TYBI E5: Stress Induced Depression: How to Stop the Downward Spiral

[00:00:00] **REBECCA CIA:** Episode five stress induced, depression, how to stop the downward spiral.

[00:00:07] Have you ever felt so stressed that you just shut down and you slip into a depression that lasts for days, weeks, or even months. In this week's episode, I'm going to talk about how to recognize the warning signs of stress induced depression, and how to stop stress from turning into depression and even how to prevent everyday stresses from building up and becoming overwhelming.[00:00:30]

[00:00:31] So Welcome back survivors to tuck your boobs in the podcast that prepares survivors for the battle of overcoming trauma and helps you get your shit together after crisis. I'm your host, Rebecca Cia . And on this week's episode, we are talking about stress induced depression, how to recognize it and how to stop it.

[00:00:50] I think we are all at our stress threshold. We have spent a year and a half with uncertainty , and in a desperate attempt to get things back to normal, [00:01:00] I found myself trying to take on too much, too fast. Now some of you know, I'm currently on the east coast and I'm trying to plan my move back to the west coast.

[00:01:09] My original plan was to come here for about a month before heading to Europe, but I ended up staying for over a year now, and this is not my happy place. Yes, I am grateful for what I do have and for the extra time I've had with my dad and my other family members, and I'm trying to make the best of it and forge ahead.

[00:01:28] I'm definitely [00:01:30] what Marie Forleo calls a multi-passionate entrepreneur. I am simultaneously finishing, writing a book. I am starting this podcast. I am launching a new course for my clients on post-traumatic growth. recently on top of all of that, my dad just had a second heart attack and needed triple bypass surgery.

[00:01:49] And to add to all of that, I have been trying to navigate some toxic family members since I've been here. Which if you caught last week's episode, you know, all about.[00:02:00] Now to add insult to injury. I have gained about 20 pounds in the last 18 months. My self-worth was being tested and I was becoming self-deprecating even calling myself names like fat ass, and honestly, I'd get winded, just walking up the stairs.

[00:02:17] All of the stress had been piling up. And I had been aware that I was stressed and I blamed the weight gain on this, but that was really just an excuse for my bad lifestyle habits.

[00:02:28] By nature, [00:02:30] I'm an overachiever, which is actually a trauma response.

[00:02:33] This is partly hypervigilance. And partly because for a long time, I've had to work twice as hard as my peers to just barely get by. I learned how to harness this power to get more done by turning hyper-vigilance into hyper focus. My normal response to stress is to just get something done, to feel a sense of accomplishment. And usually this works well for me, except when I'm at my stress threshold. [00:03:00] I tend to go into a state of denial and push too hard, which leads to burnout and depression.

[00:03:06] So in this case, doing more, wasn't helping. In fact, I was reaching a point where I was entertaining thoughts of quitting it all, actually walking away from my business and the fact that I was willing to give up on my dreams was a huge wake up call to me.

[00:03:22] It reminded me of another moment where I was ready to give up. When I was laying on the floor naked with a knife to my throat. Some of you may [00:03:30] already know this story, but a brief recap for those of you who don't already know. A few years ago, I was kidnapped by an ex-boyfriend who over the course of four days beat and tortured me.

[00:03:41] He raped me and he attempted to kill me. And I remember laying on the floor, bruised and bleeding, tied up naked, and I felt a wave of cold come over me and I exhaled a long breath. I was finally accepting my defeat. I gave up on myself. I was exhausted. I had [00:04:00] no energy left to fight, but something inside of me wasn't ready to give up.

[00:04:04] And that same something was still burning inside of me. And it wasn't going to let me give up this time either. Reminding myself that I have one harder battles. And with all that I've accomplished. I wasn't going to let this take me down. So I knew I needed to do something different.

[00:04:21] I want to talk about some of the warning signs that you might be reaching your stress capacity or that your stress might be turning into depression. [00:04:30]

[00:04:30] Number one, procrastination. This shows up as doing other tasks to feel productive instead of doing the important ones.

[00:04:38] Like doing laundry instead of sitting down and finishing that project, Did you know that perfectionism is actually procrastination and disguise.

[00:04:47] Another sign is insomnia or really more specifically something called revenge bedtime procrastination. This translates from a Japanese theory that we will actually [00:05:00] forcibly refuse to fall asleep, or we will keep ourselves awake because we haven't met our internal need for a sense of accomplishment for the day.

