

# DMM ep 5

**Mina:** In this episode, we discuss eating disorders. So if this may trigger you or make you feel uncomfortable in any way, please listen with caution.

**Sly:** Uh, it seemed like I had it all. It, it felt like I had everything going for myself just inside. I just there's so much turmoil and there was so much uh and so much.

I don't know, mood swings, ups and downs. And even though it seemed like I had it all inside, I had really nothing.

**Mina:** Uh,

Hello, and welcome to Don't Mind Me a podcast designed to open up the conversation about mental health without shame or judgment. And I am Mina joined by my mom, Madchen, and we are so excited to have the wonderful, beautiful Tiera Scovbye with us today. Tiera plays grace on the hit show Nurses. Polly Cooper on the CW, Riverdale and Young Betty on dirty John, as well as currently filming.

Bring it on seven. But technically we're all a family. We are

**Tiera:** technically sisters,

**Mina:** you know, it's just a little family reunion here and we're so excited to have you. So thank you for being here.

**Tiera:** Thank you for

**Madchen:** having me. And we should, you know, since everybody butchers, my name is Scovby or Scoby

**Tiera:** neither. Uh, it's

**Madchen:** SCOBIE

V. Silent D and Madchen, well, unless you're German. And then that's a whole nother conversation, by the way, this is another interesting thing that Skeet and I found out when we were doing a press junket, the, uh, big FP Alice press junket.

And we were doing this like at the table round questions. And he said something like matron, AMEC.

And I was like, who are you talking about? Madchen Amick, and then. He was like, well, you know, I'm actually Skeet Ulrich. And I was like, what mind blown? I thought it was a skull skied Orrick this entire time.

**Mina:** Yeah. Until you sit down with mics, you like you, no one really asks you how to pronounce the full name.

So I am so excited to be joined today by Tiera Scovbye, who I thought was Tierra

**Tiera:** SCOVY

**Mina:** based on the spelling.

**Madchen:** And I actually thought it was scoved by.

**Mina:** So we're clearing that up today. I'll let my mom pick it up because this is actually our first time

**Tiera:** meeting. Yeah, it's true. Yeah.

**Mina:** Like I've just heard so many things about you, so I'm so excited by your mental health advocacy and all of your amazing work.

But yeah, this is our first time actually sitting down and talking. So I'll have mom do the proper intro and talk about how you guys have, uh, created a real. Onset and offset relationship. And we can talk about how we all get into this, this world of mental health and mental wellbeing

**Madchen:** daughter meet daughter.

This was exciting. Yes. Hi Tiera. It's so great. Seeing you. Last time we saw each other, it was through gushing tears

**Tiera:** yeah. On my birthday, like it was like a really sad, I was, you know, dead ghost a birthday day. It was weird.

**Madchen:** Yeah. It was, um, it was quite the episode to film. So emotional, so sad for. The Cooper women and, you know, we've been searching for Polly this whole season and it ends up, um, that Polly didn't make it.

And Betty and Alice find her in the trunk of a car in the junkyard that we just saw on last week's episode of Riverdale. So tonight,

**Mina:** quick question before you get into tonight, just about that, what's it like playing a dead body?

**Tiera:** Well, I didn't have, you don't see me, so thank goodness

**Madchen:** they decided everybody decided there's no way that we can.

Yeah. Oh God Ali did. I think that would be gut retching. I still had to be there and pretend to

**Tiera:** be dead. No, I didn't have to be there. I don't think. Thanks, thankfully, that would be terrible. Just like watching them crying over me. Yeah,

**Madchen:** no, it's terrible. The camera was actually in the trunk and there was a moment where I was like, Lily and I were like, should we have.

Should we have them put like a dummy that's dressed in her clothes. Like, would that help us?

**Tiera:** Cause that is so morbid. It was a very morbid, I love always start Follies journey with no idea where I am like looking for me. And then now it ends with you guys looking for. It didn't end so well,

**Madchen:** but in Riverdale fashion, you're never did on Riverdale.

Big, in fact, you come back quite a bit more because you've gone. As we see in this musical episode, uh, Alice has a mental health break and, um, she can't handle the loss. So she just creates an alternate world, uh, that her children are back and everything is fine and lovely. And she's just. Very very happy to just exist in that world.

And Betty has to try to decide whether she should bring her back into the real world or not like, does she want to put her mom through that loss? So it's just a

gut wrenching episode and it just so happens that we're recording this podcast and that episode is airing tonight. So it's like, Great coincidence.

And thanks for coming on and talking about all things, mental health in our lives. Yeah, for sure. I mean, that's one of the things that I really bonded with you when we first met, because you know, our family's mental health journey was very raw when we were starting Riverdale five years ago. And you were really quickly, very, very open and honest about your anxiety.

