'm like, of course, you're off. You know, like I always say this, like, I used to think of myself as being the lazy person who couldn't get off the couch. So like, and then that was why I was like, I'm not hyper I literally like can have, you know, I literally can nap at any time of the day. Always exhausted. And so it was like, you know, the what was I lost my train of thought, but just that sense of like, now I'm like, you're probably recharging because you just spent the last 48 hours like building a website or like whatever we tend to do as hobbies. Right? So I'm like, being able to understand the when this switches off and being able to be like, Oh, that makes sense. I'm off because of all those things I was doing this week. So I think my exact experience too, right? Yeah. So I think like understanding that we do operate as often on, like you said, like it doesn't mean we're going to stop being that way. You know, we're gonna still assume we're still gonna, like, assume that we, like you said, like, we're just going to transfer that expectation from one thing to another. So it's like you went from like, you know, nutrition and body image to now, you know, productivity and entrepreneurship or whatever. Like, I'm always placing that expectation somewhere, but at least being able to recognize what's happening. I think it's so important. It doesn't it's not actually as random as we think it is.

 Chelsea Uithoven 25:28

Totally. And I, when I'm in like, the high of the productivity, and like, the hyper focus of something, I never anticipate the low. And I have to now remind myself like, okay, that off switch is coming. And when it comes, like you said, I had, I still forget and have to remind myself, like, start beating myself up, and then I'll be like, No, like you said exactly like, No, this is because I've just been on, you know, I like to think of it like a cycle. You know, we go through the highs and the lows, and it's just kind of riding the roller coaster versus, you know, judging every moment of it. You know, even when I was used to be productive and excited about something I used to be like, I know, it's not going to last forever, you know, it's like, I don't know, I was always in kind of a mind spin. But like you said, now I can get myself some compassion,



Katy Weber 26:14

right? Yeah, I remember, I used to do like business coaching courses with Kate Northrup, to her at all.



Chelsea Uithoven 26:22

Yeah. And so she is she, the book, I want to read that remember what



Katy Weber 26:25

it's called, I actually haven't read any of her books. But you know who's got good, but I was like, but she had that same concept of like, you're in this productivity cycle. So when you are feeling like when you were like internal, and she likened it a lot to like, the feminine, and the menstrual cycle and that idea that like, you have, you know, use, you can start to predict when you're going to be productive, and when you're going to be more like slow and contemplative. And those are like, just as important as the hyper focus modes, right? So it's like when you're lying on the couch, you may not realize it, but that's your cocoon mode, where you're like coming up with new ideas, and you have to have those times in your life in order to then move to the next level of action. And so she was always like tying it to the menstrual cycle, which I again, it was, and that's another example where you're like, why am I so angry and yelling at everybody? All? Right, my periods coming? Okay. Yeah. But it's still a surprise everyone no matter what. Right? But yeah, that idea that like, every part, so like, you know, just coming off of the holidays, I took a 10 day break from social media and like, basically everything, which was really miserable, because I was like, forcing myself to not check social media, but I was still checking social media. I just wasn't engaging, because I didn't want anybody to think I was cheating. Like, this was good, right? Where I was like, I can't look at stories because somebody might catch me looking at stories. And then they'll know that I wasn't taking a break. And I'm cheating. And I'm actually on Instagram. And I'm like, What is wrong with you? Nobody's paying attention. But like, you know, but it was really hard to take a break. And so I was very much like thinking about how hard it is for us to take a break. Right? And like, how difficult it is to be in that contemplative slow mode when you don't want to be in that slow mode. And then I was like, wait a minute, why am I forcing myself to take a vacation right now, like, this is not the time for me to be taking a vacation, like even though it's the holidays, whatever, family blah, blah, blah, like, I was starting to realize, like, maybe just like imposing a 10 day forced, you know, relaxation is not very relaxing, it's, it's, you know, like, I have to get a good night's sleep tonight. The worst thing that's really pretty much guarantees, you're not gonna get a good night's sleep, right? So absolutely. So I was



Chelsea Uithoven 28:56

gonna have that rebellious side of your ADHD where it is like that. If you feel like you're supposed to do something, you automatically then don't really want to do it as much. Oh my God, I feel like I experienced that all the time. If I am forcing myself to do something, I automatically don't want to do it no matter how much I wanted to do it before I forced myself to do it.