[00:05:08] And then when you finally do pass out due to exhaustion, you will most often wake up feeling anxious when you first wake up, you'll feel overwhelmed before your day has even begun.

[00:05:20] Another sign is intrusive thoughts, especially ones that are towards blame and shame for not getting things done. So when you're beating [00:05:30] yourself up for procrastinating or not being able to focus.

[00:05:33] Catastrophizing thoughts falls into this category as well. This is when your brain goes to worst case scenario and then runs with it. Such as if "I don't get this done, I'm going to get fired and then I'm going to become homeless and I'm going to have to live in my car. And my car is going to catch on fire because it was running the engine for heat. And then all of my belongings will burn up in flames." That's an example of catastrophizing thoughts.

[00:05:55] Another sign that your stress may be turning into depression or you're at your [00:06:00] stress capacity is having major mood swings or being easily triggered. This means being reactive or short tempered. Maybe you're impatient with yourself or others. Sometimes it's hard for us to spot this in ourselves, but others may notice it.

[00:06:16] Okay. Another one hyper vigilance. Now this is trying to gain control over your situation and your environment. For me, this looks like obsessively creating systems, but not actually executing them [00:06:30] like creating more busy work for myself.

[00:06:32] As a way to almost justify my stress, like a long to do list is somehow proof that I have a good reason to feel stressed.

[00:06:39] This is another common one for many people ADD and distractions. If you're finding yourself easily distracted by like, Ooh, shiny, or you're retreating to social media, especially for that dopamine hit, this is a huge sign that you're teetering on depression. There are actually four happy [00:07:00] chemicals that we all need to be in balance in order to.

[00:07:03] Have a sense of control, feel happy and control stress. They are endorphins, primarily this helps deal with stress and it reduces the feeling of pain. Now serotonin is a mood stabilizer, and it has to do with our wellbeing and our happiness. Dopamine this comes from the reward center of our brain. It's pure pleasure and oxytocin. This comes [00:07:30] from bonding, social connection, love and trust.

[00:07:34] When we retreat to social media to seek likes or validation, we are feeding an addiction to dopamine. It's a fast and easy way to get a chemical hit of happiness.

[00:07:45] The problem is that these rewards are short-lived and we crash hard. When we fall off, this can actually accelerate the stress to depression cycle.

[00:07:55] Something else that I do. That is a huge sign that I am [00:08:00] at my stress capacity and possibly slipping into depression is something I call dissociative envy.

[00:08:06] This is when I am obsessive about a future outcome. It's like daydreaming on steroids. Where you disassociate with your current reality and you enviously dream about your desires, but then you crash hard into a sadness when you snap out of it. And you compare your current situation to your ideal situation.

[00:08:27] This is another way of chasing dopamine.[00:08:30]

[00:08:30] I realized I was doing all of these things.

[00:08:33] when it comes to stress, people often make the mistake of trying to remove the source of stress from their lives. And in some cases, this can be good, right? Like quitting a job with a toxic boss. But sometimes it seems like you remove one source of stress and another one just fills its place. You get a new job with a better boss, but maybe it's more responsibility and longer hours.

[00:08:57] Or the other mistake people make is [00:09:00] trying to add too many activities that are supposed to be de-stressing, but they also end up becoming a new source of stress because we didn't really make room for them. Like adding a yoga class to your day, but then getting up an hour earlier, you realized that you left your laundry in the washer and then you have nothing to wear to yoga, and then you're running late and you don't want to walk into class late because everyone's going to stare at you. And then in the whole laundry panic, you realize that you skipped your morning coffee and now your whole day is thrown off.

[00:09:25] So let's talk about stress. What is stress. [00:09:30] Essentially stress is just a lack of control. It can feel like you're going crazy and that all you want to do is retreat to your blanketfort, with a box of cookies. And this spirals into depression. When we feel like there is no way that we can gain control again or that doing so would be a futile. Stress and depression go hand in hand . I work with trauma survivors, which are more easily prone to depression because of a lower threshold of stress.

[00:09:59] So one of [00:10:00] the main things we work on is building our stress capacity through resilience, building exercises.

