

Everyone is Going Through Something

Speaker 1: [inaudible].

Speaker 2: Welcome everybody. My name is Katie. I'm on the team that produces the festival. Um, everyone is going through something. Raise your hand if you're going through something. Yeah. Um, Benton

Speaker 1: [inaudible]

Speaker 2: um, of course, you know, mental health is a huge issue in this country. If it's not affecting you, it's probably affecting somebody, you know, and so we're so grateful that these guys have the guts to use their platform to talk about this issue. Um, our moderator is Michael [inaudible]. He's a renowned sports psychologist. He works for the Seattle Seahawks and a number of other remarkable individuals. And he also has a podcast called finding mastery in which he, uh, interviews high performing people.

Michael Gervais: Thank you, joy. Erica. Thank you. Yeah. Okay. Here we go. Um, the, I am incredibly excited to have this conversation, um, with the two of you and the rest of us in the room about what I think matters more than just about everything else in life, which is the quality of your inner life and without the quality of inner life, the experiences that we go through become compromised. And so today is really a deconstruction about the myth between the strongest men and women in the world. Those that achieve and experience the heights of human potential and how the rest of us see them. And at the same time how they experienced life, which is no different than us. And so I'm fortunate enough to be, uh, on this esteem panel with two of the best basketball players in the world and they need no introduction. Kevin Love [inaudible]

Speaker 1: [inaudible]

Michael Gervais: it's a barn in Demara as well. So

Speaker 1: [inaudible]

Michael Gervais: this is an interesting panel as well because Damara is from USC and Kevin is from UCLA. So we've got some other tensions involved here as well. Yeah. So I before, before how many Trojans do we have in the house? This is out number, that's all we need. He says that's good. UCLA. Okay. Alright. So before private schools, private school. Yeah. Private school. Yes. Yeah. Okay. So before we jump in and into, to really understand their perspective on mental health and humanity in elite human performance, I want to set the tone for just a moment. And then I hope to get out of the way and to allow them to express what matters to them and how they understand themselves and other humans in the world. So let's do this for a second. We're going to talk about depression and depression is it is a serious condition.

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Michael Gervais: And as a psychologist, um, I want to give you a couple gems to wrap your head around. Depression and anxiety are kind of the opposite sides of the same coin. They are mood disorders. There's a struggle with the way we think and the way we feel relative to how we think we should and feel. And so there is a list of characteristics to qualify for depression and know that cluster is important to understand. So this isn't like a bad mood. This is not like I feel sad today. You need to have two weeks where you're struggling and there's nine criteria. You need five of those nine criteria. Here's a few of them. Disruption of sleep. Well, I think most of us have that. Would you say that? Okay, so disruption of sleep is one, you need to have a sense of depressed mood. There's an agitation and internal scratchiness that comes with depression and anxiety.

Michael Gervais: There's a psychomotor, there's a, I'm sorry. There's a weight loss issue that happens even though we eat about the same, it's weight loss or weight gain. There is a compromise in, um, how we organize our inner life. We consider and and plot in some ways about suicide and we really don't feel connected. It's a bit of a malaise where we feel like we're walking through quicksand that are the, those are the clinical symptoms of depression. You need five of those nine. Everyone in this room has felt some of those. Now, how many of you in this room before we set this table here, have experienced two weeks or more or five of those? You've really wrestled with depression and or anxiety. How many you have struggled at some point in your life? There we go. Welcome home us. Right? Okay. The second is how many know somebody that has struggled with depression and or anxiety.

Michael Gervais: That's the world. You know somebody that's been afflicted with this condition. If you haven't wrestled with yourself to more facts and then I'm going to flip the conversation. This is a global condition. Over 300 million people suffer. I say suffer. I mean that suffer from feeling isolated and lonely and depressed. 300 million people. The best estimate from the World Health Organization is that this is a \$1 trillion cost to our economy globally. That's a real deal. Okay, so last thing is that two of the most extraordinary athletes in the NBA, it's a global sport at this point. I have raised their hand to demystify the stigma. De-Stigmatize what mental health is about. When we look at you, we see you as the strongest, the iconic Davids of the world. We see you as being impenetrable as having it all together. You're paid well, you're handsome, you're athletic. I did say that they are handsome, aren't they? They're at your athletic. You've got everything that people think they want. And at the same time you said, wait a minute, I have a struggle that I need to not keep private. And what happens for them is that every day they practice vulnerability. Do you feel nervous at some level before games? Games? Yes. Not Again, not games. Where do you feel nervous in your life? Society. What does that mean to you?

DeMar DeRozan: Me Meaning I know pretty sure for us basketball, basketball has always been our escape for us to suppress everything we feel when we are, when we're alone. Um, I know for me when I'm out, you know, that's when Jack anxiety kick in, you know, uh, you're not sure how to process everything that's going on. You

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know, you feel so out of control of things. So many emotions run through you. Anger, frustration, sadness, whatever it may be. You know, because we, in that moment we don't feel comfortable like we do when we in the toughest moment playing in a game that we love playing, you know,

Michael Gervais: because you know the skills of your craft, right? You understand the mechanics they feel at home. And when you're out in other environments that trigger something that feels unsettling, that is something for you, is it, does that the same for you as well? Yeah, and it doesn't have to be right.

