



When the Stake President Struggles with Mental Illness | An Interview with Michael and Susan Dayley

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Mental illness, mental health, anxiety, depression, OCD, there's so many topics to cover when it comes to mental health. And as church leaders, we often feel like we have to be prepared to answer all those questions. Well, the interview you're about to hear is actually going to be part. We're going to throw it in the library of our mentally healthy saints, virtual library. And this comes from a past conference that we did where we interviewed 20 plus individuals. They had presentations and personal experiences and all sorts of good stuff, like you're about to hear. And we put it all in this library. And so you're going to enjoy this episode and you're going to think, I want more of that type of discussion when it comes to mental health in the latter day saint tradition. And you're going to want more. So you'll go to leading-saints.org/14 and you'll get 14 days of the full library, and we'll also include all of our other libraries of virtual conferences that we've had. And so just jump in binge, such good content, go to leading-saints.org/14 for 14 days free access. All right, let's go around the room, do some introductions. I'll start. So my name is Kurt Franken. I am the executive director of leading saints, which is a 501c3 nonprofit organization, and we are dedicated have a mission here to help Latter day Saints be better prepared to lead. Now, me personally, I live in stansbury park, Utah, which is in tool a county. I grew up in West Valley City, and I've been running leading saints really since 2010 when it started out as a hobby blog in 2014 is when the podcast started

and now we are over 10 million downloads and man, we're glad that you are now one of those downloads. Let's jump in. Today I have the opportunity to sit down through the powers of the Internet with Michael and Susan daily. How are you two? We're great. Thank you. I guess to be more accurate right now it's elder and sister daily. Is that right? That's correct. Maybe tell us a little bit about your mission, what you're doing right now. We're serving as temple missionaries and the Palmyra, New York temple, and it's a great experience. We have opportunities to work at the distribution center as well here in Palmyra. We are involved with billion graves, which is searching the gravestones here in the Palmyra city cemetery and uploading that information. And it's also passed on to family search. And we're involved in several other things to help, but our main focus is serving in the temple. Awesome. And so do you both just sort of, I mean, from the day to day, typical temple workers, right? But maybe they don't have as much help in the area to fulfill those assignments. They used to have as many as 25 missionary couples here during the summertime. But we have currently have 5 and it's of course been encouraged that more of the local people come and participate and they are. So we just simply work as ordinance workers and we generally work all 5 days of the temples open and sometimes two shifts a day, this upcoming week we're really going to be busy, but that's because so many people come to this destination temple to serve and to do baptisms. We're very involved with youth baptisms and all the groups that come. Nice. And for you Susan, was this the type of mission you're hoping to serve? I didn't know what we were going to do, but we had had a lot of experience working in the temple. So on your application, they asked for all the skills that you have and then that's what they use. So I wasn't surprised. But awesome. Well, this interview came to be from an article I came across in the church news called why working at desert industries helped a former stake president hill from depression. And of course my ears perked up a little bit and I thought what an interesting dynamic typically there's sort of the stigma when it comes to mental health and church leadership and church leaders have it all together. They've cracked the code. They're doing the equation. They don't have problems, right? They're just there to help everybody else, right? But I worry that there's a lot of leaders out there that are suffering in silence because they think they should have it all together. You know, I'm the bishop. What do you mean? I can't have problems or I don't need the therapist or counselor, but I love these type of articles and shout out to Mary Richards who put this together. So I'd love to just go through your story, which this article talks about will link to it. But let's just start first with some of your leadership experience. Michael, when do you feel like your first heavy leadership calling game to be in your church experience? I'm sure as an aaronic priesthood holder and president of the teachers quorum and then at that time president of the priest forum, those were great, great opportunities.