And I just thought like, oh, thank goodness. There's, there's more people out there they're just willing to move their stuff out and try to spread awareness and share their stories. So I guess let's just jump into what you've had to grapple with and how did you first figure. That you were having anxiety, like how did that even manifest?

**Tiera:** Well, it's, it's actually funny that you say that I was so open about it. I think so three years ago, everything in my life was on paper going really well. I was working, I was in a great relationship. I had a lovely home, a dog, like everything was going really well. I was healthy. I just started feeling very unsettled.

And I was like, is it a health thing? Is there something else going on? Like, I didn't really know what was happening. And then I had my first panic attack and I, I think I can now identify that I've had a variation of them throughout my life. And more specifically when I was a kid, but I had no idea what was happening.

I was. Hot and taking off my clothes and couldn't breathe. And it was like trying to convince my partner at the time to take me to the hospital because I thought like that was it. Like, I was like, this is over I've often I've lost my mind. Like you have to take me to the hospital. I don't know. I don't know what this is.

And I called my mom and she was like, oh, you're, you're having a panic attack. It's going away. It's already going away. Don't worry. Like that's what it is. It's going away. Sit down. I'll be right there. And like, as soon as she said that, I was like, oh yeah. And it kind of started this. My, my therapist called it like my anxiety spiral of hell, because I, it was just this, a loop of what's causing the anxiety and then being anxious about being anxious.

Funny enough. Like at that time, I hadn't really had many conversations with people in my life about anxiety or mental health, really at all. And Lily on set

and you and Lily on set had talked a lot about it and just like being around you guys, I had heard it, but it wasn't something that was super prevalent in my life at that time.

But when it was you, two were really the only people who I had surrounded myself with, who had spoken openly about it. And just like how open you guys were really helped me not be so afraid of what was happening to me and having people to have, you know, get advice from. Experienced it. And so I, at the time that we were talking about it, I wasn't open about it at all.

Cause I didn't know what was happening, but you guys were just people who were open about it, who gave me a safe space to just try and figure out what this journey was. Yeah.

**Madchen:** Well, I mean, you certainly came off, like you were comfortable being open to talk about it. You know, you were very eloquent and just for anyone to say.

Something's not right. And I got to figure this out. That is the biggest hurdle to even recognize that something isn't right. And you're going to have to figure out, um, what do I do because it's that loss of control. Right. And is that loss of like, you have to admit. Something's wrong. That's just totally out of your control.

Yeah, it

**Tiera:** was so weird because I, at the time I was filming a movie and I remember driving in my wardrobe fitting, and I was like, I can't go, I can't do this. And I remember being like, but I've been doing this since I was a kid. Like, this is the easiest part of my job. Like I'm just going to with fitting. I remember calling my mom being like, I can't go, I cannot go.

And that's when I knew something was really wrong because. It was like the easy day to day things that had never crossed my mind is something to be anxious about. All of a sudden we're like the biggest hurdles to overcome. And I really had to sit down with myself after that and be like, okay, something is really going on.

Cause this is not me.

**Madchen:** You know, it's funny because I, I had a similar thing where it was a few years ago. I was in the middle of trying on clothes. We were going to the white house dinner and it was like such an exciting event. And like my husband, David and I are just like political nerds. And I was going to all these showrooms and I was trying on all of these gowns and, you know, you'd think that it was like, oh, this is, this, this should be something that's glamorous and celebrated is.

And isn't that, aren't you lucky? And isn't that exciting? And I got stuck in a gown. Like I could not get it off. Of the upper part of my body and to like call for them to come in. And I was like, okay. And I had a full panic attack and it was like a claustrophobic panic attack. And I was like, if you don't get this off, now I'm going to rip it off me.

Like you have to get it off. And then from that point, it was like, for some reason that was just a trigger. That clearly was triggering something underlying and from, and so even now today, like I like call the costume ladies in when I'm changing on Riverdale, like just kind of stand by just in case I get stuck in my clothes.

It's kind of like a thing and it then turned into. Sort of this weird anxiety and claustrophobia on airplanes. I like, I love traveling. I've always tried.

**Tiera:** That's fine. That's exactly what my trigger was to that before I had my first panic attack, I was sitting in a movie and I had a flight the next day.

And I was like, why am I so anxious about this flight? I've been flying. I love flying. Like this is not something that I've ever been anxious about. And that started that I'm anxious. I'm not usually anxious, but what does that mean? What is this coming from? Like, but yeah, same thing. And it was like the weirdest out of nowhere.

I was like, what is going on?

**Madchen:** Because now when I fly, it's like, if I, if I don't distract myself, I'll start fixating on. I'm in a metal tube flying through the air.