Kevin Love: It is very similar for me. I think basketball for both of us, we were talking about it last night, we've talked about it at length before that. It's always been a safe place for us. So, you know, it's when we step away from the floor and we lose some, some sort of that control. And also we feel very isolated. I think it's, uh, like you said, we are looked at as, as, as superheroes in a lot of ways. Um, indestructible and there's that feeling of invincibility, like when you're a little kid. Um, but there are so many layers to, to the human being. People forget, I think they, they don't take a step back and look at us as, as human beings and all we want to do is have that, uh, uh, human connection. And so much of that is lost. And having that isolation and going out in public or you know, being away from anything basketball related can, can create and you could be subject to a, that sort of feeling on an everyday basis. And that that in itself is a, uh, you know, a tough thing to have to go through.

Michael Gervais: So demar walk us through what happened and the two of you walk us through your experiences of why you wanted to talk about and not suffer personally, but to actually say, Hey, I'm in this thing and this is, I'm hurting. I'm struggling. Walk us through that story

DeMar DeRozan: to bring people into it. I think for me overall year, especially my [inaudible] just be my 11 year in the League, um, I think I got to a point to where I suppressed so much pain, so much sadness, so much aggression, night in and night out. But at the same time you see yourself getting praise for so much as well and you look at it from the standpoint of that's not really me. That's not really how I feel. I want somebody else to see how really feeling acknowledge that and not praise me for, you know, the person Demar the Rosen NBA player that everybody see me as. And I think I just got overwhelmed fed up with that. And when I first came out about it, it was for my own selfish reason. It was all star weekend and La. And um, I just wanted to get home.

DeMar DeRozan: I hadn't seen my kids for awhile and I get home. Soon as I get to La, I see myself on posters on the side of the hotel, like just everything just coming at me. And all I want to do is go home and see my kids. But everybody on my back talking about, man, the all star game, we'll be doing this, this, this, just coming from everywhere. And I just lost it, you know, it was just a moment where I just couldn't take it no more. I couldn't hide behind my shield anymore and I just came out and expressed it. Hope, hoping someone could relate and make me

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feel better. He said, was there. So that was my reach and my calling. And why I did it. And then so,

Kevin Love: you know, this is a trip for me sitting here. Um, you know, having Demar next to me because I mean he was really the reason that I even came out and express with, I haven't gone through since. I mean really since I can remember. I remember as early kid my, uh, anxiety and depression, um, you know, I, I remember talking to my brother after the fact, uh, when I expressed it publicly and he said, man, I remember we used to lose you for a couple, three weeks and then finally Kevin would reappear again. And you know, that was very powerful coming from him. Cause I think when you're, you're in, it depends. It doesn't matter what age you are, when you're in it, you seem to have blinders on. And it isn't until somebody else either that you, that you really love or at arms distance is able to say, hey listen, you're going through some shit.

Kevin Love: Like we need to, we need help you in the same thing with anxiety too. Both, both of those things with manifests, um, in rage fits. And I always had somewhere to go. So, um, you know, fast forward, having dealt with that throughout my entire career, I really, since I can remember my entire life, um, you know, it was heading into, not this past season, but the season before and, um, it was a summertime. A lot of terrible things were happening in my life. It was very tough to, um, you know, swallow what I was going through at that time. Um, and basketball, as we mentioned, was always the last pillar was always a safe place. So that last pillar for me, uh, was November 5th, uh, against the Atlanta Hawks. We were at a home game and I had an end game panic attack. And you know, I had nowhere to go.

Kevin Love: Uh, I was kinda looking around, this is after half time. Um, and you know, we'd come out, had a really terrible start and I went back to the locker room and like, I'm, I feeling like I'm having a cardiac arrest. I don't know what's going on. And I ended up on the, on the floor unconscious of our, a head athletic trainers office. Go to the Cleveland Clinic, they run all every test in the world and I check out a or, and I, uh, check out of there and all the tests, um, you know, come up negative and I'm thinking, well, you know, what the fuck just happened. So, um, no. So that was, we had very high expectations. We had been to the finals three straight years before that we were expected to go to the finals if not when the finals. Um, and there was a lot of things going on personally, a lot of things going on with my family and really the perfect storm.

Kevin Love: So fast forward, there's just this vicious cycle, vicious cycle that comes through. My teammates turned on me at one point because I, I had been going through a number of things. I wasn't able to tell them. Uh, I had broken my hand, so basketball was taken away from me, so I didn't have that outlet. And then what's crazy is in having demar sitting here to wrap this up, is that, you know, I, I got to, uh, I've been named to the all star team. I was hurt, but I still decided to go there and sit on the bench and support the guys. Uh, but I, I got there, had set up the whole rest of the week and Parkland, Florida happened. And I'm

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sitting there watching the TV, like, wow, this is, it's so crazy to consider all the kids, all the families, community, uh, uh, domestically, internationally, how this impacts everybody and gun violence.

Kevin Love: Um, and it is so much bigger than all of us as well as the, the young gentleman that, that put everybody in the position to, to have to suffer through that. So, um, uh, so Jackie McMillan, who was an ESPN writer who did a five part series about anxiety and depression and mental wellness, uh, or mental illness, um, in August, he, that five part series, uh, she started talking to me, I think what Saturday was our practice practice day. So she had started talking to me, asking all these questions about, hey, there's some rumblings about, you know, teammates are saying, you know, you're, you're, you're unreliable or, or you, you're dealing, you're suffering with some serious mental issues that are gonna, uh, you know, B make you untrustworthy out there on the floor. So I felt it was time for me to, to maybe share my own story, but I wasn't quite there yet.