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And then on my mission, of course, and, you know, we lived in Las Vegas for almost 40 years and had many, many opportunities to serve and bishop in the state young men's president and then stake president. And then got involved at the temple there in Las Vegas, and then we

retired and moved to Logan, Utah. And you know, before we left Logan, my capacity had really started to go downhill and like you said, I didn't want to admit it. And my wife, Susan, here sitting with me. I found a wonderful therapist and sitting in that therapist's office one day. I said, I can't do this. She said, what do you mean? And I said, you know, I've been a bishop. I've been a stake president. I can't have these issues. And she looked at me and pointed her finger at me and very firmly said, do you think you're the only priesthood leader that ever set in that chair? No, ma'am. And from there, I think I started to understand that regardless of our background, regardless of our calling, we can all have times of when we're not there totally mentally. And that's kind of the story. Yeah. So Susan, from your point of view, what was, how would you describe it? I mean, were you in those busy leadership years as things seem to be okay? And then when those ended and retirement came, I mean, what were you seeing from your point of view? Well, he struggled for a while and it was like you said, he was like, I'm a bishop or whatever. I can't have these problems any and they were ignored. For some years. And they just came to a head when several incidents came and I had to call in the state president and the bishop at that time. To get him to go see a counselor. Sorry. So what you gotta do, right? Yeah, this wonderful therapist and it took all three of us to convince him to go. She was amazing. So Michael, how would you describe your mental health or any mental struggles when you're in these callings as bishop and stake president? I mean, obviously there's a lot of pressure there. They're busy, but was that, I mean, was it easier to manage because you were busy? Yes. You know, you got things to do, you know? Come home from work and I need to get to the church. And you know, I was sitting and listening and counseled people sometimes and remember saying in my mind at least, hey, that was good counsel. I'm going to try and follow that. And the mantle of the priesthood is very powerful. And I think it sustained me, though I was having problems. And I don't think anybody around me noticed that I had mental issues. And then when I was released and I also in the article, you might remember that, you know, my career job, I was laid off because another company purchased our company. So I was in a situation where I'm released as a stake president. And I don't have the big job I used to have and you know, I had to go out and find another one. It was a great help. We started serving at the temple. And when I was at the temple, I didn't really have any mental issues. And so we served I served every Saturday, which I thought was a real blessing and a nice thing for them to do a little did I know they love to have people come work on Saturday. It's a hard day. And that really helped, but it just wasn't going away. And so we made the decision to move to Logan, Utah, and I found a job there. And you know, that was fine. It was a new start, a new beginning. We got a new house. We downsized. We were really preparing for what we wanted like a mission one day. And but after about 6 months of my job, I just got really bad. And I agreed with my employer that, you know, thank you, but we need to part ways. So we did. And, you know, after about a month of not just being at home, I was just really bad. I couldn't, I couldn't get out of bed. The typical depression and the other feelings that you have. And so our good bishop at the time, you know, instructed and helped my wife and I went to Logan regional hospital and spent four or 5 days, and they were just wonderful.

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They were really, really helpful. And they were insistent that my problem was I needed to be busy. If I was busy, I would be fine. And they also got me on the right medications. I think everyone who listens that should know that you've got to be so careful with medications because it's an experiment. You just don't know what's going to be best for you. And I happen to get with the pharmacist, the physician's assistant at Bear River mental health, and they got me on the right medication, which I've been on ever since. And it just made such a difference to just be me. If I don't take that medication, I have a problem. And one of the biggest situations that I learned was that it wasn't me, you know, when you have mental health problems, you think it's you, you're just you're just crazy. You need to be locked away. That's not true. You need to understand that you have health issues. Just like if you broke your arm, you know? You've got to have hospitalization or whatever it takes. And getting on the right medication and listening to them, you know, really helped and I also started having well, I would call brain treatments. Would you like to explain that Susan? Yeah, let's hear it. Yeah. It was a little bit I was looking for something. Because he needed more. It was just, he was not responding. I mean, the medications helped help him live day to day, but he wasn't himself and he wasn't able to do a lot of the things he'd been doing before. So I looked around at all kinds of things. The electrode things and et cetera. And I found through my sister, it's called gray core treatment and it's very simple. As far as doing it is concerned, it doesn't involve any kind of pain or discomfort or anything. It's just retraining your brain to work together, both sides. I don't know. Anyway, so he started doing that that made a huge difference because your brain gets. Scattered. I don't know how to explain it. I don't think. Out of sync. Yes, that's good. Out of sync. It doesn't just automatically fix itself. So that was very helpful. I went there at least once or twice a week. And we could see improvement, I couldn't see it. Except 47 visits. Okay. There's a lot of it. Who's counting Susan? In that process of changing my brain back, I had to go back to the mental unit at Logan regional again. And they were so nice. It was like, you know, my hey, you know? They were never critical. They treated it as a health illness, not as I was, you know, somebody different. And there were some very interesting people in there. And you couldn't have a belt, you couldn't have shoes. At night, they would lock up huge metal door, and that didn't bother me so much is realizing that this was really serious. And, you know, they again insisted that I'd be busy and be on the medications. So when I got out, the second time, we searched around and I just didn't know that full-time employment would be okay. So we decided to retire early at 62 and that worked out fine so that we didn't have as much pressure and we had other funding that was good. But I was not good. So all things we went to the temple and I started to volunteer at the temple in Logan and worked in the cafeteria. And brother that was in charge there just put his arm around me and said, come on, let's get to work. And it was so helpful to go to the temple every day. You can imagine every day and have a prayer there every day. And no bad influence. And just work. And that was great. And that was in December of 2019 while in March of 2020, they closed all the temples down. And so I worked at home. I repainted the garage and did everything I could think to do. And it was all done. And I contacted desert industries, and I'd been on what was called an internship program. Working at the temple, and so I said, well, is there any way I can come to work there? And they said, of course, and you know, there's a stigma to desert industries.