I cannot

get out. There was also a part of me that I thought, cause I, you know, I had gained weight. I'm 50 now, you know, the weight doesn't fall off as easy as it used to.

And I thought, well, maybe I'm just beating myself up because of. I'm not enjoying these fittings. I'm not enjoying what I'm looking like. So then I was just like, oh wow. Now do I have like a body image issue? You know, I don't know if it's related at all, because it seems like it's kind of underlying and it's just something I have to be aware of and work through.

But that's another thing that I've been so proud of you about is you've put such an amazing conversation out there about body image. And just yesterday on set, I was talking to Cammy who plays Veronica, Camila Mendez. She cause she too is very open about just trying to talk about her different eating disorder, body image issues, stuff like that.

Then we were talking about that. It's always hard when you're coming into the industry because your. Looking at yourself more than any human usually does as regular people going through your day, on our days off and everything. We're just sort of like, maybe you walk by a mirror, maybe get ready in the morning, wash your face at night.

But in our industry, we're constantly looking at photos to approve looking at ourselves in microscope camera, on, on film and television. And it, it does create like this unnatural kind of body image issue. And not even if you're just trying to be open and cool about it. So talk to me about that. Y you've been so open about just creating some normalcy for all of your fans out there.

It's so important for them to hear this message from you.

**Tiera:** Yeah, I mean, so I, I grew up in this industry, so I started acting when I was a kid. And then I started modeling when I was 13 and I, you know, I've traveled a lot for modeling. I've gone to Japan and Paris and I've had my body pulled apart in ways that I didn't even.

Things could be pulled apart. I grew up in a way where, you know, I was a kid who should be playing in the dirt and does it matter what they look like and then getting pampered and prepped to go to auditions and, you know, put on a specific outfit. And I started liking clothes right away, knowing what looked good on me and how I wanted to wear my hair.

And, and, you know, like these things that as a kid, you're not really supposed to think about. You're developing who you are on the inside and what you look on the outside. Isn't, shouldn't be a thought. So I grew up very much realizing. You know, the way that I looked at, the way that I carried myself in all these things became a result of me getting a job.

And, you know, my parents were always very proud of me and then I got to be on set and, and, and so it, it became this thing where it was like, well, if I do the X, Y, and Z, I'll get, you know, this is, this can be the outcome. Right. I think now, as I'm getting older, I'm realizing now some of the effects that it had on me, I don't think I quite realized growing up because I was young and I was confident in, you know, Whatever, I didn't really think too much about it.

Um, but now as I'm getting older, I'm really able to identify some of the ways that I've put these pressures in these blocks and these high standards on myself that nobody needs to. And I think the biggest thing for me is I can look back at so many stages of my life, you know, at 15 and being. Oh, I, I wish I looked like I did when I was 13.

And then when I was 18 and be like, oh, I wish I looked like I did when I was 15 and so on and so on. And so I don't really ever look back at a point in my life where at that moment I was like, I like the way I look, this is how my body should look. And I thought that was just the saddest thing. I never was able to just let myself be like, Hey, this like three years from now, this is exactly how you're wanting to go.

Gonna want to look. But it shouldn't matter. Regardless. Like I have been doing a lot of work now on realizing that my identity is so much more than just the way that I look and really starting to like honor and appreciate those things. Because growing up for so long, it w it wasn't that it was always an external.

**Madchen:** Well, you hadn't your entire life growing up in the industry

**Tiera:** and especially the modeling industry. Like when I went to Paris, they looked at me, I was 18 and they looked at me at the agency and they're like, um, yeah, you're too athletic. You should probably stop running and just like, have a diet of salmon and cigarettes.

And I was like, is this a joke? What is happening like the most? But they were like, if that's, what, if you want to work and make money, like, that's the standard you have to do. And I just, I, I, it was such. Such a warped way of

thinking and immediately you go like, oh, I'm not good enough. You're like, no, no, that should not be the wiring.

Like what they're saying is not good. It's not you. Yeah. And

**Mina:** mom, like you, you started really young to you. You were a teenager when you started modeling and all of that, and you are already very naturally thin, but what was, what was it like for you with your body image? Because from, from my perspective as your daughter, you've always been the most like self loving and confident person.

And you've started talking more about your body image now, but I'm curious if that ha was an issue when you were younger too. Cause you were, you were a little baby when you started in that.

**Madchen:** I relate so much to what you were saying, Tierra in that, like, it's interesting too. We should talk about like this, the difference between modeling and acting and social media and all that stuff.