Kevin Love: So when the mar thank God, came out in and shared his, uh, struggles with depression, I thought to myself, man, if you only knew his story and how he grew up in where he grew up, um, you know, it's a really real special story in itself. So I thought, shit, if he can do it, I can do it. So, uh, you know, I was that second guy that in that, uh, you know, kind of a chain of events that, you know, sometimes the second guy has to be the crazy one, but, um, you know, I wanted to, uh, make her, not only that he wasn't alone, but I, I didn't want to suffer silently anymore. I put it on the back burner. I hadn't discussed it with anybody for so long. My best friends didn't even know growing up. Uh, so that was uh, that was eye opening experience for me.

Kevin Love: I wrote my piece on the player's Tribune. I press send and you know, a big part of the reason that we're here today is because we're able to just lay all our cards out and lay it all out there on the line. So I think it's a, uh, a special time for where we are right now. I don't know if this could be like a paradigm shift, but I mean you can see strength in numbers here. We saw the hands raise and you know, whether it's you and your first person or somebody at arms distance, we also know somebody that has dealt with mental illness and we can make a huge impact because I believe the strength in the numbers is, is key to, you know, everything and making a movement in life.

Michael Gervais: You know, nobody can you,

Speaker 1: yeah,

Michael Gervais: nobody does it alone. The fact that you had the courage to say, I can't do this alone anymore. And I want to be connected. And Kevin, for you to have that sense that I want to have a deeper meaning and purpose and not to privately suffer anymore is one of the great courages. Vulnerability is one of the great courages for humanity. And none of us do the extraordinary without understanding the space of vulnerability. And can you sense the vulnerability

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that they have even right now? To put words to something that traditionally has been taboo and to break taboo is a remarkable feat. And so in context of that, tomorrow, if you were to have a scale from minus 10 being the most depressed you could imagine, and plus 10 being the most vibrant and alive, the most joy you can imagine, and zero would be kind of right in the middle. Where are you today? Right now, right? Yeah. Right now I'm definitely on the plus side today. Okay.

Speaker 1: Okay.

Michael Gervais: Let's go, and Kevin, you're up on this question in a second, but let's go to the last 30 days where you been on that scale. Um, always been a roller coaster. Shit has been a roller coaster. Yeah. I ain't gonna lie. Um, but me being more aware of it and being able to have, you know, people in my life now that I opened, opened up willing and able to talk to or even at times just checking on me in, in, in a sense of having a conversation, you know, clearing my mind, helping me try to identify with causing my moves. Kinda shorten them stints when before they're their linger on for a couple of days, a couple of weeks. So, you know, granted I still have my moments, but now being more vulnerable, willing to be more vulnerable and having somebody to talk to to get me out of that space a little bit quicker.

Michael Gervais: It's definitely been definitely been more helpful than before. Yeah. And so the, the vulnerability to speak one's truth is available for everybody and it's not until we get into that space of vulnerability, do we really get connected to others? That's just how humanity works. And it's hard. So quick show of hands, how many of you have felt extreme vulnerability in your life? That's what it's about. That's where growth happens. That's where deep connection takes place. And it's rare and I would bet that you haven't done enough of it. And these two men are reminding us of the importance to do that. So, Kevin, where have you been on the scale? Where are you now? Right now for context minus 10 plus

Kevin Love: right now, the why always related to, uh, I know you might have hear me, heard me talk about this before, but at least with my anxiety, you know, I wear it every day. To me it's like a weighted vest. I wake up in the morning, there's a been a feeling in my chest and we had talked about that, that I felt since, I mean there's, it's never, it's always been there, you know. So as far as anxiety goes, I mean, I would put myself, um, a little bit on the other side to where, uh, is, but um, depression wise, like I, I have really done a good job of changing my relationship with, with that side of it.

Michael Gervais: So your scale is more minus 10 being the most anxious a human can be. Right. And then plus 10 being the joy, right? Like deep joy because they compete with each other now or just scale. It's a big wide scale.

Kevin Love: Um, I'd probably say anxiety wise, probably like a, yeah, like a minus three, but that's like, you know, we've been running around a lot the last two days, so.

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Right. Yeah, no, but it's good. Like I feel, I feel great. It's just something that's always there and I'm still able to express myself. That's the biggest thing. Like, even with with kids, I feel like so much of the time anybody, they feel like if they're, if they're vulnerable or allow themselves to be vulnerable or speak their truth, that they're weak. If anything I've learned, it's made me more comfortable in my own skin and also actually made me feel a little bit more evolved and part of a, a deeper, uh, tight knit community. Like I, I can remember, uh, looking back even over the past, what has it been like, you know, 15, 18 months?

Kevin Love:

How long has it been? Yeah, I mean it's, um, it's crazy to see, you know, everywhere we go now, I know tomorrow it's probably similar, but people will hold up signs talking about mental health people. Uh, you'll come and speak to them after the game. People that have even, you know, kids young as eight years old that have tried to commit suicide have gone to the emergency room for, for those type of thoughts and those, I mean I know that we'll probably get into that too. Those, those numbers are staggering. So just being able to, to, to be that superhero in that way for those younger kids and that next generation is, is a beautiful thing. So I think that higher purpose for both of us, I feel like I can speak for both of us when it comes to this is like made us really change in how we look at our own depression and it's made us feel more comfortable in our own skin that we're able to, to pay it forward and we're doing it for a higher purpose.