[00:10:06] I know hearing that word resilience might make some of you cringe. Well it's often overused or completely misused. Resilience is not just some toxic positivity buzzword it's actually neuroscience. Trauma, especially early childhood trauma changes the brain actually shrinking certain areas of the brain that regulate memory decision-making and learning.[00:10:30]

[00:10:30] And it increases the reactivity of areas of the brain that produce anger and fear. All of which result in a feeling like you don't have control.

[00:10:40] So, if you can't just remove the stress from your life, how do you gain control and stop yourself from slipping into depression? I know it can feel like a catch 22.

[00:10:50] You need to feel better in order to get something done, but if you don't get things done, you know, the stress is going to pile up and you're just going to keep feeling worse.

[00:10:58] When I caught myself [00:11:00] slipping into the cycle, I stopped and took a long, hard look at my life. I could feel myself spiraling off the deep end and I wasn't ready to give up. So it was time for me to tuck my boobs in.

[00:11:12] Here are a few strategies for managing stress and building resilience that I recently put to the test when I felt like I was losing my mind.

[00:11:21] These strategies made a huge difference in my productivity, and it felt like a huge weight had lifted off my shoulder. Now it's been [00:11:30] about two months since I put these into practice and I am happy to report that I also inadvertently lost about 10 pounds in the process, which was unexpected, but a very welcomed side effect.

[00:11:41] All right, so I have divided these strategies up into two categories. Category one, feel better category two get stuffed done. I decided that I needed to feel better first. So number one for me was my health. I realized that I wasn't fat [00:12:00] because I was stressed. I was stressed because I was fat.

[00:12:03] Basically. I felt like I had a lack of control of my own body. And this was triggering for me because when I was attacked a few years ago and I was in physical therapy, I really struggled with nerve damage. It was so frustrating to have no control over my own body.

[00:12:22] It actually ended my triathlon career and I felt like it took something away from me that I had no control over.

[00:12:29] Now. I [00:12:30] decided to take a long, hard look at my diet, which had changed so much. Originally, I was only supposed to be here for about a month. So the nostalgic home cooked meals were okay. But when the global panini threw a wrench in my plans, I ended up adopting new bad habits that I never even had before

[00:12:50] I was eating sweets and overeating out of boardum.

[00:12:54] So red meat and other inflammatory foods are apparently stapled in an east coast, suburban diet [00:13:00] and me having assimilated to a Southern California west coast vibe. My body was not adapting well.

[00:13:09] Also water. I wasn't drinking enough. So I bought myself a new 40 ounce water bottle, and I try to drink at least two bottles a day.

[00:13:20] And my new goal is to finish one whole bottle before I even eat breakfast.

[00:13:25] I mentioned serotonin and its role in stabilizing our moods. But serotonin [00:13:30] comes from internal sources and 90 to 95% of it is produced in our gut. So food and hydration play a big role in stress,

[00:13:41] so I started reducing the inflammatory foods and salt intake and started eating more foods that are high in vitamin D, which cues, the production of tryptofan, which releases serotonin.

[00:13:53] **Rebecca:** Number two,

[00:13:55] **REBECCA CIA:** I started to exercise and trust me, just start simple [00:14:00] here. So I knew I wasn't ready to start running triathlons again, but I was using that as an excuse, not to exercise at all, basically out of fear of pain, both physically and emotionally, but honestly the fear of the pain was all in my head.

[00:14:14] I started testing my abilities, and I realized I actually had a lot more control of my body than I thought .

[00:14:20] I started walking outside, which actually has been proven to change your brain and release dopamine and serotonin.

[00:14:28] Honestly, 30 minutes to [00:14:30] an hour, a day is a huge stress relief, especially if you walk outside. Did you know that changing your view from a focused view, such as staring at a computer screen to a panoramic view specifically outside or of the horizon actually is associated with an increased autonomic arousal or basically the activation of the parasympathetic nervous system, which is the part of the nervous system that calms the body and the mind. Now, eventually [00:15:00] I added in the gym going three to five times a week, and this adds a little bit more structure to my week, but I knew I needed to make room for this before I started doing this.

[00:15:08] So that's why I started with just the walking.

[00:15:12] Okay. Sleep. You have to add sleep to your, To-Do list. So revenge, bedtime procrastination. I mentioned this before. It is huge. It's a really big thing. I knew that I had to start prioritizing my sleep because I absolutely was [00:15:30] procrastinating going to bed, not getting enough rest and then waking up the next day, exhausted and unable to function and take on the tasks that I did have for the day. It was a vicious cycle.