Katy Weber 29:16

Yeah, you know, and I think that's probably why so many of us feel like we're not really adults. You know, like, I think we do have a lot of that sense of, of, you know, you can't tell me what to do. But at the same time, I also need a lot of help and structure and I need somebody to tell me what



Chelsea Uithoven 29:36

to do or like how do I help you? You're like, I don't know. Nevermind. I'll go off on my own. I'll figure it out eventually.



Katy Weber 30:45

Going back to your initial point about like, feeling rebellious, right, like feeling like that inner, like we are, we are basically like a walking paradox in so many ways. And, and we feel we feel like children, I think, you know, I used to always think that the reason why we didn't feel like adults was because of like, like, for me, I'd never felt like an adult because I have such issues with money and finances, and I felt like if I ever, if I ever, like, figure out how to like budget, then I'll feel like an adult, which I don't, it's never gonna happen. So if that's what if that's what adulthood is, then then I, I, I've never gonna get there. But like, I feel like maybe we have these ideas of what adulthood is. And so we're, we can't get there because it's something other than than who we are. I don't know. I'm just thinking right now on the fly lately?



Chelsea Uithoven 31:41


No. And I again, as you're saying that I completely agree, I feel Yeah, and I feel, you know, a lot of this journey, one of the things you've been saying have been making me think of, kind of, I feel like what I've been doing recently is switching from trying to switch from an external authority, what everybody said, like, Okay, this is what you have to do to be an adult, you have to know how to budget you have to, you know, be responsible, you have to discipline was always such a big thing for me, like, you have to be disciplined and all this and I've been switching much more to an internal authority, or learning how to, and really just saying, like, sitting back and being like, what do I want right now? Like not what should I do? But like, what do I want? And I found that that has helped in almost every area of my life, you know, when it comes because like, like, it's a budgeting, like, I'm like, Oh, I don't really want to do that. But I should do that sitting down for work being productive. Oh, I don't want to do that. I should do that forcing a break. Like, I don't really want to do that right now. You know, I've been trying to sit back and say, What do I want? And I realize like, that's a question I've never asked myself in my life. And I'm like, learning how to ask myself and I'm like, What do I want? You know,




Katy Weber 32:56

it's a really difficult question. I mean, I honestly, I don't know. Like, I don't know if I have the answer for that. But I think I think it is important, like you said to, to give yourself like the

permission to be the authority in your own life, right? Like, I think about like into, you know, the the idea of intuition and intuitive eating, especially like in the in the framework of nutrition, right? Like, it is so important to realize that like the answer is not in a magazine, or a diet or an app or something like you have that it's not that complicated, like you can figure out how to eat it's just that you've been told your whole life that you don't, you know, like we've been deprogrammed throughout our life to realize to be like, I can't trust myself, I can't trust my cravings, or I can't trust my, my instincts. And so it's really like bringing back that sense of intuition and that sense of like, inner wisdom, which I think is so important, but I also think like it's, it's, I don't know, I feel like they're butting heads, like this idea that like, you know, the wisdom is in me all along. I can do this. I can figure it out. But then again, like, how do I stop getting so worked up all the time? Over the fact that I don't have the answer. Now. You know, I think that's another thing that is very, like, a lot of us struggle with that like at the impatience, right, which is like, I want this puzzle solved yesterday. And and then we throw it all out, right, where we're like, well, this isn't working, so forget it. And you know, and then I joke where I'm like, and then I'm in the fetal position on the floor.

 Chelsea Uithoven 34:34


Right, right. Oh, my gosh, yeah. I I self identify as like the most impatient person in the entire world.