Michael Gervais:

I love that it's Harvard did a 75 year study that where they deconstructed fulfillment and you could put that word purpose in and they took a look at like what are the main factors for people to live a fulfilled life? And one of them is that they grocked and wrestled with the difficult challenges and um, the difficult questions of life. And you guys are doing that. The second is they had really powerful relationships to have powerful relationships. We have to be vulnerable and speak our truth so that someone can receive us and in return hopefully do the same for them. Now, depression, there's at least two ways that depression happens. People can be born with some wiring and some chemistry that just kind of happens, right? And then the second way is people can earn depression and anxiety. So you can talk yourself through and talk yourself into a chronic state of anxiety and depression. You've got to earn that. And it's sometimes we're not aware of what we say to ourselves, how it impacts our physiology and our emotions, and ultimately our our ability to live well. So for when you guys deconstruct this, do you think that you had the organic type where you're kind of born? It sounds like maybe Kevin, you struggle with that like early days. And then do you think that you earned yours through like a pattern or a thought pattern that just kinda got away from you at one time, maybe it worked?

DeMar DeRozan:

Um, yeah, I think I grew up extremely rough. You know, seeing a lot of things before my, my mind was even fully developed to comprehend a lot of things that, that put a dark spell in my mind as I carried on. As I got older that I never could understand. I never understood it when I was young, until I was able to

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look back at it. Um, as I got older and I started to realize why I feel this way, I started question questions. So many things and wonder, so many things and why my rage, my rage, my anger, my moves and everything shifts. So, so suddenly I could be able to be around a group of people but yet feel so alone. Like so many things she used to come, come to my mind. And, um, I definitely think it's a lot of things that I've seen that I grew up that I had to witness that I made it through.

DeMar DeRozan: Um, and I just got to a point to where I just want to understand it. I want to know why this carrying on with me because I don't want to be that person when I retired. Be miserable with a bunch of money and just hate, you know, I don't want to be that person. You know what I mean? Like I really want to get to a point where I'm just like happy and I felt myself going the wrong way with, with, with this depression. Anxiety is so many things that carried over from when I was young. So

Michael Gervais: one of the mechanisms from very early stages in our life that are traumatic and heavy and hard and difficult and beyond our years is we can develop this constellation of symptoms that snap to what's called PTSD for post traumatic stress disorder. And it's actually a really bad name and PTSD and depression, uh, hang out with each other. It's a bad name because there is trauma. But really what happens for people is that they, they organize their life to try to avoid retraumatization. And that avoidance of retraumatization is a protection and as an acidic nature and a anger and like, you know, and I don't know if that was you or not, but that is essentially what happens to folks that have PTSD, PTSD is that they change their lens of how they see the world from a protection mode to a protection model. 100% yeah. And then that's exhausting. Yeah. And then when we're depleted of resources, how many of your depleted right now of resources, you know, you're not at your best. You're tired, you work too hard, you're not sleeping right. Raise your hand if you're a bit depleted. This is the game inside the game right now of living well in modern times is recovering properly in a highly stressful environment. And if you want to extort, if you want to live an extraordinary life, like the two of you are stresses involved and rec recovery as important part of the game. Now talk about perfectionism because perfectionism can work early days to be highly skilled, but it walks you right into something else. It opens up another door for us, which is not a good door.

DeMar DeRozan: Yeah, for sure. I think for me, being young and having an imagination of just wanting to do something, it'd be great. I love sports. I used to try to recreate every moment that I seen growing up, whether it was outside at school, um, to try to be something and I always felt like my only option to make it out account. There was the play sports and I started to push myself and beast be so locked in to wanting to be good to where like, damn this, this is happening. Let me try to be great at this to where I'm not, I'm missing out Kinda on my childhood because I'm not doing all the things that everybody else doing. I'm doing all the things that everybody don't want to do. I'm putting in the work, I'm doing it. I'm pushing my my limits every single day and I want to be good because I want to

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make it out to where you make it out and you get to a certain success and you look back like, damn, I didn't get to do that as a kid. I didn't get to do this, do this. It's one story I always tell like I wish I was able to enjoy college more because they don't seem like I was even in college. We'll get to USC. What are you

Speaker 6: [inaudible] he was bigger for that one and then UCLA comes out of the corner like God damn, that's Kevin. Be careful now cause it's come this kids coming back to your name, then go to college for that long. Oh there we go. Good

DeMar DeRozan: mindset. Going into college instead of looking at it like it's such a great honor. I'm looking at it like, okay I got these x amount of months to work my ass off because I'm going into an MBA. That was my mindset's where everything else was a blur. You know what I mean? So that carried over with high school, you know, my, my everyday life because all I wanted to do was work to be something as somebody to make it out.