But there's not a stage in my, my life either that I remember. Thinking. Oh, I look, I actually, I look pretty good right now, cause it's always that I need to be more fit or now just getting older and just gaining weight. I look back now at myself, those times that I was being hard on myself before going, are you kidding me?

Like you looked amazing and it's it's and I started, you know, I started modeling. At 14 and then signed with elite models at 16, I was very, just naturally thin then. So I didn't have to try to do anything. And I was also a dancer and stuff, but when I hit, you know, thirties and forties, just body starts to change and I really started beating myself up and comparing myself to that those teenage years.

Now I look at myself and go you're way too skinny. Not that I was trying to be skinny. Yeah. So it's and I think just our industry in general, I think any industry that has any attack. To the body image, whether it's modeling athletics, dancing, acting, there's just this hyper critique on it. And for Mina, she can speak about the, she was a high level athlete, went to Cornell captain of her track team.

And. Uh, you know, I know you've sort of had to just struggle with just being in shape and being thin enough thin and strong equals speed, right? Yeah.

**Mina:** So, so Tiara, first of all, I loved everything you said. Like I relate to it so much and I didn't get into the arts until I graduated college, but I was an athlete since like 11 years old through, through, uh, 20 something.

And I developed an eating disorder myself, my freshman year of high school. And. And it was this weird thing where I was actually pretty thin at the time, but I got the stomach flu before the state championship and lost like a decent amount of weight. And then one, and so in my head, I was like, oh, if I can, if this isn't how this works, I can just stay light and have this binge purge thing.

And through that ended up actually getting, gaining a ton of weight and instructor struggled with that for awhile. And then in college, I was able to kind of. Get through it on my own, but then my body image thing never really recovered. Cause then I never felt like I was spending enough and it was also tied to performance.

And even when you're an athlete, it's like,

**Tiera:** you could

**Mina:** look a lot of different ways and still be good, but we all have this thing where it's like, oh, if you're, if you have zero body fat and all of this and that, then you're going to do well. So that, that took a while too, and then transitioning into acting and all of that.

It's like, You have to, it, it, it's hard to look back at whether it's projects that I've filmed or, or pictures from championships. And I'm just like at no point was I happy with how I looked and felt like I was. Doing the best for myself that I could, I wish I could have been in a better space through all of those

**Tiera:** points.

**Madchen:** And I, I think, I think it takes you doing what you're doing to your eye, where you just, you're just showing natural pictures of yourself. You're not Photoshopping them. And you're making, cause us in the industry. We look at, you know, when, when they take pictures of us for modeling, it adds 10 pounds when you're filming, it adds 15 pounds.

So we have a really warped sense of our bodies. Oh yeah. I think by you sharing and just being out there and showing, you know, a natural, beautiful body. I think it's just so powerful for everyone that looks up to you.

**Tiera:** Yeah. And like, like you were saying me. It makes me so bad to look at specific memories and specific times in my life and be like, oh, you weren't letting yourself enjoy that because you were thinking of the way you looked or the way that, that those pair of pants fit or like the dimples in your arm.

Like I had a moment last summer where I was out with some friends and it was the Mo I posted about it on my stories. It was like having one of the best days. And I caught myself in a bad light in the mirror and I just. I see dimples in my arms and I immediately went, put my jacket on my whole mood shifted.

I was sitting there in bed later that night. Why did you do that to yourself? Like, do you think a single person in that room was looking at that you think anybody noticed, like you robbed yourself of an amazing opportunity and an amazing night because you were thinking, because I was conditioned through comparison on social media and the industry that I'm in.

And just to always, you know, this like idea of perfection. But that's not reality. And to let it take away from beautiful moments in our life, I was like, I had this turning point last year. I was like, Nope, no more. Like, I am not letting it Rob me of any more beautiful moments, because I'm thinking about the way that I look in such like specific perfect.

Details. Like I couldn't do it. Yeah.

**Mina:** Same thing. I'll look at old pictures from college when I was still recovering from all of that. And we'll, I'll be looking at like a beach trip that we did with, uh, with our travel team to California when we were out in New York and flew all the way out. And it was such an amazing time.

And then I just remember when we were taking those pictures on the beach that I saw them and I was. The rest of it was ruined for me. Cause I was like, oh, everyone else here is super fit. I feel like I don't look like I'm supposed to look like, and it really is. It's so exhausting. It's exhausting to be your own worst enemy when it a first of all.

No, one's even looking at you like that, but even if they were, what, how is it going to be any worse than. Then, uh, doing it to yourself and ruminating on it. So,

**Tiera:** yeah.

**Madchen:** So how do you think, how do you think social media plays into this? Do you think there's positives and negatives?

**Tiera:** I think it's shifting now with, you know, like with people who do have a platform who, you know, have people, um, following and looking up to them, speaking up and, and, and showing realistic parts of just being a human, even with.