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You know, oh my gosh, you're working at desert. I wish people wouldn't do that, you know? Yeah. I went there and I said, look, I'll do whatever I need to do. You don't have to pay me, just let me work. And they said, no, no, we're going to pay you. It's not a lot, but we're going to pay you. And they took me, you know, there's various places you can work, which I had the opportunity to do later, but they had me go out and work on the dock where you receive items. And out on the dock, they usually put the roughest young men or young women they find. And so I'm out there and I've been there about two weeks, and I'm in my mid 60s, and I've got all these young people with me. And I'm just trying to work, just trying to work. We're out working whatever to stay working. And I told them in the beginning, I did not want to be in charge. Please just let me work. I have, you know, they knew I had my problems. And I've been there two weeks and they made me in charge of the Doc. And by that, I mean, as a worker. So like the lead person. And I had wonderful supervisors, job coaches, great men, but and women, but I had the opportunity to just work out there. Well, I found that doing this, which I had been so afraid of and had such problem with, now I'm back in charge of people again. And dealing with their issues and what's going on today and how can I help you and it brought me back to being me? And you know, they didn't, they didn't do anything different. I had to have the same interviews as everybody else, and I had to express what my goals were and how am I going to move forward and I didn't really care what people thought of me working there or not, you know? In the beginning, it was during COVID who are all wearing masks anyways. You know. I started seeing also that my personality was coming back and that I was having a great deal of fun greeting people as they came to make donations. But anyway, we had, we just had a marvelous time and we had many of our young people go on to better employment. We had some that well, you know, we had to let go. We had different situations, but it brought me back to being me. And that was important. Well, at desert industries, they say to you, you've got to have a goal. Well, if you don't know what you should do, and I'm thinking, you're tired, you know, I just want to work. What do you mean? And I said, well, you pray about it. And I did, and we talked to Susan and I decided that going on a mission would be our goal. At that point, we didn't see how we could do that. Who was going to live in our House, what were we going to do? Just a lot of questions. And so I made that my goal. And in the process of a little bit of time, we had all of the situations or problems solved, our youngest daughter, and her wonderful family, her husband and our three little girls live in our home. Our finances are fine. And we just pray that we get the right assignment. Well, you know, they had opportunities, maybe to serve in Canada and different things, but we wrote down first temple mission. So we were having a family reunion in July of 2021. And we got our mission call comes, you know, by email now, not the old way. And we open it up and Susan open up, tell them what you thought about it. I was stunned. It was so fun to have our whole family was there. It was so fun. But I wasn't expecting Palmyra because they tell you that you don't request that. That's not somewhere you asked to go to this one. We were thrilled. Absolutely. So do you feel like this permission sort of helps you continue that? I mean, keeps you busy, you're involved, and we work the most wonderful people. Our

temple presidency and the matron and the sister matrons are some of the nicest people we've ever met in our life. But we got here and we thought we were going to serve for 18 months and we found out that it's either 6 months or a year here at Palmyra and we talked to the temple president and explain our situation and was there any way we could have an extension and we got an extension. So we're here till next April. We've been here since last November. And I can't think of a better place on earth to be than here right now because I can look out my apartment window over there and I'm looking right at the sacred grove.