Michael Gervais: So Kevin, before you grab that thread, because this is really important tomorrow, is that when I hear that as a psychologist, I go, Ooh, like, okay, here we are. Because there's this concept called identity foreclosure and identity. Foreclosure is when you stop exploring other parts of our identity. And as a young talent, if you have a young talent in your life and they're extraordinary what they do, please talk to them about everything other than the the thing that they're extraordinary at because they foreclosed their identity. And what happens if I could take a moment tomorrow is that what you did is you said, I am an athlete, right? And then I matter based on my athletic prowess. So when you go test yourself athletically and it's not going to maybe be good, then you don't matter. Can you relate to that? For sure. That's a really tortured way to go through life, but it will get you good at an early stage. It'll get you great. I mean, look where you are.

DeMar DeRozan: Yes.

Speaker 6: It is such a

DeMar DeRozan: messed up thing when you think about it because you look at the world today, that's why we get stereotyped and just looked at as athletes when we have so much more to offer. That's right. You know,

Speaker 6: I got to that point to where it, it's

DeMar DeRozan: like shit, I'm more than a basketball player. Like my kids look at me like I'm the greatest person on earth. They could give a damn if daddy had a bad game. You know what I mean? Like, like so when I had my first daughter, that changed my whole perspective on looking at life like, and it gave me a different type of appreciation, a want to have for myself, you know, because I am looked at more as something greater than just athletes because we only go and get to do this

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for so long. That's right. No, but we, we put everything we into this, you know, but at the end of the day, I'm a man at the end of the day, like I want to be looked at as a man because I look at every individual on earth, like they are individual. I don't care what they have, what they don't have. And that's what's wrong with the world today because we look at somebody for who they are or who they perceive to be. A lot of people find insecurities or not being accepted for who they try to be. Just be yourself, you know? Yeah.

Kevin Love: I can actually speak to that. That's a great point is that, you know, mental illness and mental wellness as a whole. It doesn't discriminate there. No matter where you're from. What gender, uh, socioeconomic status, nothing. None of that matters. Throw that out. It doesn't discriminate. So I can remember last year, um, it was game for the finals. Yes, we got swept. So there's your

DeMar DeRozan: shit. Y'all swept [inaudible] before he did. That's not quite fair. But

Kevin Love: you know, um, that was a defense mechanism that was sharp, but it was game for the, uh, of the NBA finals. I remember waking up, I mean, I was still him, um, as a couple of people, Shannon and k here as my witness, a Anthony Bourdain fan. So I watched a ton of parts unknown. I felt like I had traveled the world with the man. I felt like, uh, you know, he got to go. He was university well-liked, had money, had a great family, got to travel everywhere as the best questions and eat sometimes good food, sometimes shitty food. Uh, but yet he still took his life. And in that same week a Kate spade had taken her life because she felt, oh my God, it's going to hurt my brand. You know, if I, if I admit that I'm going through these certain things and it's going to hurt my brand.

Kevin Love: So to me it just, it just taught us that, and us being up here now is that success is not immune to depression. It doesn't matter how successful you are. The scene doesn't discriminate. And as I mentioned earlier, at some capacity, whether it's you or somebody you know, or somebody that, um, you know, you run close to in your circle is going to be dealing with this. It might be suffering silently. So I mean it's just not being afraid to have having those conversations. But to Tamara's point, it's amazing that we're sitting up here because we're, we're, I'm thankful to be in a league where we're not only supported to talk about such tough topics or topics that are going to put us in a light, um, that maybe is going to be a little uneasy and we're, we're not comfortable in, but they actually push us to speak about it to be more than basketball players.

Kevin Love: So, um, on my end, I, you know, hit a million times. I know he's probably getting sick of it, but I think the mark for that, but we had talked about this morning that I'm just about youth sports and the next generation, like now kids can feel like at that demographic, whether it be, you know, when they conceptualize these type of, or be subject to what you went through growing up. Um, you know, whether it's five or six years old all the way through 18 before they leave for college. Like they're, they're thinking, Hey, I can be the next Marta rose and I can be the next LeBron James, but not only in terms of athletic flowers, but also,

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man, I can speak about mental health and mental wellness. I can get involved in, in things bigger than myself. I can make the world a better place. And with a, I use the example of LeBron James because he's so close in, near and dear to me is that he started, uh, a, a a I promise school, which is a, a, a school k through 12 that is, um, basically pushing kids into college and, and giving them scholarship programs and dumping so much money into the youth in the Greater Ohio area.

Kevin Love: So it is so much more than basketball. It is so much more than success. This is all of us. And I think, uh, as an individual, we just want to be able to be, yeah. Looked at as a person. And I hope, you know, if anybody I've ever spoken to tomorrow spoken to myself or, or guys in the league, yeah. There's some times where, you know, we kind of want to be left alone and be in our space, but if you just take your time to connect with us on a personal level, I think that you'll really feel that authenticity and that we are human beings and we, we want to make positive change in this world. So I think it's only special and it's only the tipping point here for what we can accomplish, especially in our league.

Michael Gervais: It really does feel like the beginnings of shifting for global conversation about flourishing and wellness, and it's not necessarily about mental illness, but it's about how to organize our inner life to flourish in life and it is independent of geographic region and ethnicity. Now that being said that in gender women are more in danger for depression than men and interestingly enough globally is that the u s in affluent countries are at more risk than countries of poverty. That's an interesting thought because one of your colleagues, Charles Barkley had something to say about depression. Do you want to respond in any way to his take on depression?

Kevin Love: You mean to say that we have all the money in the world and we shouldn't be depressed still there?

Speaker 1: Right.

