

## How We As Men Drive Ourselves Nuts - MTP446

Scot McKay: Live from the mist and shrouded mountaintop fortress that is X and Y Communications headquarters. You're listening to the world famous Mountain Top Podcast. And now, here's your host, Scot McKay. Aw, yeah. How's it going, gentlemen? Welcome to yet another episode of the world famous Mountain Top Podcast. As always, I am your host, Scot McKay. And before we dive into our topic today, I want to let you know that you can find me all over social media. On X, on TikTK, on YouTube, on True Social, Scot McKay. And on Instagram and on Threads, Real Scot McKay. The website is mountaintoppodcast.com More on that later. And gentlemen, check it out. Go to the Mountain Top Summit on Facebook. Join our Facebook group, Get involved. This isn't another one of those Facebook groups where men get on there and basically just bitch and complain about how bad their lives are and everybody tells them just to, you know, go kill themselves. Now this isn't one of those Facebook groups. We have a lot more fun. We talk about how to be a better man and get better with women on that Facebook group. It's the Mountain Top Summit and you should join us. Speaking of men driving ourselves nuts, you know, either online, offline or somewhere in between, that's basically the topic of today's podcast. And with me is my good friend who I've known for over 10 years now and multi time returning guest, Mr. Justin Sten Fromm from Boston, Mass. How's it going, buddy?

Justin Stenstrom: It's going gr. Scott, thanks so much for having me back again, man. It's always a pleasure.

Scot McKay: Yeah, man. And it's always great to have fellow podcasters on because you're always loud and clear, which I appreciate.

Justin Stenstrom: Yeah, I hear you. Same. Same with my show too, when you come on. It's great.

Scot McKay: Yeah. So you've been talking a lot in your practice and on your show about men's mental health. What is it that has caused you to think a lot about that lately? I'm just going to give you the floor and let you riff, man.

Justin Stenstrom: Yeah, well, it's, I've been talking about it for a while, but I think I sort of rejuvenated the conversation again in the last, I don't know, six months or a year, but I think really post Covid post pandemic era, it's sort of a, comeback on heavy. Especially with men. I mean, it's with everybody. It's women and men, but, but in the men's sphere per se, there's not a lot of conversation happening about it. As you know, Scot, from being in this for so long, it's like there's just a lot of. There's a lot of great things about men. There's a lot of weaknesses that we have too. And one of the weaknesses that we have is not speaking about a lot of our issues. A lot of things that's really going on sort of in the background of our lives. And one of those things is our mental health and our happiness. It almost comes across as like a weakness, to be vulnerable, as a weakness to, show like what's really happening under the hood per se. And so, like, we tend to hold things in, we tend to kind of hide things and keep ourselves from expressing them. And it really sort of over time just sort of gets worse and worse, like a snowball effect going down a hill. And I don't know, I just sort of noticed that the last couple of years with men that there's a lot of unhappy guys, there's a lot of guys just kind of driving themselves into the ground and a, a lot of guys especially too. It's, it's very like, fitting to be on a show like this where it's a lot of the guys in the dating area who don't have girlfriends right now who have sort of gone against the grain of, you know, how, u men have been historically for the past hundred years of like, courting women and learning how to talk to women and being more

confident in themselves and expressing themselves and sort of gone the other way of like, not wanting women now, like, they push women away. They're almost like anti woman because of how they've been treated or how they've felt they've been treated in the past by women. And so like, it's just kind of like a giant clusterfuck, honestly, of like, what can I do? What should I do? And instead of acting on these things and being a better man and standing up and being stronger against adversity, that kind of, tuck their tail in between their legs and, you know, hide from it. And so, like, it's a vicious cycle. It makes them worse over time. It worsens their, mental health, makes them more unhappy, and ultimately leaves them lonely, unfulfilled, and without a girlfriend or ultimately a wife.