[00:15:42] This is aTuck Your Boobs in moment, you need to be an adult and remove the distractions from your bedroom. So I logged out of Netflix on my laptop. I moved my phone charger across the room. I've never actually had a TV in the bedroom.

[00:15:57] So that was easy. But I decided to shut [00:16:00] my computer down every night.

[00:16:02] Now I actually recommend that you set a schedule and an alarm, literally schedule your bedtime and set off an alarm to remind you it's time to go to bed.

[00:16:13] There is a general rule of thumb that seems to work pretty well.

[00:16:17] You stop eating three hours before bed.

[00:16:20] You should stop working two hours before you go to bed and stop your screen time one hour before you go to sleep. If you get [00:16:30] hungry, drink more water. You're probably not actually hungry. You're most likely bored and looking for something to do.

[00:16:38] I also recommend that you keep a notepad next to the bed, and if a work idea pops up, jot it down, but don't dive in and do it.

[00:16:47] Now in that last hour before you go to sleep, when you're not allowed to have screen time, this is when you should read a book or do some journaling or meditation or self hypnosis, or this is the time to do your bedtime [00:17:00] self care routine.

[00:17:02] On to number two, I knew I needed to call my own bullshit and fix my mindset. I was spiraling with ruminating thoughts and general bitterness. Part of building a resilient brain is about your mindset There's something called realistic optimism.

[00:17:19] This is not toxic positivity and motivational quotes. It's about being honest with yourself and calling your own BS. You have to [00:17:30] understand and accept your strengths and your weakness. You have to get to know your needs and be very aware of how you were getting the met.

[00:17:37] I suggest you challenge your thinking. Stress and depression can feel like the whole world is out to get you that bad stuff is happening to you.

[00:17:48] And I challenge you to ask yourself these questions.

[00:17:51] One, is this really happening to me? Or is this just a circumstance that has a negative impact on me .

[00:17:58] Two, [00:18:00] how is this happening for me? Start to look for the silver linings or for opportunities to learn from the event.

[00:18:08] Number three, ask yourself what can happen by me. In other words, what can I be in control of in this situation.

[00:18:17] Eventually, when you are able to adjust your mindset and gain control, you will recognize that things will begin to happen through you,

[00:18:27] which is when things will become [00:18:30] effortless.

[00:18:30] Now that doesn't happen overnight, but I promise , if you keep at it and keep calling bullshit on your negative mindset, it will happen.

[00:18:39] By asking these questions, this will change your perception of control, which will reduce the physiological and emotional sensations of stress.

[00:18:48] The next thing you can do is practice gratitude. I knew I needed to cut out the bitterness and I decided to do myself a favor and start expressing gratitude for [00:19:00] even the littlest things. Don't worry. I'm not expecting you to go write gushy thank you notes to everyone, you know, for the littlest things, but you can. The easiest way to do this is think about three things you are grateful for in the day, right before you fall asleep, they don't have to be big, or you can do this when you're in the shower too.

[00:19:19] Number three, pay yourself first.

[00:19:23] Now, this is a good rule for money, but it's also true for time and energy.

[00:19:28] I realized I [00:19:30] was doing things for other people and letting them dictate my schedule. And I felt like I had no control. My whole day would slip away. It would be four o'clock. And I would realize that I had gotten nothing done on my own list because I was doing favors for others and helping them get what they needed to done.

[00:19:49] By nature. I want to help others. I'm naturally a giver. But when I don't have energy left to do my own things, it makes me resentful toward other people.[00:20:00]

[00:20:00] You can combat this by doing something for yourself, towards your goals every morning, before doing tasks for others or even before going to work.

[00:20:09] This will help you feel like you own your time and that you are back in control.

[00:20:14] Okay. Now , let's talk about ways to get more done. That will also make you feel better.

[00:20:22] Number one. I stopped chasing my goals. Now don't worry.

[00:20:26] I am not saying that you quit or that you give up on your [00:20:30] dreams or don't set goals. I'm just saying change your perspective. Try reverse engineering it. So for me, 20 pounds felt out of reach like daily weigh-ins were discouraging. It just felt unsurmountable, but walking 30 minutes a day felt attainable.