 Katy Weber 34:44

I know right? It is. I think so. Yeah. I mean, like, I love that concept of of like, it's not the answer isn't out there somewhere, right? Like it really we just need to sit back and take a look breath. I mean, but how do you get to that point? I think it's so easy to get distracted by, by all the noise.

 Chelsea Uithoven 35:11

Right? I feel like what I've started doing is like, like I said, in each moment, just asking myself like, yeah, I will always try to do that to like, self imposed. Like, like, for example, the 10, the 10 day break, like you said, I'll try to do that. I'll be like, that'll be good for me. Right? But then I'll ask exactly what you said, I feel like it's just step by step in each moment, asking myself what I want, what will be joyful? And what would feel fun and exciting. Versus what should I do in this moment? And it's just been such a better experience like being like, just guided by those desires instead of what I should do. Right. Yeah. If that makes sense? No, absolutely.


 Katy Weber 35:55

That just reminded me Yeah, like the should is such a toxic word. It's so true. Because like, I think about the fact that I have taken self imposed. Social media breaks many times in my life. I've taken like, year long social media breaks that felt necessary, where I definitely was like, I can't go back there right now. And those are the moments where I'm like, I felt bad, because I felt like, Oh, I'm not paying attention my business or I'm not doing that, like, we're so dictated

by shoulds. So much of the time, where I'm like, Why didn't I just accept that that was a good time for a break. And then why didn't I just accept that the self imposed break was not a good time for a break like it is? It really does come down to that, like the should the S word.

 Chelsea Uithoven 36:42


Right? Yeah, exactly. Exactly. And something I need to remember too, is like, what I want and what I desire is like changing all the time, like, like you were talking about my different careers. I feel like I'm like a different person from day to day. And even in my head, I'm thinking, I'm like, oh, gosh, no, I do sound like I'm a bipolar. But I just feel like it's like I'm ever evolving and remembering that too, and remembering that nothing is forever. You know, like, just because I started this one strategy doesn't mean I have to stick with it forever.

 Katy Weber 37:13

But at the same time, like it, it, it lends so much to like the patchwork of who you are, right? Like, I think I am so grateful. Like, I love you. Did you study political science? Yeah, I did. I was a political science major. And like, I've never used it in my life in any way, in any like, meaningful way. But it totally like, it's part of the patchwork of who I am. And so it like comes up. And I think in a lot of ways, and even when I started this podcast, I was like, why? You know, I was like, Oh, it makes sense. I was a journalist for 20 years and interviewed people. So like podcasting feels like a natural progression. But because I had left journalism and was a health coach, at the time, it felt like what what do you like it felt totally like a non sequitur. But when you look at the whole thing, you're like, Oh, yes, this all perfectly lends to each other. And I think, I think it's one of the strengths we have, for those of us who have ADHD and like pivot endlessly from one new identity to another is just how it builds and builds and builds. And we're such like, we have such a fascinating perspective in any situation, right. And like, I remember talking to somebody posted this on my Instagram recently, where they were posted that phrase that I had forgotten about, which is like, a jack of all trades is a master of none. But still better than a master of one. I'm butchering that, but it was like, right, like, it was such.

 Chelsea Uithoven 38:44

The last part, I really her. Wow, I like that.

 Katy Weber 38:48

And it was basically a post about like giving yourself permission to have lots of hobbies, and to never finish anything. And because I was like, I think we, you know, we always feel bad about the fact that we are like halfway through a million projects. And that, you know, we feel shame around that. And I was like, what if we just stopped feeling shame around that and just realize that that was actually a wonderful way of experiencing bytes of a lot of things, and that that's actually really powerful. And then somebody put that phrase, and I was like, yes,

 Chelsea Uithoven 39:16

Chelsea Uithoven 39:19

yes, I love that. And, you know, to it's interesting, because like you said, we have interesting perspectives on things. I feel like I make connections between big jumps. Like, I'll make a connection between politics and diet, culture, diet, culture, and ADHD. And I'll make these connections that other people don't see. I feel like that's a strength of ADHD as well, making those connections because we've been in all these if we've had our hands and lots of different things we're like, see connections that other people don't see. Right? Absolutely.