Michael Gervais: Matter of fact, maybe maybe that the Oh, the old insight, that more money, more problems is actually true. And that being said, it does not mean that all of us in this room don't struggle. 50% of folks in, in the u s have had an episode of a serious episode with depression. 20 to 25% have struggled with something grave and serious of that 25%. Some of you in this room, some of you or your loved ones, 39% have thought about suicide about it. So I, as a personal disclosure, I lost a family member to suicide. So it's amongst us, it's of the most tragic experiences, one of the most helpless experiences when a loved one makes a fatal decision. And um, my hope with the two men here that are changing the conversation about wellness and flourishing is that we make change. And so this conversation is not good enough, not alone, but we need to make change in talking about investing in the inner life. And it's not complicated mindfulness. It's a great, powerful tool. Self-Talk, how you speak to yourself about your potential, the ability to breathe or regulate your emotions. These are available to all of us. They require training and these men are dedicated to

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growth. And that is a reminder for all of us. How well do you flourish and how well are you organizing your life every day to grow? And Kevin, I know you had your hand up and I just kind of

Kevin Love: went on and I got on my [inaudible]. I'd like to get down from him just being a sponge for growth right now. Like I'm just, you're the expert. I'm just, no, yeah, we're all in it together now. No, no, for sure. But I'm just saying like, uh, I'm still, that was one of the first things I said and I still say it to today and I feel like it's going to be life work for all of us here, but like I don't know all the answers, so I just cleaned to, you know, for sure all of that. I, the last two days, you know? Yeah.

Michael Gervais: I don't know the answers either, but I have spent my life trying to understand how the inner world works and I couldn't tell you when this is going to sound twisted, but when you said, I'm severely depressed, I say yes. You know, like you're going to change a lot of lives. Yeah. Kevin when you said, hey, me too. I said, oh my God. Yes. And so it doesn't, we don't need to get to mental illness to get to the other side. We can say to ourselves like, Hey, let's start now, wherever I am on that spectrum, let's start now getting better. And so can you, can you teach us, how do you get better? How are you working right now? What are you doing to get better?

Kevin Love: Uh, well for me, the first thing I did was I saw a therapist. I mean that was literally the first thing that I did. I think it was even less than 48 hours after the fact, cause I was just the guy in the mirror that looked right at him and kind of hurt my eyes. Cause I didn't really, I didn't pass the mirror test. I didn't like what I was seeing. And a lot of that came from, uh, you know, just looking within myself and thinking, man, I don't want to. And that was kinda to tomorrow's point too. Like, I wasn't able to enjoy, uh, my youth or a time in college or even, you know, heading into my 12th year, I'm a year ahead of Damar. I'm just not enjoy all my time. So I didn't want to look back and think, man, what was I chasing?

Kevin Love: I didn't, you know, I didn't do it for the money. I think, you know, I'm not saying that's, uh, you know, I mean it's the current, it's a great currency that matters, but it's not the only currency that matters. I think time is like, I've been trying to adjust my time. It'd be better than the people in my, in my life, just by, uh, you know, breaking down the 168 hours every single week so that I can focus on my core competencies, whether it be, uh, you know, my, my business or my sport or whether it be my relationships or whether it be, you know, my hobbies. I'm trying to be into a lot more. So I think, yeah, it all started off with, um, uh, seeing the therapist, um, shortly. Then after, um, you know, I started using, I was one of the, one of the people that medication has really helped me, um, in a, in a big way.

Kevin Love: You know, I started to adopt meditation more into my life. I know that some of us in here and elsewhere, when you say you meditate, they kind of look like at

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you, like you have a tail or something. Um, no, I think still working out, chasing the game. I think, uh, these guys probably want me to shut up about, um, that analogy or metaphor I use is like, uh, uh, you know, chase the game and everything good in life will chase you back or chase what you love and everything you love in life. They hate what I'm saying. So that's uh, Kevin's folder right now. I like it. Yeah. All right. I'm losing it here. Uh, no, but those are, uh, I'll wrap it up and let a demar speed. But those are just a few things that I've, that I've, um, certain too that have been, um, you know, very, very helpful for me.

Kevin Love: But the, the list is ongoing. Like, I'm, I'm open to the possibility of anything just to, uh, not only help myself, but you know, even for my fun that I've set up, I've tried to, uh, create tools in order to, um, you know, make big change and change in both physical and emotional wellbeing. Cause that's a whole nother can of worms when you speak about, uh, you know, physical wellbeing and, uh, you know, what people going through inside their bodies and how bad that can, you know, mess with their brains as far as, um, a depressant anxiety as well.

Michael Gervais: Demar before you tackle this, so deconstructed, you went and got help, you went to somebody who is learning about the inner life. You realize that time and the ability to be present is our precious commodity. Um, you played the game of a humor Kinda

Kevin Love: well, I okay. I do. That is one of the things when I was young too, like I think as, as young you can find that funny at all. Did you like? I was like, no, because like I do think it's funny when I was like, oh, some register in my brain, like, oh, I have this thought about how I, when I was young I would hide and I still do it. Sometimes I hide. Some of my insecurities are my depression, my anxiety, uh, with humor. I think a lot of people tend to do that. And I think especially as, as as young men as well, like I was, I wouldn't have bullied by any means in high school, but I was one of the kids that I just wanted to be, I wanted to be accepted. I want to be accepted by kids. I think we can all relate to that.