Having something so attached to our hands at all times that we can swipe and compare and you know, like, oh, that person's, you know, it's a F it's a highlight reel. Everybody's showing their best aspects of everything. And it's, it's so hard not to, you know, when you're having a bad day, sit there scroll, and one thing can trigger a bad thought or a bad memory.

And it's hard. Like, I think. I think it is an amazing social media is an amazing thing because I think it has allowed things like this to happen. Um, and people to connect about really real important topics that maybe, you know, wouldn't have been so widely spread previously, but it is hard. Like if I'm having a bad day, I have to be like, no, you can't like, this is not going to do you any favors?

Put that down as I'm getting older, I'm a lot more self-aware. I'm so glad that I didn't have social media so readily available when I was in my very formative years. Like my sister is seven years younger than me. And she has grown up with Instagram since she was like way too young. And I, it breaks my heart because I'm like, I lived in a constant state of comparison her entire life.

And I wonder how much she would love herself if she hadn't grown up that way. Yeah. You

**Madchen:** know, so true. Cause it's, it's just comparing and saying that when I was coming through the industry and coming up, um, there was no social media at all. And then I think your generation, you know, both you and me, similar age, you had your younger years without it, but then now.

You know, in your late teens, twenties, you had it, but you're, so right now that next generation, it's all just, just from a very, very young age, we tried to keep phones from our kids for as long as we could. So maybe other parents should do that too.

**Tiera:** I know, but then it, but then on the flip side of that, it becomes a super hard thing where.

Oh, you don't have it. What's wrong with you for not having it. Then there's a whole other ostracized and it's a pure pride. So it's, it's such a, it's a tricky, it's a tricky one.

**Madchen:** So speaking of your sister, what is it like in your family? Dynamic? It sounded like. It was really great and calming. When you were talking about your anxiety attack, what did she have knowledge of that she could recognize it?

Does she deal with it? Or?

**Tiera:** So my grandma, um, my grandma and I are basically the same person, like all the same characteristics. Everyone makes fun of me and says that I'm like, I'm like, I've somehow missed my mom. And I'm just like my grandma. Um, She grew up with a lot of anxiety and has been medicated for it for her whole life.

And so my mom grew up around that and was able to identify and has, you know, my mom, my mom's anxiety, more shows up in the form of social anxiety though. At this point in her life, she is like breaking through barriers left right. And center. Right. So proud of her, she's doing things way out of her comfort zone that like 10 years ago, she would have been like no way, which is really cool to see her like finding a new strength at this stage in her life.

But yeah, she was, you know, she was really calming and, and really, uh, understanding. And I'm such a like proactive person. I immediately was like, I need a therapist, I need this. I need to talk to people. Like I was like, maybe there's an underlying health issue. I went to my family doctor. I was like, I want all these tests tests, my thyroid, blah, blah, blah.

I, I didn't want to let this sink. Take over my life. Yeah. At that time I was looking for a permanent solution. Now I realize that that's not a thing it's fluid, it's fluid. Yeah. And it's something that like is going to be a part of my life

forever and manifest and show up in different stages in ways. And, uh, I, I'm not so afraid of it anymore.

My, the best analogy my I have ever heard it's my therapist made it to me. She was like, anxiety is like, period cramps. They're super annoying. You have to deal with them. They're not who you are, they go away, but they will keep coming back. Like, it's this thing that you kind of have to deal with. It's a part of your life, but it's not who you are.

It's not going to last forever. Um, and just like having that analogy and knowing that it's, it's going to come in waves is made it a lot less of a terrifying, fearful thing for

**Madchen:** me. Was it scary to hear that though, like to have to come to term. This is going to be a part of my life forever. Oh,

**Tiera:** absolutely.

I still have days where I'll wake up and that, that, that tight chest, you know, tense body kind of foggy head feeling will be there and I'll be like, oh, no, like I can't, but I get, again, like now, even it even now knowing I have all the tools, you know, and people that I can reach out to, and I'm aware of what's happening.

It's not so fresh. Still. Like, I'm like, oh man, Life would be easier without it, but I keep trying to remind myself, I have met so many people and had so many amazing conversations that never would have happened if this wasn't a part of my life. So I always try and find the little loopholes of silver lining in a,

**Madchen:** I think about what happened with our family only with, with my son's bipolar diagnosis.

It like it hit our family. Just, it just pulled the rug out from underneath us, you know, and we had to figure out how to navigate it, but the, the silver lining and the beautiful thing is, is it's created, um, awareness in our family and we've all now started taking a look at our own mental health and, and not just going like Hmm.