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How about that? Yeah. You know, in about 5 minutes I can be in the middle of the sacred grove in about 5 minutes. I can feel on the temple grounds. And less time I could be in the Smiths home, you know, they put there and so we're, you know, from the temple in Palmyra inside the building. I know many people have been there. As you walk down the opening there, there's a window, the president hinckley insisted be put in the temple so you can look out at the sacred grove. And it's a pretty powerful place. And so all of that's contributed, I'm not going to tell you that I haven't had some bad days. This morning wasn't too great as a matter of fact. Well, yeah. I have a wonderful wife. I have medication. We have friends. We have wonderful family. And so we're and we're busy. You know? Yeah. We've got the family in barbecue tonight, for example. Oh, nice. Well, we better hurry up. So I'm sorry. Yeah, take me back to those busy years of being bishop and stake president. Maybe you're sort of maybe in denial that something of a mental health concern was happening. But what did the bad days look like then? Because I really want to articulate it clearly and have you explained this because maybe there's leaders out there sort of in denial as well, but when they could do more. So what did a bad day with mental health look like when you were busy with those callings and with your work? I think that the key to those days being okay was that I had tremendous executive secretaries. I mean, beyond great and many times they were might use the term in cahoots, but with my wife and you know they would watch me and monitor me and my work was very demanding I worked for a media company and a lot of that time I had as many as 40 people working under my direction and was expected to generate large revenues. And that was enough, but I knew that I would come home and I would contact my executive secretary. And say, what's going on for this evening that I'm not aware of or whatever. And I would tell myself, I don't want to see those people because it would just, you know, just start pounding my head. And both of them said, well, bishop or president, they're going to be there, and I know you are as well. So you might as well go ahead and deal with this. And let's get it done. Well, by the time I had time to think about it, pray about it and be there when the door opened, it was hello, how are you? Come on in, you know? And I was what I should be. And I could go home, unfortunately, going home sometimes I would just have to sit in the chair for a while. But I don't think anybody in our congregations knew that there was a problem. My executive secretaries were very good to help me and monitor me as it says to do in the handbook. And I have a wonderful wife. So, you know, those days go on. The advice I would give to anyone suffering now is do reach out to your executive

secretary, read through the handbook on what his duties are, and then pray every day as long as you need to pray to make sure that when you have that person come into your office, they feel the love of the savior. And as a state president, one of the most important things you do, of course, is support your bishops. You know, I had 9 bishops that reported to me and I had to be there for every one of them. And sometimes they would come and they would be very heavy burdened. And I had to be able to receive that, put my feelings aside, encourage them, help them, make sure they knew they were loved. I'm a without those 9 bishops. I'm nothing. Yeah. I go on and on, but that's kind of the background. So a lot of these with your exact secretary would read off some of the people coming in. These were like heavy burdens Eric carrying. It was sort of this ambivalence of like, I don't know if I can help carry that burden for them tonight. You got it. You know, our people that I knew were going to come in and need to do some confessing. And when you're in that position as a bishop, you know, you represent the lord Jesus Christ. And you need to have a loving and open heart. And sometimes I wasn't prepared for that, but bless those brother and my wife's, my wife, you know, I was prepared by the time they got there. And I loved that statement, well, bishop, they're going to be there, and you're going to be there, so we need to get ready. And secretary sort of aware that you just need to push through this.