Katy Weber 39:47

I think it's Yeah, or even the fact that you were able to see that you were like, Oh, I'm putting this same mindset into productivity. Now, the fact that you were able to make that leap for yourself. I think also like is kind of real time experience of that. Right? I think it's why we a lot of us go into entrepreneurship and coaching specifically. And I think why? Why, you know, that's a real asset, I think for coaching is to being be able to see kind of see behaviors and put make those connections really quickly. You know, as as one coach to another being, like, totally, yeah, a little shout out for the profession. But yeah, I think it's it is, it's, it is something that, like, I think it's important for us to kind of change that narrative and be like, that is actually a really important skill is just kind of a hard skill to quantify in the workplace, or, you know, like, I keep thinking about, you know, how, you know, in general, it's looked at as important to like, stay with a career for a lifetime. And like, why is that?



Chelsea Uithoven 40:57

Does that make me want to die inside? Because I really want makes me want to die. It's like, oh, I can't even imagine



Katy Weber 41:03

that, like, no, like my husband has been, he's had two jobs. Since I've known him for 20 years, he's been at two different companies with two different jobs. So he keeps getting those milestone rewards, where it's like, congratulations, you've been at this company for five years, you get a free set of luggage. And we have all these like weird random gifts that he gets when he reaches these milestones. And I'm like, kind of jealous, because I'm like, I don't get free luggage with with, you know, new job every, every six months, but at the same time, I'm like, I can't even imagine what it would be like to be doing this.



Chelsea Uithoven 41:38

Right? Does your husband I'm assuming your husband is neurotypical, it's like




Katy Weber 41:42

he has to be I mean, I again, I'm like, the more I learn about ADHD, the less I understand it. So he definitely has a lot of interesting executive function qualities and like, we have a lot of conversations about, like forgetfulness, and planning and structure where I feel like it's such a

huge spectrum, right of like, what is affecting you and what isn't, and, and the degree to which it's affecting you, I think, is another one. But like, I think he had, I mean, there are certain things like being in the same job for 10 years, where I'm like, you have to be neurotypical. But like, what even does that mean? I don't know. But there's other times where like, he will absolutely drop the ball on something where I'm like, that is so ADHD.

 Chelsea Uithoven 42:25


That is so funny, because that is my relationship with my husband to a tee because he's, he's also been in his job from college. He's been in construction management for I don't know how many years, like I said, Number years are hard, but a long time, like more than 10 years. And but there are these little traits that now that we know so much about it. Yeah, it's almost like there's a scale, right? Like, it's like, you're somewhere along the scale, it maybe is not as black and white as we want it to be. You know, I know I Yeah. Everything. Okay, easy to categorize? Well, and

 Katy Weber 42:58

I think, yeah, I keep thinking about a friend of mine who has ADHD, and we talk a lot, you know, we go on these walks, and we have these epic conversations about like, what is it? Is it genetic? Is it trauma? Is it you know, the pandemic, you know, like, I feel like I'm constantly asking these questions about, like, what is it? Like, I need this, like, a very straightforward, logical definition of what ADHD is, and she's always like, does it really matter, like, at the end of the day, really what it is, is sort of, it's an explainer, that helps you deal with behavior or emotions or executive function, you know, it's a way to kind of frame who you are in a way that is helpful to you. And like, Isn't that enough? And I'm like, it really should be enough. But it's not

 Chelsea Uithoven 43:44

easy, but it's not, you know, what I like in our brains too. I feel like it's like a dog that needs a bone to chew on. Like, like, need something to like, stimulate it. Like because I do the same thing. I'm like, No, I need to know. And it's like, my brain just needs something to to like it's like a dog that needs a chew toy. You know, right.