Kevin Love: Uh, at any capacity. I was, so I was the one kid where, you know, and like a lot of my friends when we were running in the pack, you know, we had to try and be funny and sometimes it was at other people's expense, you know, and other people would be hurt and to go deal with that for 24 hours a day, a week, a month, whatever it was. And, but then if you caught me alone like I was, I was, uh, I was, uh, empathetic. I was gone and I was a good man as a kid, but, and those were, you know, values and characteristics and things that were embedded in me at an early age. But I think I was just trying so hard to be accepted that, um, I wouldn't even seen the effect that I might've been having on other people when I was in that, that group setting with a bunch of young men. So I think young men are even far more behind than the rest of, you know, anybody at any age, anything. So I think young men are the ones that need to, uh, you know, step up and just hold themselves more accountable in, in that regard.

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Kevin Love: So that's why I didn't laugh. Yeah.

Speaker 6: Kind of

Michael Gervais: intense and right at the same time.

Kevin Love: See and I'm losing more shit. Yeah.

Michael Gervais: So, so demar like pull on that thread and as, as we're going, I want to hit two to two more things that you said. Meditation, medication and then giving to others. Those are all beautiful recipes for doing well and feeling well in life. It's about getting out and doing something proactively and helping the world to be a better place is actually a known therapy. That's evidence based tomorrow. What do you do to flourish in life?

DeMar DeRozan: Um, I think for me just being able to come out, just accepting to be vulnerable was my biggest issue. Um, and being able to talk, try to figure out ways I can express myself. You know, talking to somebody that listened, who pay attention, who gives you insight, who builds you up, um, not feeling like you, everybody crutch, not feeling like you got to put on this harsh shield 24, seven, you know. So for me it was just being able to accept being vulnerable. Um, I got tired of feeling like I had to be the toughest person everyday all day. Cause that's how I grew up. I remember my dad telling me, Ben, not cry. You better be tough. I'm like, God damn, I'm six years old.

Speaker 6: [inaudible]

DeMar DeRozan: carrying that over and the environment that I grew up in and you just have to be hard all the time. So for me, coming out, me being vulnerable, me accepting that, um, being able to figure out things, identify things and more willing to want to do things before I used to push away at everything. So for me, um, I talked to a therapist early on too, but not saying nothing wrong with it, but it just, that wasn't for me, you know, I realized, you know, I have to have to just be around something that loved me back and opened up to what love me, you know, and it's been going pretty cool. So

Michael Gervais: yeah. That's beautiful. So can you relate to the armor? Can both you relate to having this really shiny armor that you put on as a, and your old 16 year old, you know, 18 year old, can you relate to the shiny armor and because tomorrow what you're talking about is a, took the armor off and I was tired of shining it up and carrying it around. Tired, you know? Sure. Ironman. Yeah. And it's a really scary thing to take that armor off and say, okay, this is me.

Kevin Love: Well, it's crazy thing about the ironman analogy because when he first made his suit, it was way too heavy and then he was like, you know what, my suit isn't working out for me. And it came back and he was still iron man. That's what I think about. Like when you look at Damar like he, he here I am again, like if you

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were spoke earlier, yeah, I know I should follow him everywhere. Cause now I'm his fucking hype man.

Speaker 6: No saying like it just makes you more of a [inaudible]

Kevin Love: well, like I don't look at Demar any differently than I did before. If anything I'm like, yeah, okay. That's like, that's my guy and he will still dunk on me and pointed me and look at the camera. Yeah.

Speaker 6: For Mom. It then changed. Never, I didn't change at all. Like he'll still, he'll say

Kevin Love: Phil, knock your block off at anytime he steps on the floor. He just, he just is willing to admit that he, he's been struggling with something that, you know, a lot of us are afraid to admit and [inaudible] at your own time. Like it's fine. Like everybody goes through life at their own pace, like, but I think at some point it's, it's just really, really healthy to, um, definitely shed some of that armor. And then a spoiler alert. I think he died in the last uh

Speaker 6: oh

Kevin Love: you got one more in the armor. I think all those, those, those, those battle wounds, they make you who you are. I mean it is, I think like I said, it makes you, it makes you more evolved and is a no, it was really a, it's a, yeah, sorry. They're laughing at me cause they didn't seen the movie yet. Is that right? I'm sorry you're going to lose more now. He showed it. Right. I really hope none of your kids see this cause like those superhero movies like I feel like I'm like 12 years old again. Yeah, I just gave it away man. You might come back more Batman parties for me. I'm sorry. Yeah, I honestly, I was just reading a message board so I don't even know

Speaker 6: the cool.

Kevin Love: So there is design is iron man right here except he's still, he's going to be here for a long time.

Michael Gervais: There is a truth about earning our scars and there's something very powerful about doing difficult thins and we, none of us ended up being able to go through difficult experiences in life without vulnerability, without some sort of unsettleness, without knowing and embracing. Watch this, the unfolding, unpredictable unknown, which is always now, but when we go through those experiences and they're difficult, we earn the right to say something very powerful to ourselves, which is I can do difficult things and we have to earn those scars to say I can do difficult things. There is no pathway through that. Without vulnerability. There is no courage without vulnerability and there is no true understanding of human potential without getting into that space every day. They don't know if they're going to win or lose and they still give it their best go. We don't know how the next moment's going to unfold nor our life

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unfolds, but on that note, we are. We are agents of our own life either co-creating or creating depending on your spiritual or your philosophical belief, the experience that we have in the present moment. That being said, can you each walk us through in your most beautiful way and when you invite your imagination of what you hope the future could be, can you share what you would imagine if you could influence many's, what would life look like?

