

:90 Ad Script 10/5

The Antidote will be back in a sec! But first, a word from our sponsor, BetterHelp Online Therapy.

Do your life's "to-do" list ever look like a CVS receipt? Yea, same, and it can be really overwhelming! A lot of times, we equate this feeling to being a bad thing, when really it's just an opportunity to practice our problem-solving. Try taking a step back and looking at the bigger picture and see how this "problem" can turn into a WIN.

I went into therapy expecting to fix myself overnight. SPOILER: that didn't happen. But what I got out of therapy was the ability to address, understand, accept, and find healthier solutions to replace harmful habits. Through therapy, I was able to process situations from a different perspective, making once really difficult problems turn into fleeting annoyances that no longer affected my overall well-being.

So if you were waiting for a sign to look into therapy, this is it. And BetterHelp could be the very thing to kickstart your journey to a healthier you. It's convenient, accessible, affordable, and entirely online. Fill out a brief survey and get matched with a therapist in no time.

When you want to be a better problem solver, therapy can get you there. Visit BetterHelp dot com slash ANTIDOTE today to get 10% off your first month. That's BETTER H - E - L - P dot com slash A-N-T-I-D-O-T-E

:60 Ad Script 10/12

We'll be right back with The Antidote, but first, a word from our sponsor, BetterHelp.

Waking up on the wrong side of the bed is seriously the pits. And it's hard to change your mind about the day's vibe when it's been a shit show since you opened your eyes! But when you give in to the bad mood, it sets the tone for more than just THAT day. It's not easy, but recognizing that this shitty mood is a problem is the first step to finding a healthier you.

Since starting therapy, my mental health has been on the rise. I've learned to give myself grace in times of high stress, prioritize my emotional health, and take a slower approach when problem-solving. BetterHelp could be exactly what you need to start healing. It's easy, convenient, and entirely online! A brief survey will have you matched with a therapist in no time.

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:60 Ad Script 10/19

There's more of The Antidote to come, but first, a word from our sponsor, BetterHelp.

A few years ago, it was normal to be constantly in fight or flight mode. It was exhausting but familiar and I didn't know any other way. Every minor inconvenience had me irritable and spiraling, unable to think clearly of solutions. Eventually, I became fed up with repeating the same unhealthy patterns and decided to make a change. That's why I chose to start therapy.

Since then, I've become more confident in myself, my decisions, and my ability to problem-solve in times of high stress. The emotional healing I've received has been like no other, so I'll forever be an advocate for prioritizing your mental health. If you're thinking of giving therapy a try, BetterHelp is a great option. It's convenient, accessible, affordable, and entirely online. Get matched with a therapist after filling out a brief survey, and switch therapists any time.

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:60 Ad Script 10/26

The kiki continues after this word from our sponsor, BetterHelp.

I, for one, am not a fan of going 0 to 100 first thing in the morning. Starting my day off with chaos and problems is never desired, but sometimes it's out of my control. Stress never waits for you to have your morning coffee, am I right? What's more important is how you handle the unexpected ups and downs. One way that's helped me become a better problem solver, is seeking professional mental health assistance.

Since starting therapy, I've gained life skills that have positively fed my mind, body, and spirit. I've learned to manage stress and anxiety in a healthier way and unconditionally love myself. The emotional healing alone has been a game changer. If you're thinking of giving therapy a try, BetterHelp is a great option. It's convenient, accessible, affordable, and entirely online. Get matched with a therapist after filling out a brief survey, and switch therapists any time.

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