 Katy Weber 44:03

And yeah, and I sort of just make myself feel better where I'm like bad obsessive desire to figure out if this is in fact ADHD or if this is something else like that's all the evidence you need that it's ADHD right Yeah, cuz I will go down like super like oh my god, wouldn't it be terrible if I started this podcast that I did all this stuff and it turns out I'm a total fraud and it was a you know, I don't actually need the glasses who put me in charge.

 Chelsea Uithoven 44:33

Oh my gosh, I totally feel that some days.



Katy Weber 44:36

And you you so you switched. Are you taking a break with your podcast or what's going on because I know you switched over to 80 to like an 80 more of an ADHD theme with your podcast. So let's talk about the vibrancy. Because I don't if you don't want to talk about it. If you're like taking a break with it, that's fine too. But I know that's also part of your your umbrella. That is Chelsea?



Chelsea Uithoven 44:55

Yes. No. Well, I am taking a break this I mean,



Katy Weber 45:01

but no, this is good because it's like you've taken this as a natural transition, right? That you should not feel any shame or or questioning. It's just it is what it is.



Chelsea Uithoven 45:10

And I feel like, no, no, no, you're totally right. Because I feel like back to what we were talking about before. I feel like I'm taking that next step. And understanding how I work and understanding what business structure is going to be best for me. So I kind of took a step back, and have been trying to figure out because there are 5 million things I want to do, like, I'm ready to pivot again, because there's just so many different things I want to do. It's insane. And so I took a step back from the podcast, but I am restarting that very soon. So I've been recording behind the scenes. But can I tell you really why I haven't. The reason I haven't started, I have three recorded that I recorded with guests. I just haven't gotten around to getting a new editor. Because my editor said, you know, obviously she couldn't just like she had to take on other clients. And so I'm like, that's a thing on my list of that. I'm like, I need to do that. Because people are just waiting. And you know, that's the ADHD and me that's the honest truth is like, I took a little break. It didn't mean to be that long. But there's this one thing holding me back like the VA thing with you.



Katy Weber 46:22

Oh, my God. Yes. Right. Like it's the thought of doing that is just stultifying. Lee boring. So I would rather just do everything else I know.



Chelsea Uithoven 46:31

So it's been on my to do list for two months. So that makes so much sense.



Katy Weber 46:35

Yeah, yeah, absolutely.



Chelsea Uithoven 46:39

And I feel Yeah, like you said, that's the beauty and learning how to have self compassion for myself and not value consistency as much as, you know, valuing, knowing that I'm gonna get back at it at some point. And it's like, it's, I took a little break, it's all good, you know, and we'll come back and do it when we won. And I feel like I'm just kind of learning how my workflow goes a little bit, you know,



Katy Weber 47:05

I yeah, I mean, that's something that I think I struggle with a lot, which is, like, like you said, wanting to do a million things all at the same time. And also feeling like, like, I wish I could be relaxed and go with the flow and be like, everything happens for a reason. And this is, everything is gonna work out. And I mean, I hired a frickin business coach, who told me that he was basically like, just do the thing, you know, just be needed, everything will work out, and you'll figure it out. And I was like, Oh, wow, I'm so glad I paid you 1000s of dollars to tell me. But, but it was basically like that, that I think that the contradiction between wanting to do a million things, and also worrying and needing to like, relax, and let things happen naturally, but also worrying that like, all those things are gonna fall through the cracks, and you're gonna end up at the end of the day, having done nothing, right. And that I think, is like that pendulum which is like, I, I don't know how to hold on to things. And one thing actually, my business coach was really great with was she was like, she basically was like, don't stop the podcast, she was like, the podcast is the thing. So you're gonna get distracted by all of these other things that you want to do a round it all of these opportunities that are going to come up, but she was like, just hold on to that one thing, make that your anchor. And because that is fueling everything else, so she was really good at, like, helping me with that part, at least. So even like, you know, even though I can get distracted by a million other business ventures throughout the week, like, I know, at the end of the day that I have to continue with this one thing. And so like, when I got to my one year anniversary, I was like, Oh my God, I've never done anything for a year. And like, like, it was like a huge milestone for me. Because there are weeks where I'm just like, I do not want to, like it's, you know, I don't want to put it out, I want to have the conversations, I want to do the fun stuff. I won't have the interviews, but like the other boring stuff tends to get in the way. Whereas I don't remember what I was talking about. I think it was the idea that that idea of like wanting to, you know, wanting to be do so much. And the fear that it's I'm going to miss out on all of it and have nothing in the end, I think is that because I feel like we do have that feeling right? Where it's like without consistency, there is a tendency to feel like, I have nothing to show for my life the way that like my husband has his luggage. My gold star, like I don't have anything to show for all of this other than the patchwork you know, and maybe that's what we are looking for. Maybe we're looking for something that is like, you know, something of all those million things that's gonna shine brighter and be like, this is the thing you need to go after.