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And I love those brothers, both of them went on to be great bishops. And they're living great lives now. And I really appreciate that. Susan hadn't won a mega comment. Yes, Susan. What did you notice during those years? Well, here's my perspective on it. He was at work, gave everything out at work. Church gave everything he had at church. When he came home, he had nothing left to give. And so sometimes when you feel that way, 'cause you have to still come home and be the dad and the husband. Yep. If you're not aware that it's a mental issue, if you don't discuss that with your spouse, so they understand. I think even discussing that one with another will help to ease the burden when they come home. Because sometimes you just need to not be there. I don't know if you understand. He needed to not be there. He needed to sit in the chair and have nothing to think about for a long time. And so it's just there's a difference when he's serving when you're using the spirit that keeps you whole. But when you leave that behind, then you're in trouble. So I think it's very important if you feel like you have a mental issue, feel like you're not in control of your mental thoughts and actions and feelings to get a counselor to get a therapist that you can just let it all out. Because sometimes that's all heavy burden just a wife to bear alone. You just need to have someone you can let it all out. That's safe. Not going to talk about it to anybody. But if you keep it pent up, you're not going to have a good home life. And if I could add one more comment, I mean, I think I paid a very high price with my children. We have 6 wonderful children, you know, they're all active in the church, doing great things. We have 18 grandchildren, but my relationships with many of my children is not as good as it could have been. And now as I try to make it good, all these years later, that's difficult for them. And they all love mom and sometimes I'm jealous of that, but that was the price that

was paid because I, you know, I've given up work, I've given it church I couldn't give any more family and I needed to. So I hope leaders out there will think about that and think about give to your family first because if you don't later on, there's going to be a price to be paid. Yeah, and it's easy for them just to get the scraps, right? Or nothing at all. Yeah, so important. Anything else, Michael, if you were to go back in time and talk to yourself during those bishops, take president years, like any other advice that you'd give to yourself? I think so don't, you know, number one is be loving and kind, you know, when I became a bishop, I had followed a great bishop as his counselor and I just way too intense. You know, I was I was way too much what people need to be punished. It was ridiculous, you know? By the time I released a state president, I don't know if I would hold a disciplinary council on anybody. I just try to love them. And there's sometimes when it's necessary and I understand that, but I think my stress level would have gone way down and my mental capacity been better if I would have just from the beginning a lot of people just love them unconditionally. And, you know, that's why I did myself. Yeah, I heard it said once that the remarkable thing about being a common judge is in Israel is you become less judgmental. And you just learn to love people, you know? And you realize that's what works. You sit in that chair, representing the lord Jesus Christ, and you really understand how much he loves us. And you try to emulate that love and you get really good. You finally figure it all out, then they release you. Yeah. Anything else that you two can think of it would be worth mentioning about those about the years in the calling as bishop and stake president that we haven't touched on or did we cover it pretty well. What? Go ahead. I think the one thing is to not to not let pride stay in the way of getting treatment of getting help. Because I know it's getting better, but stigma about mental health is pretty, pretty bad. And so you can be the most loved, most wonderful person on the earth, and you could get that mental health illness.

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And if you just think I can't be like that because people look up to me and you don't get help, it's just going to prove destruction of the end. I had especially as a bishop I had a few sisters that had problems and I wanted to refer them to other people, you know, therapists, whatever, and they wouldn't go. It's you bitch, or I'm not going to deal with this. What do you do? And so I got a little pretty good at that. And I was released as bishop and was the state young men's president. And there were sisters in our state that were having particular problems. And our stake president had me give them counsel. And because they wouldn't go see somebody. And that starts playing on, you know, why aren't you you're telling people to go see somebody, why are you willing? Well, I'm the bishop. I'm on this mission from the state president. I don't need to help. And I really, I really did. I really did. Yeah. Yeah, isn't that ironic that some of our best advice is what we need to hear, right? Because it's coming out of our mouth. It's like, we don't hear it. We don't internalize it. Interesting. So tell me about the I just think of this dynamic. And I remember in my own life where I served as bishop for 5 years, got called, I thought I was about to be released, but then the stake president got released, I was called into the new state