[00:20:52] Finishing writing my book felt overwhelming, right? There's so much to do. There's research, writing, editing, [00:21:00] formatting, marketing, book design. There's just so much that needs to be done and thinking about it all was overwhelming. But what I could do was write one hour a day, one hour a day, felt doable. This is all about focusing on the systems and the habits, not the big goals.

[00:21:22] So I created a new morning routine. It's a system I wake up, I take the dog for a long [00:21:30] walk. I shower where I practice some gratitude. And then I write for one hour. These are small wins, but it gives me a sense of accomplishment and it's habit stacking. So it reduces the amount of decisions that I have to make in a day.

[00:21:45] And this way I'm paying myself first with time for me before I do anything else.

[00:21:51] number two in getting more done. You to balance your tasks. Stress typically activates [00:22:00] hypervigilance, which has a need to get it all done. I have figured out how to turn this into a superpower.

[00:22:05] However, when I am at my stress capacity, it becomes my Achilles heel, and I start to feel a desperation for just checking things off my to-do list. But instead I just end up creating more busy work for myself. I have found a way to combat that. Basically there are two types of tasks that fuel our happiness.

[00:22:24] There are accomplishments. Like I needed to get some PDF worksheets done for my course, [00:22:30] and I needed to do some backend tech work on my website, which I'm not typically a fan of.

[00:22:34] And then there are pleasure tasks.

[00:22:37] I really do enjoy the graphic design work and I love writing.

[00:22:42] So I balanced these tasks by spreading them throughout the day. I reward myself with a pleasure task for every accomplishment task I complete. Now I'm going to caution you don't overload yourself with all of one or the other. You should really [00:23:00] only have three, maybe five tasks on your to-do list every day with one main priority.

[00:23:05] The rest of the things that you need to do should be built into systems and habits

[00:23:10] Number three, of getting more done, follow the 87% rule.

[00:23:16] This works. If you are feeling burned out, 87% is six out of seven. That means take a day off, take a day off from the gym, from work [00:23:30] from family and friends. And it doesn't have to be the same day for everything it is okay to say no to others. Or to skip the gym or to play hooky from work 87% means forgive yourself for a day if you get nothing done.

[00:23:47] Hell, take two days. If you have to Now, generally I try to not take more than two days off from a habit or a system. Unless you're on vacation . This is important because we can quickly [00:24:00] fall into a dopamine trap where we see quick pleasure rewards, and we start to form new bad habits.

[00:24:06] Procrastinators, you can use the 87% rule too. Try setting a milestone for your tasks at 87% complete keep working until you hit 87% complete and then stop and review your work. Celebrate your successes with a reward. Admiring your work and celebrating your accomplishments.

[00:24:29] To this [00:24:30] point will fuel your motivation to complete the task.

[00:24:33] Perfectionist. You're going to hate me for this but perfectionism is actually just procrastination and vice versa. Imposter syndrome is common for trauma survivors where we feel like we aren't good enough or that it has to be perfect, but I challenge you to publish that post. Send that email do the presentation when you reach 87% perfect because [00:25:00] perfect is a moving target. You will always find something to edit something to change, to make better, which is awesome that you are an ever-growing being, but it's about making imperfect progress.

[00:25:15] So it's okay. If the verbiage doesn't sound perfect yet, or if you want to change some of the graphics, rarely do things need to be perfect to succeed. And honestly, most likely people won't actually [00:25:30] notice the difference between B plus, which is 87% and yourA+ work, because honestly they don't care about the details as much as you do.

[00:25:39] This last strategy is like a little bonus. It could fit into either category feeling better or getting things done. And honestly it might be the holy grail for me, it made implementing all of these other strategies possible. there are three parts to this. So bear with me here.

[00:25:56] Number one, social connection is one of the pillars [00:26:00] of building resilience. But for many trauma survivors and those who have struggled with depression, I think we tend to want to pull away from others. So I challenge you to fight this urge.

[00:26:11] **Rebecca:** Even if you just keep a small circle of friends. Staying future focused is actually another pillar of resilience. So I reached out and connected with others, specifically my peers, but I was mindful to select people who had similar goals to me and be careful [00:26:30] not to fall into the trap of connecting to people who have similar problems to you.

[00:26:34] This can end up being like a trauma dumping session.