Chelsea Uithoven 49:56

Yes, and you know, the thing is, I mean for me I feel like I, for the first time last year identified, like, identified my values. I was like, what is it that I value? Like truly deep down inside? What do I value? You know, and some of the things that I wrote down when I did this was like, surprise, delight, novelty, you know, like things, none of it was like productivity, you know, like, genuinely, I don't really like value productivity. And I think realizing that helped me like, it's almost like a compass now, like looking at, I wrote down those values, and I look at them every once in a while when I feel like I'm getting lost in the weeds. And I'm like, but am I doing things that surprise and delight me? Am I doing things that you know, the things that are on this list letter, you know, values based? Yes. So is it okay that maybe it's a little bit messy and more messy and kind of patchwork versus other people where they have like this, their luggage or this perfectly packaged thing? I'm like, I think at the end of the day, I'm kind of okay with that, you know, yeah, I feel like, I sound like such a hippie, cuz I'm, like, just I just do what I want to do, and just joy and love and peace and happiness, you know?



Katy Weber 51:09

No, but it is like, it really is that simple and profound. At the same time. I think. If you can hold on to that.



Chelsea Uithoven 51:18

I mean, I fall back into the, you know, I go back and forth all the time, like you said, and overcomplicate it and then come back, try to come back to like, Okay, what do I want to do? What feels joyful? What you know, right? Well, I think I know it to be messy.



Katy Weber 51:32

Well, and I use the metaphor of meditation a lot, too, which is like, meditation isn't like being in the zone, all the time. Meditation is about coming back to the zone, whenever you notice that you're not in the zone. And like you have to, you know, and so it's like, it's just about, like you said, like, trying to get back to that place as often as you can, once you've noticed you're not there anymore. And you get distracted a million times, but it's like, Okay, let's go back. Okay, let's go back. So like having those base values? You're right, that's really important. Hmm. So now how about the habit edit, tell me about that. Then tell me about how you came up with that name, and kind of what's going on with that community and how people can find you and work with you.



Chelsea Uithoven 52:14

So the habit edit, I created as a membership, and it's a health and mindset coaching, membership for women with ADHD. And I am turning it into a course. And it's all about kind of using your all or nothing, thinking to your advantage, basically, and kind of working with your ADHD brain instead of constantly trying to fight it. And a lot of what I've been talking about, like following the joy and finding joy and wellness habits, right. But I kind of decided the way that I work with coaches, and the way that I work with other people is, I'm like obsessed with somebody, and I'm obsessed with their work. And I like want to work with them for a little