presidency, and I served in there for a couple of years, and then we moved from the stake, and it was like this weird, like I couldn't put my finger on it, but about a year later, I turned to my wife and I said, huh, I don't have any friends. And because for a decade for decade, my friendships, my brotherhood, was all worked into these callings, right? And rightly so, and that's one of my favorite parts about those experiences is that brotherhood I had with other men I worked with in my heart needed it. And then it wasn't there. And so there's all these interesting dynamics to transitioning out of a heavy leadership calling. And a lot of times our culture sort of congratulates you. Like, hey, isn't it great? You finally don't have to deal with all that stuff, and you can just focus on your family, right? But 5, ten years, that's a long time to the point that you don't even remember what life was like or how it felt not to be in these callings. And so you have this identity crisis a little bit. So anything from your experience that comes to mind, good or bad, or what did the bad days look like when you were transitioning out of these roles, especially losing your job on top of that? Yeah. It was tough. I used to tell people, you know, I'll just serve wherever they call me. If I'm the person that puts the hymnals in the pews, you know, that'll be great. Well, it's not quite like that. You know, you stand back, you feel a mantle leave you and you just, oh my goodness, you're just a person, and then on top of that, I had a job for 33 years and I was doing very well and our company got bought and I made it through the first two rounds of layoffs, but it was strictly how much money you were making thing and you know I went from work for one of my clients and that was good but it was just a different culture from what I was used to and I was lonely and you know we moved to Logan and our ward is just fantastic. I mean, so many wonderful people and our state president, you know, so I had a relationship with the state president and with our bishopric and that was okay, but it really took them giving me a calling, you know, during COVID where I had to go out and meet people. I was more temple and family history leader. And I think that's the biggest thing is embrace a new calling. If they don't give you one, pray for them. Bishop, I need our bishop was sensitive that I wouldn't be able to function, but the moment he felt like I could function, you know, having a calling, I had to push myself, but it made a big difference. And we feel like members of the ward and we feel, you know, just great, but yeah, I mean, we moved to another state, and everything totally different, you know, LDS culture and it was wonderful, but you know, the priority of going on a mission that was where we needed to be. Yeah. Yeah, it's interesting. I wonder if you could do a survey of all leaders like stake presidents, bishops that are released. I want to be surprised if half of them move. In the next year, because I think you get to a place where you're just like, I just need a reset. Like I'm not, I don't want to just be the bishop here anymore. And I'm not. Then I don't know how to fit into that. So I just need to move, you know? I want to go to priesthood without everybody kind of lowering their head and saying, president, how are you? How are their daily hello? And that was a good thing in Logan.

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They treated me wonderful. There was a Sunday that the elders form president has some questions that really pertain to what a state president does. And he turned and looked at me

and said, brother daily, what are your thoughts on that? And the whole quorum's like, why is he talking to him? And I'm like, are we almost saying I don't want to answer, but therefore their former secretary? Right. I wanted to be anonymous in that situation. And so now, you know, there's a little bit different feeling, but they were good questions that needed an answer. And I knew the answer. So I would advise brothers, you know, don't try and put a cloth over your head and sit in the back row. You know, just be part of the ward. And you know, if you have to correct people, you know, whatever. I mean, bishop's an ordination, but if somebody would come and presidents in Wayne's brother daily. Mike works. And we haven't because of COVID mostly, but we haven't formed a friendships that are necessary. And I think you brought up a great point is that you need to have those friendships. Our friendship here with the temple presidency and their wives and the four other missionary couples is amazing. You know, we go another thing we do is on Sundays, we drive to a branch. It's about 50 miles from here. And we go with another missionary couple and they have an attendance of about 40 people and they're wonderful, but we teach temple preparation there. And so we're back in the branch, you know? We're in the ward, if you will. Yeah. And that's really important is finding friends. I think that helps. Yeah. Awesome. Susan, anything you remember from those transitions from the Thai. Do you feel like you finally got your husband back or anything you remember? Oh, I remember him coming home the day was really suspicious. He just said, nobody needed me today. Wasn't that a good thing? It's just not. It wasn't a good thing for him, because that was part of his offering him feel whole and show himself. So he just he felt kind of lost, you know, I don't think, I don't know. I hadn't sat with Susan and sacrament meeting. That was not good. In 25 years. And so he was worse than the children. So to finally got me some coloring books and some Cheerios and I was I didn't know what to do with it. I mean, that's the biggest problem. I didn't know what to do with him. I wasn't second guessing the things that were happening in the stake in the ward and the quorum, but yes I was. I kept it to myself. And so I would tell other brother, you know, don't judge other people. Let them run the church the way they're running it. They're inspired. You were set apart. They're set apart, you know, ask how you can sustain and support rather than criticize. And that kind of helped a lot, you know? What can I do? Any brother who's released and doesn't have a call and I always said as a stake president, just go up to your elders corn president and say, give me your three toughest families. You've got the biggest column in the ward to be a minister. And for some people, I know it's easy to sit and read in the chair, but I can't do that. I need to be, I need to be busy. And when I'm busy, then I'm happy. Yeah. And then was it not until after you were released from these heavy callings that you got, you actually saw a therapist or yes. And so as all this was coming into a head, like what did the bad days look like when Susan was finally nudged you towards that therapist? I don't know how you explained mental illness and anxiety, but you just kind of curl up in a ball and you don't want to talk to anybody and you don't want to do anything. There were some other things that I was thinking about that I refer not to share. And that only made those things worse. And the therapy was unbelievably great. But we weren't, you know, we just weren't where we needed to be. So the opportunity to move to Logan was inspired because the hospitals and care centers in Las Vegas were terrible. And I'd been in most of them to help people. And so going, I can't praise enough Logan regional hospital. And how great they treated me and how inspired they made me feel and so I went out and pursued the opportunity to work and working at desert industries was the key to saying, I do have some worth and value.