You know, that's okay. I'm just, I've been gloomy for a while or, oh, I'm just, I'm just freaking out because it was addressed that didn't fit, but really looking at it like, okay, well, This could be an ongoing issue. And what do we do about it?

How do you get ahead of it? How do you talk about it? The connections we've made with people over this subject matter is just so moving.

So yeah, it's not the greatest thing to happen. Come to terms with, but we all have something, you know, we're all shades of

**Tiera:** gray. It's totally. I was having a conversation with my mom the other day, just like my sister and I both go to therapy and she asked me, she was like, am I a bad mom? Because both of my daughters feel the need to be in therapy.

Oh, And I was like, no, if she was like, because I've always been so open with you guys and like, you can always talk to me about anything. And I was like, no, it has, it has nothing to do with your openness or our trust in you and holding space for us. I was like, if anything, you're an amazing mom for. You know, raising two daughters to be strong enough to advocate for what they need and what's best for them, you know, and not be afraid to ask for help and reach out and, and want to better themselves.

And, and, you know, being able to tell you that this is something we want to do. Cause I know a lot of people who go to therapy, but their parents don't know, or they don't want to tell people because there's a stigma attached to it. And I was like, Let us tell you what we need and what would be best for us.

And I was like, of course, there's always going to be an advice that only a mom can know, like yeah. But she was like, okay, like, that's a really good way to think of it, but you know, it's a new thing for her. Her mom didn't go to therapy, she's never gone to therapy. And so just like opening that conversation up with her is new territory as well.

Cause there's still, I think for her a bit of stigma attached to it, like, oh, if you're going to therapy, something's wrong. And I'm like, actually nothing's wrong. Right? I'm in a really great place right now, but I'm, I almost find that more beneficial to go to therapy because I'm not dealing with a crisis.

I'm able to like, you know, pull through the things and be like, how do I prevent. Things like that from happening again, it's

**Madchen:** like taking your daily vitamins. You don't start taking vitamins when you become vitamin deficient, you just take them to be right to be proactive. See, I just related mental health device.

**Mina:** I'm curious, mom. I, I think it's such an interesting thing as we were saying that. Episode coming up has so much to do with mental health and specifically the Cooper family and all the while. Obviously we have stuff going on in our personal lives and we were going through quite a summer and quite a past few months.

I know that when you're an actor, a lot, some people choose to pull from experiences or. And, and to both of you, I'm, I'd imagine that there's a lot of things that can trigger anxiety in your work. And I'm curious specifically, mom, with this episode, was it hard to do these scenes or play this character?

Was it triggering at all? And, and how do you both cope with, uh, what you're dealing with in real life and how it affects you on set in a very high stakes and anxiety driven career?

**Madchen:** Yeah, I mean, I think the, the, the craft of acting I was talking about. A very good friend of mine, Julia Ormond about this.

And she said, it's so, so eloquently, of course, you know, a Brit saying something so eloquently. Um, and she said, you know, as an actor, you bring the emotion up, you keep bringing it up, you let it bubble and then you gotta like, keep it there and you don't want to release it until it's time to release it.

Right. And then you release it on, on camera. And then sometimes you're either able to like, okay, put, put the lid back on. Cause there's going to be more takes and. Uh, or you just sometimes can't can't stop. And so for this episode, it was like the end of a very busy season. We're all tired. So we're kind of extra emotional.

Um, and then I had just directed an episode on Riverdale, so I was extra tired. And then having to go into this. Headspace of mourning and loss. I, I really was, uh, a wreck to the point. Like one of the last days, just little things would trigger me and I would just, I just could not stop crying. And I was just telling people like, I'm just kinda tapped out right now.

I think, goodness, we're at the end of the episode, but I don't know if I could keep. This emotion. Like, I feel like I'm going to tip over and not be able to come back from it. And it ends the part of you not wanting to admit that, because then you're sort of admitting that you're weak somehow as an actor, that

you can't control your emotions, but it was, it was a very difficult, very difficult episode to do.

Emotionally and just absolutely exhausted and wrecked after. So I don't think I've recovered

**Tiera:** yet. Yeah, I was going to say so then how

**Mina:** did you know that's the answer?

**Madchen:** What

**Mina:** about you Tiera? Is that I know that now that you've been going through this journey with anxiety and you're in therapy and, um, I'd imagine you've gotten a lot more skills now than he used to have, but does it ever, does it ever cross over into your work and are there ways that you have skills to kind of.

Be mindful of your emotions and, and, and see when it's coming up or are you able to just compartmentalize real life and acting?

**Tiera:** Uh, I wish there was some kind of like rule book that they could give us on, like how to get into a character and how to take yourself out and become the person that you were before.