[00:26:37] One of the people I recently reconnected with was my friend Joanna. She was getting her health and fitness game going again. And so it was that. So now I have a gym buddy. We don't even live in the same time zone, but we make it work.

[00:26:51] We stay connected with daily updates on what we had for lunch, for example, and we share workouts and sometimes we even challenge each other.

[00:26:58] And yes, we even [00:27:00] confess when we slip up and eat an entire bag of chips for lunch or two brownies in bed at 11 o'clock at night. Now, what this does is it helps build up our confidence and it keeps us accountable.

[00:27:12] Part two of my little bonus strategy, I call it the, #Go-Give-It principle. When your needs aren't being met, go Give them. What I mean is take a step back and really ask yourself why you aren't happy.

[00:27:26] Stress doesn't always mean unhappiness because there actually is such a [00:27:30] thing as good stress. So if you're feeling depression, sneaking in and you feel like you aren't in control, chances are that your needs aren't being met.

[00:27:40] So you need to ask yourself, what are you feeling? What is missing? For me- I was lonely. I was discouraged. I was feeling like I didn't have support and I felt completely misunderstood and unworthy. I started paying more attention to my peers, social feeds. I started offering them support and [00:28:00] encouragement and just friendship in general.

[00:28:02] Now the key here is to be genuine. You aren't giving to get something in return, even though you will get some reciprocation. The goal here is to genuinely offer these emotions to your peers and something really cool begins to happen. If you're giving the things you feel like you're missing, you will begin to feel all of these things for yourself.

[00:28:25] I'm actually a certified hypnotherapist. And one of the really [00:28:30] cool things about hypnosis is that our subconscious minds don't know the difference between real and imagined. And the same is true about giving and receiving emotions except in one way...

[00:28:43] When we give something, we feel the emotional response about three to five times stronger than when we receive it.

[00:28:51] Seriously. I encourage you to try this. If you're feeling unappreciated, go appreciate someone. If you're feeling a lack of love, go give [00:29:00] love to someone. Even your pet. Honestly, I've even done this with money and some people call this the law of attraction, but it works because you are changing your emotional energy around whether you feel lack or abundance.

[00:29:13] Okay. Number three, this one seems so simple, but we seem to all be afraid to do this.

[00:29:20] **REBECCA CIA:** ask for help. Dammit.

[00:29:21] **Rebecca:** I have a hard time asking for help actually at a lot of this stems from limiting beliefs. In fact, I can pinpoint exactly the moment when [00:29:30] this belief was installed into my brain.

[00:29:32] It came from my mother in the grocery store when she had four or five kids in tow at the checkout line, and we were all begging for candy or a treat she would respond with, "if you ask you don't get, " and this sunk in deep, and

[00:29:47] I held onto this belief for many years,

[00:29:50] but I knew I needed to talk my boobs in, put my big girl pants on and ask for help.

[00:29:55] And I did. I reached out to my friend, Julie, and recently I had just helped [00:30:00] her with something. So it actually felt like a safe place to confess that I was struggling too. Now she sells leggings and is a badass coach to her team and I needed some serious leadership.

[00:30:13] And even though I felt so vulnerable to admit that I needed help,

[00:30:17] she was thrilled to help me. She talked me down off the ledge. She offered me some support and she held me accountable. It's kind of the kick in the ass that I needed. What I learned from all this is that people will help you [00:30:30] if you ask.

[00:30:31] **REBECCA CIA:** So

[00:30:32] **Rebecca:** Just a quick recap, some key takeaways is put yourself first. It's okay to stop and feel better. First, you need to secure your own oxygen mask before helping others.

[00:30:43] Number two, checking things off your to-do list is not a measure of your self worth. Survivors often build this belief that their worth is measured by their accomplishments and their value to others.

[00:30:56] But this is not true.

[00:30:58] And number three, you don't have [00:31:00] to do it alone.

[00:31:01] Pay attention to what you need and go give it. And don't be afraid to ask for help.

[00:31:07] All right, survivors. That is it for this episode of Tucky boobs, the place that prepares survivors for the battle of overcoming trauma and helps you get your shit together after crisis.

[00:31:17] I hope these strategies are all really helpful for you. I know we can all use a huge stress relief but we still need to get stuff done. As always. Thanks for listening. And don't forget. Tuck your boobs and ladies, you've got this.[00:31:30]