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And, you know, some of the very, you know, leadership of desert industries came to our location and, you know, they were praising me and so then they wanted to do this interview like we're doing today and I just got on there and told my story and, you know, before I know it, I'm just praise everywhere and I'm like, oh, what have I done? And yet when this kept going up the ladder when it got to general 40s, they were insistent that Mary interviewed me and the whole point of what I'm talking to you about today is that I need the brother and to not be afraid to just move ahead with it. And keep going because if you don't, you're going to pay a really heavy price. And there were days for about a 6 month period after I quit my work in Logan that I couldn't even get out of bed. I couldn't go downstairs in our House. That was impossible. I couldn't go outside. I wouldn't shower for like two or three days. I mean, just terrible. And I know people experience that. Well, the only way to get out of it is find something to do. And that's what I did. I mean, going to the temple and working in the cafeteria. I mean, that was sounded fantastic to me. And before it had been like, why would I waste my time there? You know, you know, and now it was the greatest thing ever. And having the doctors that Logan regional say you need, why don't you go to desert industries? And when I told them, and I told them many times, look, if you need to cut your budget, you don't have to pay me. I'll be here tomorrow. And the reason was because it gave me a sense of purpose. So coming on a mission and being really busy is a good thing. Yeah. Awesome. That's really helpful. I'm curious, there's this dynamic that we experience as church leaders that sometimes can carry over into a health unhealthy realm. And that is, I don't know if the concept of co dependencies come up in any of your therapy. Sort of this feeling of like, I don't have value unless I'm helping other people with their problems. Did any of that come up or contribute to your treatment or yeah, in fact, you know, when I was in the middle ward, if you will, I'm sitting there talking to everybody, and well, how did that happen? And where's your family now? The doctors are like, my, just let us, you know? And I think that carries on in your perhaps in your personality. But that's just part of being me. And I had to I've stepped way back, but I realized that, you know, I've got to focus on me as much as other people. And if you could do that, you know, because this thing with our kids, they're so wonderful, each one of them, but I can see the things that I missed. I mean, I went to scout camp with every one of them I went to girls camp every year. I mean, you know, but there wasn't the one on one time that I should have had with each one of them. And trying to make it up now. They all have their own kids, you know? Yeah. It's not going to happen. Yeah. That is right now, for sure. Yeah, and that's an interesting I know for me, just in my journey and I try and be more aware of my own mental health, but sometimes there's those Sundays where I go to church and come home and just that feeling of like, man, I didn't even help anybody or I didn't, you know, and I have to sit with them and be like, well, I don't necessarily think you need to go to church to help people. You can just go to church and connect with Jesus Christ. That's okay. But it's hard. With so many years of showing up and you are the center of everybody's need there. That's what it feels like and I'm yet your office, they're lining up outside your office and you sort of lose yourself in that and you think, oh yeah, this is how I gain value is by fixing other

people. And that's a trap, you know? I agree that the thing that's really great and helped me is obviously we go to the temple 5 days a week and spend most of the day there. Well, if you can imagine the focus of the temple is Jesus Christ that our heavenly father and how are we going to return to him? So your focus is, I mean, I try to be nice to people and everything else, but you're administering these ordinances over and over and over again and they become more than just ordinances. They become profound insight into my relationship with my heavenly father and what it's going to take me and so your point is right that you feel selfish. I didn't help anybody today, but if you helped yourself to grow, if you helped yourself in your personal relationship with your father in heaven and the lord Jesus Christ, well, then you've accomplished something.