Um, but there isn't, and like, I think, I think for me, when I feel my anxiety comes. My tendency, instead of going into too much emotion is to just like shut everything down so I can feel it in the opposite sense in my work where I'll be like, I can't get emotional. I can't get there. I'm so I'm not even relating to this character.

Like I have just shut myself off and then I really have to sit with myself and be like, okay, like, What is it that you're not dealing with in your personal life? That's not letting you be empathetic and sympathetic to what this character is going through because I'm not dealing with that within myself.

So sometimes it's a nine. Like way to check in because you know, sometimes you can become robotic and go through your daily day life, your, you know, chores and seeing people, whatever. And you're just kind of checked out and until you're forced to be like present and emotional and alive, you're like, oh, okay.

Like I am disconnected somewhere. Something's going on. And then that's when I will either make a therapy session or, you know, whatever it is I do to get myself out of that head space. You know, realize what I'm not dealing with so that I can let stuff come up again. Right.

**Madchen:** Re reset and fill the well again.

Yeah,

**Tiera:** exactly.

**Madchen:** No. Are there any, um, resources or tools that you can kind of recommend that you feel has worked for you? If there's no one, one thing that works for all, but is there anything that you just wanted to share that you think, you know, people. Want to look into if they're having similar issues that

**Tiera:** you are.

I think everybody has, when you have anxiety, you need to kind of learn how to like self-sooth and to like really figure out what, what it means to take care of yourself. And so for me, like, I know if I'm not sleeping properly, if I'm not exercising, if I've pumped my body full of caffeine, like. That is just a recipe for disaster.

And because I know for me, those are very specific things. I have to really make an effort to keep those things in check. And then if those things are in check and there's still stuff out like. I will right away text my therapist. And I think I've had this conversation with a few people who are like, oh yeah, I went to therapy once.

Like, I didn't really like the person I talked to wasn't for me. And like, you need to find somebody, you know, it may take, like, I think I, I met with three therapists before I found. And you have to kind of find somebody who feels like a good fit. And if it's not a good fit, doesn't mean therapy's not for you.

It just means maybe that person, that relationship their form of therapy, isn't, you know, doesn't connect with you. Right. And I've actually just gotten to a point now where I'm like, I love my therapist. She'll always be my therapist, but I kind of want. To talk to somebody else to get a different perspective, to get

different ideas and see if somebody else can identify different wirings of my brain.

But I think just like really recognizing in yourself what self care looks like and not like the pretty self care with like the Sunday night face masks and bubble baths. Like, well, that is great. Well, that is great. And there's definitely a. For that. I think it's really important to know, like, are you eating healthy?

Like, are you doing what it needs means to take care of your body? Because if you're not, it all, it's all connected. And like, meditation is a really big one. Like, even if it's like, I'm on set and I'm like, oh, this is something's off. I'll just like pop my headphones in and be like, I'm going to the bathroom.

And just like, even if it's like a three minute something. Be quiet and with myself helps so much.

**Madchen:** It's interesting too, because if you have any other physical disorder or anything that's going on, usually there's like, okay, you got to avoid this food or you need to take this medication or you need to be sure not to do that.

But when it comes to the mind, we really kind of only have. Therapy and medication that's really being talked about fully. And it's, I think it's people like you spreading the word. We also talked to Meryl, Hemingway. She's a big advocate on like holistic ways to live because it just feeds into the health of your mind and figuring out what are those triggers.

Chocolate. Is it caffeine? Is it, you know,

**Mina:** it's me, it's, it's being hangry and I, and it's like jokingly, but like, for real, like if I haven't eaten, I see everyone as a threat. I'm just

**Tiera:** like,

**Mina:** joking me, but serious, like as. The recovering from an eating disorder. Like my relationship with food is a huge part of, of how I feel mentally and how I can handle anxiety and how I can handle my day is like, have I had a balanced day of food? Am I feeding myself with stuff? And am I listening to myself?

And usually it's, I think listening to your body's, like half of the battle of like, oh, I'm feeling a lot of tension. Why is that? Oh, it's because I'm holding onto anxiety or, or, or, oh, I'm purposefully eating unhealthy. Why is that? Is it

because I'm coping with something or it's like, it's just, you have to listen to yourself and that's hard to do, but when you do your body will tell you a lot of things that

**Tiera:** it's been trying to, trying to say for awhile.

And it's, it's also hard with like what we do being actors like this whole. I'm filming night shoots. And so like, I didn't go to bed till like six 30 today. Throw it on my call times, not till 7:00 PM. Like my, my whole schedule is out of whack. So for me, it's like really holding on to the specific little things that I do have control of that helped me, you know?