DeMar DeRozaan: I believe that children off your cousins talked to a bunch of, yeah, Sun, Sun, Sunny, tropical place, sunny, tropical place. I visited just a sunny tribal place. What does that mean? Like just relaxing, being able to hear nature and the most peaceful, common way, you know, that's how I visited it.

Michael Gervais: And then what, what if people can't get to your remote island, right? It's sunny and tropical. What would you hope that others could learn from your experience?

DeMar DeRozaan: Um, it's okay to be vulnerable. So keto want to be better. So Kayla, break yourself down to be able to build yourself back up to be something better and stronger. So how cool is that,

Speaker 1: Kevin?

DeMar DeRozaan: There's only, I don't know how to say it any better, so I don't know really know. I mean, you can ask the question, but that was pretty damn good. So yeah,

Michael Gervais: it was good. But you got a mission to now, what is your mission in life?

Kevin Love: Um, I mean, at least I think as far as this topic is concerned, uh, and my fund is concerned, is just inspiring people to live their healthiest lives while providing tools, which, you know, that's a big part of the reason that we're here and we're doing the work. Um, and it's to, uh, impact physical and emotional wellbeing. Um, you know, as I kind of alluded to earlier, cause a lot of that chronic inflammation, like I've seen family members, I've seen my father and uh, you know, some younger people around me, whether they've dealt with a cat cancer, whether they've, uh, you know, even been in a car crash, um, have dealt with chronic inflammation and how poorly that affects the mind. So I think both of those do go hand in hand so much. So it's finding ways to impact both sides of the coin. Um, and knowing that I don't know all the answers, but being open to the possibility that there is so many things that that can heal people. So if you tell me to, uh, look to the future, I mean that's, I mean I think demar you know, really, really hit it on the head, but I spoke to it a little bit this morning. That's our time's up I guess.

DeMar DeRozaan: No, it's just like

Kevin Love: any movement or any group of people. Um, you know, I spoke about all the movements, whether it be, uh, like LGBT, black lives matter or Mitsu, uh, you

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know, even this, we're sitting here talking about now and that goes, uh, you know, all these transcend while people at the end of the day. And we all need to find ways to, uh, you know, have empathy. Uh, you'll pay it forward to the next person and then just set up, you know, our kids and excuse me, the youth to, to, to be better as well. Um, cause I think there is a lot of unrest or uneasiness, um, maybe especially in America. Um, and a lot of that can be finger pointing and pointing in different directions. But if anything, um, it's allowed us to take a step back and say, okay, what did we really need? What is, what is vital, what's important to us. So I think it's just continuing to, to have these tough conversations, to have, uh, you know, open dialogue on these tough conversations. And then from there, I think the possibilities are endless.

Speaker 1: [inaudible]

Michael Gervais: so we're going to open it up to questions and [inaudible]. Yeah, I love this. So we got some mikes that are going to run around. And before you get to a mic, there's only three things you can train as a human. You can train your craft, you can train your body and you can train your mind. This conversation is about the tools to train your mind and the de-stigmatize that this is available for all of us in that light. Let's ask some really good questions.

DeMar DeRozan: Okay. Damn, that's my fault. Sorry. Yeah, that's a moderator's fault. Yes. Yes. So, uh, the my, why did you choose? So he ruined the movie fair. But you haven't seen it seriously.

Speaker 1: Yeah. Have you not seen it? Okay.

Audience Member: So how did he dot. Normally? Um, so, so my question is really, um, geared towards you, but I guess you all can answer at the same time. So basically if you can think back to before you were who you are now or who we perceive you as now, you know, as pro basketball players with, you know, um, so if you could think about the time before you got to where you are now was have you ever taken the time to think about the fame and about how all of this notoriety and being in the public eyes so much would affect you and

DeMar DeRozan: no snow I never would have imagined.

Speaker 1: Okay.

DeMar DeRozan: This type of fame, what attention? Nothing. That would have never crossed my mind. All I wanted to ever do was play basketball. Everything else that came with it. This was bullshit. Honestly,

Audience Member: I've never wanted none of that. And as, um, as a performance psychologist, like do you feel as though there are enough like preliminary screenings or even conversations with athletes that are about to embark on such a, you know, in the scene, like in the public eye career to kind of evaluate where they are? Or

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does it kind of wait to where they get like, you know, no offense but to that point where you have to put yourself out there.

Michael Gervais: There are great diagnostic tools that are available to us. They are not readily accessible in the elite sport game at this point. And so it's coming, it is coming because of this conversation and their conversation they've had for a long time. And, um, it's a great question because screenings can identify triggers and traps for people to fall into. And I want to just say the last, uh, two things. One, is there a dark side to humanity? We all suffer with it. We don't need to suffer privately. There's a cost to exploring our very best. And it is not a lonely costs. It does not need to be that. And the last thing I want to say is I'm honored to be on the stage with the both of you. So I wanna say thank you,

Speaker 1: dude. Thank you. [inaudible].