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And that's the hungry serving in the temple really is, yeah. Love it. Well, I got one more question. I think that I want to ask each of you. But I'm just excited to hear your story. And I appreciate you sharing it. And I love the fact that you're on this mission and we just wish you the best of luck. And we're actually doing a leading saint church history tour at the end of October. So I'm going to come tap you on the shoulder in a few months and love to snap a selfie or something while I'm there. But last question I have and Susan, I'll start with you and then Michael, but just in this journey of mental health, you know, obviously you have your own mental health that you've been monitoring and hopefully keeping keeping well along with your husband, but how has how has this journey of mental health helped you become a better follower of Jesus Christ? Oh, that's easy. There were days. There were days when I felt like I could not do this anymore. He was non responsive. He was, he would call me every 5 minutes to make sure I was there. He was so as anxiety was so high and he was so afraid of everything and you know you just think I can't do this anymore and I got down on my knees and I prayed and I said, I can't do it. But there's no one else to do it. There's nobody else to do it. And so I just prayed and every time, every single time I got off my knees, I just went, I was able to just go forward and just go do it. And I know it was because my savior was right there. He knew what was happening. He knew that maybe this was a process he had to go through to learn things that we've learned on the way. And helped me. Every step of the way. So I have a better relationship with my heavenly father and my savior because I knew that I couldn't do it alone. There is no way in the world. I could have come through this in one piece, mentally, or physically, without their help. Faith building experience for me. Michael, what about you? How's your personal journey with mental health, helped you become a better follower of Jesus Christ? Well, I would tell you quickly that section one 21 and section one 22 of the doctrine of covenants become great friends and you know, we don't know why the lord puts certain trials in our life or certain situations and I hope that the leaders who listen to this and other people will understand that it just because it's good this week doesn't mean it's going to be great next week and earlier this week I've had some real tough thing to get through and I'm getting through it, but I refer back to those verses. You know, the lord didn't ask me to, you know, be crucified. He didn't ask me to

spend all that time in liberty jail. But the prophet Joseph and our lord and savior did these things said bless our lives. And you know, when you read section one 22 and all this will be for thy good and give the experience. Well, I appreciate that. And that helps me to understand the heavenly father loves me and that the lord Jesus Christ has done what he's done, we have a picture in the temple here in Palmyra of the lord suffering in the garden of Yosemite and there's a picture of the angel Gabriel there helping him. And that helps me a lot to know that the lord knows what I've gone through. He knows what I'm suffering. He knows the way out. And I hope by the end of my mortal existence that I've learned things that can help people and maybe on the other side of them teaching the gospel that people will, you know, have situations and I'll be able to help them. So I would, you know, I would advise anyone that those sacred scriptures given in such a terrible place, but and it's such a high price, but they are sacred and they can help anyone to understand. That concludes this episode of the leading saints podcast. We'd love to hear from you about your questions or thoughts or comments. You can either leave a comment on the post related to this episode at leading saints dot org or go to leading saints dot org slash contact and send us your perspective or questions.

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If there's other episodes or topics you'd like to hear on the leading saints podcast, go to leading saints dot org slash contact and share with us information there. And we would love for you to share this with any individual you think this would apply to, especially maybe individuals in your more counsel or other leaders that you may know who would really appreciate the perspectives that we discussed. Remember, there's more of these conversations and presentations to hear in the mentally healthy saints. Virtual library that you can access for free at leading saints dot org slash 14. At 14 days to get through all this content and you're gonna love it, it's gonna help your journey of being a mentor, a leader, helping individuals who struggle with mental health. So go to leading saints dot org slash 14. It came as a result of a position of leadership, which was imposed upon us by the God of heaven who brought forth a restoration of the gospel of Jesus Christ, and when the declaration was made concerning the only true and living church upon the face of the earth, we were immediately put in a position of loneliness. The loneliness of leadership from which we can not shrink nor run away. And of which we must face up with boldness and courage and ability