Okay. You, you're still taking care of these things. You're still putting in these efforts. You still have control of your, of yourself and your mind in these, in these specific things. So you know that the outside environments don't have quite so much weight into what's happening, you know, you're able to still let yourself, you know, know that you have a chance to be peaceful and grounded.

I have one

**Madchen:** other question that, that maybe you'll be able to answer just to help other people. When people talk about going to therapy, sometimes that's really hard and inaccessible for a lot of people because. It costs money or do you have insurance? And you know, so it's, it feels sometimes like a luxury, but just when you were like, okay, I need to just try to seek out therapy.

What were the steps that you went through? Did you start asking people? Did you look it up? What did you do? I think

**Tiera:** I initially got. To someone through my family doctor, and then that wasn't a good fit. And it's funny, initially, my family doctor, like the first thing she said, she was like, what medication do you want?

And I was like, what? Like, I, I just, I don't, I don't, I don't know what's happening. Like I don't even, I wouldn't even know where to begin. Like I know I, yeah, it was such an interesting thing that like immediate response. Want to prescribe a medicine. Yeah. Yeah. And not that I'm at all against it. I think I just, at that point needed to discover what it was that was even happening to be able to have any idea what I would need to medicate.

Right. I got connected through someone through my GP. Wasn't a good fit. And then I just reached out to people who I knew had talked about it. And I got connected through a friend, uh, to my therapist now, but there's lots of resources. I know a big one that was really prevalent during COVID. The kids help phone.

And while it's not so much a therapy, it's more of a crisis response line. And what's really interesting about that. One is if you are in a situation where you can't make a phone call or you feel unsafe, like you might be heard it, you text. Um, and so you can do it from your phone, your laptop, whatever, and you can be literally anywhere.

And you talk to people who are certified crisis responders and they walk you through, you know, how to come down from a heated moment and, and then they help you find, you know, whether it's like a therapist or w. The specific issue that you're looking for, they give you all those resources. Um, so that's a really, really good one.

I know that during COVID, lots of people were utilizing that because they were all of a sudden stuck in home situations that they weren't used to without being able to

**Madchen:** go to school or yeah. Pull yourself away. So what was that? What was that text line

**Tiera:** it's called the kids help phone it's but it's not, you don't have to be a kid it's it's like anybody can, can you utilize it?

Okay, cool. There's a lot of things that are coming up now. Like I see ads online, Instagram free therapy things, but I know quite a few friends who have been using these platforms through social media and whatnot, um, have more of like a virtual therapy, FaceTime situation. And I think those are a lot more cost efficient and

**Madchen:** there's there is the, the, the pros to social media.

Yeah, exactly. I'm a resource that is more accessible to people. So the pros and the cons, you just got to exactly. You just got to write that

**Tiera:** the gaps where you can do like

**Mina:** a really cheap subscription of like a dollar a week or a month or something, and they have. On call therapists. Like there's just so much more, more and more accessibility over time.

And it really is just weeding it out. That's half the battle is like, there's just so much information now that he just have to, like you were saying Tiara, you have to stick with it and not be discouraged by. Come up against things that don't work for you. It's like you got to just treat it like anything else that you want to answer for and, and keep

**Tiera:** going until you get the fit.

Yeah. Well, everybody, you know, if you've got a cold or flu, everybody's got their own remedy and their solution and everyone's thrown it at you. But if you have anxiety for the longest time, Oh, you put that over there. Like, we don't know how to deal with that, but I think now, you know, having more conversations like this people, and I think it's so interesting for me because I get to hear from people like, oh, that works for you.

I'd love to try that because maybe that's something I can put in my, you know, like Rolodex of things that work for me and be like, oh, okay. Like that that's great. Or, you know, here's something that works for me. And I think it's like anything just like having more conversations about it, maybe. You know, more normal.

**Madchen:** Yeah. Beautiful. That's a great place to end and to thank you so much for coming on and talking with us, even though you filmed all this. And into the body

**Tiera:** with your night

**Mina:** shoots and your crazy editing schedule, mom, like I just can't believe that. First of all, you guys look so good and that you can form sentences and

**Tiera:** such great things to say, so good job everyone. Thanks.

**Mina:** Thanks for listening to Don't Mind Me, I'm Mina Tobias. Don't Mind Me is produced by Aurra Studios, original music by Sly ALEXIS and executive producers Madchen Amick and Amanda Brown.

**Tiera:** Uh,

**Madchen:** thank you for listening to this episode of Don't Mind Me, which is co-hosted by me, Madchen Amick. And my daughter Mina Tobias. We are doing this podcast because we want to open up the conversation about dealing with serious mental health problems. If you, a member of your family or a friend are struggling with any of the issues mentioned, please reach out for help.

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