period of time, and like, try their strategies. And I'm gonna like pull little pieces, like little gold nuggets from what they taught. But then eventually, I'm going to want to move on, right. And I feel like I other ADHD ears are kind of like this. So I thought if it was an online course format, that might be better for people, like I want to be a piece of their journey, I don't want them to feel like I have to be their whole journey. Like they can take what's great from the course, and then eventually move on and find something else, you know, versus a membership feels locked in for them, right? It's like this thing where like, I'm stuck in this thing. And you know, I'm supposed to do it. And every time you fall off track, or find something else you're interested in, then you're you're supposed to come back to, you know, and it's the same with me in my work, too. I'm like, wow, I've kind of done, what I always do is I've locked myself into this schedule, when I want the freedom to flit into other creative endeavors. So so it's turning into a course. And it's basically a way to kind of use novelty. So the way it's structured is we do one new habit a month. So basically, you can kind of dive all in on one habit, and go like that all or nothing feeling that you would have when you start a new diet, you start a new habit that way, and it'll be like you can do that for exercise. And then you build in hydration and then you build in, you know, eating vegetables or whatever it is for you. And there's constant permission throughout the program to drop the ball. Like if you fall off the wagon, that's one of the first things is like what to do when you fall off the wagon. It's like, it's no big deal. You just eventually get back on the wagon, right? Because that was the thing I think that we always have shame about is like, Oh, I did lay on the couch. I didn't follow my plan perfectly or, you know, it's just an ADHD friendly way to do wellness that's focused more on joy and excitement and, you know, your internal authority versus His discipline and me telling you exactly what to do. And, you know, follow this plan exactly. Because I don't think any of us are going to do that. And that's not going to be fun for us, right?



Katy Weber 55:10

Well, no, I mean, I love that. First of all, I think that comes through very much in in sort of who you are in the message. So I feel like you know, that was your goal, you are definitely relaying that, because I feel like I get that from you, for sure. From my exposure to you online and social media and the kind of present presence that we put out there. So absolutely. I agree with that. And I think, also, like, I think I feel like I've talked about this too, in other episodes, where it's like, sometimes I feel like the when, when ADHD coaches, especially like, do promise, like, radical change, and you know, that idea of like productivity or Nordics organization, and I'm going to solve all of these issues for you. Like, it's kind of predatory. Like I feel like it's really, it really was sort of looking for like it takes advantage of the a lot of these desires, I think, exploitative, that's what it's it exploits that desire that I think isn't necessarily very helpful for anybody involved. And so yeah, I really, I love that approach.



Chelsea Uithoven 56:21

Right? I don't want to promise like somebody if they're a fish to promise that they're gonna turn into a cat by the end of it, you know, like that, like, oh, all of a sudden, you're gonna function just like a neurotypical. Right? I think it's, it's more so sometimes it's about editing our version of what the end goal is, and being like, yeah, what is what actually is possible for me, but not saying like, Oh, now I can't achieve my goals, but just saying, like, what's gonna feel good for the way that I work? Right. And, and so get me to what I want, which is to feel most of us all

just want to feel happier, more comfortable, you know, like, we want to feel more content. And that's what we think like, losing weight or being more productive, or whatever is going to give us right.



Katy Weber 57:06

Yeah, that the answer is out there. And it was in you all along, Dorothy. Oh, well, that's wonderful and exciting. And I love the fact that you have recognized that too, because that's such an you know, with ADHD, we do tend to like come in hot and like get really obsessed with an idea or a person. Yeah, I think that's really practical. Ah, all right. I'm sure I could have you I could go on for hours with you. I feel very I don't know. I just I just adore you, Chelsea.



Chelsea Uithoven 57:37

I feel like I'm like, oh, it's already been an hour. Oh my gosh, this is so fun.



Katy Weber 57:42

Well, I have like a list of official questions. I don't think I asked you. I think I asked you one of them. Awesome. Okay, so in the meantime, people can find you on I guess you're on Tik Tok as part time wellness too, right?



Chelsea Uithoven 57:54

Yes, I'm on Instagram and tick tock as part time wellness.



Katy Weber 57:58

Okay, and then I guess habit edit. What's the your website? Is it habit edits calm or what's the best way to



Chelsea Uithoven 58:06

find out [www dot the habit edit.com](http://www.thehabitedit.com).



Katy Weber 58:10

Awesome. All right. Well, thank you so much for sitting down with me and sharing your story a little bit more. And I was so so glad to get this time to talk to you.



Chelsea Uithoven 58:21

— Thank you so much. This was so much fun. I loved this conversation.