Scot McKay: Yeah, you know, the irony of everything you're talking about is a lot of it is driven by fear and shame, none of which is very manly. Men do not want to be vulnerable. We do not want to ask for help. We want to rely on ourselves. We want to Be self reliant. And in some ways, that rhymes with the all powerful resilience term nowadays that if we can't figure it out ourselves, well, then it's just not going to get figured out. And I don't want to act like some kind of pussy and have to ask some other guy for help yet. Famously, the people who are most successful in this life, whether they're billionaires or Navy seals, have learned a common lesson. And that's if I don't know something, I need to go to someone who's got it figured out and have them teach me rather than beating my head against the wall. I

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Scot McKay: mean, that sounds real good if you're doing like a plumbing apprenticeship and you're 19 and some old Krusty bastards teaching how to work. Learning you how to work, boy. Right? But, you know, if we feel like we're a little depressed, if we feel like

we're just not ourselves lately, if we're beating our heads against the wall, those are things that, like you said, make us feel kind of like we're weak or not so manly. If we admit to needing help. That could involve substance addiction, it could involve porn addiction. And you're saying the magic words, Justin, when you start talking about, all right, well, there's guys out there who aren't getting women or they aren't getting the kind of women, they really want, and it's really embarrassing to go ask for help. I mean, you put the round peg in the round hole. How could this be so difficult? I'm just going to descend into porn, tell everybody everything's okay, and then blame it on the women, you know, and that blame, is a function of that fear and shame because we don't want to admit there's something wrong with us or something that needs to be fixed with us. And indeed, even that context of something needing to be fixed or something being wrong with us in and of itself is misdirected because, you know, we can learn these things, we can gain these skills, and there are a lot of people who have a lot of water under the bridge compared to us, and they can help if we would only ask. Right. But we just don't. We keep it bottled up. Right?

Justin Stenstrom: Yeah. And it just gets worse over time, you know, like, the more we bottle this up, the worse it gets and the more, like, wants to explode. Yeah, it's just. It's a sad thing about. It's one of our weaknesses, one of our true weaknesses as men. And I think it's just gotten worse because of the way society has kind of taught us, like, how to behave. And it's not necessarily, like, in one sense it's good because there's more like, you know, mental health advocacy groups, there's more websites, there's more places you can go and get, like, online help. In that sense, it's great. But. But in one sense, it's like the stigma of it is still there and if not getting worse, in some areas of, like, the men's world, it's almost like the good parts of being a man have kind of gone. Have shrunken. And like, it's almost like the men who were going to be good, strong men leaders have sort of like, gone down that path and done that. But in other sense, it's like

the guys who are sort of like, in the middle who had a path or fork in the road that could go either way, take this path, take that path. It's like the path that is getting highlighted is the one where this stuff is stigmatized, Whereas the other path, it's like they could have gone down, but they're not going down that path now. And so they're, like, almost veering away from, like, where they could have been in life to, like, this new way of being, like, unhappy and not getting the help they need.

Scot McKay: Well, you know, we so rather glibly titled this episode how we as Men Drive ourselves Nuts. And that implies that we're crazy. I think a lot of guys will see that title and go, man, you should be talking about how women are nuts and how they're psychotic. My wife and I are both the poster children of first marriages to psychotic people. So we have been there and done that. But considering the topic that's on the table today, Justin, we're making ourselves nuts by beating our head against the wall trying to do the same thing over and over again when it doesn't work. And then we just start swirling down this vortex of doom because things aren't getting better, they're getting worse because we're committing, you know, a major sin against Einstein's law of insanity itself, which is, you know, keep doing the same thing, expecting different results. Now, I want you to comment on this, but I would suggest maybe two major factors are contributing to that. Here it goes. First of all, machismo, okay? We don't need anybody's help. We can do this. We got this. You know, that's like the battle cry of the 2010s, right? You got this, right? Everybody's got a coffee mug with it on there, and that's Real cute for women who need a self image boost. But I think we as guys take that seriously. We don't need a, slogan, we don't need the coffee cup. That's an expectation that's been ingrained into our psyche since we were children. So let's say abuse happens or, a crime happens. And the special Victims unit is happy to assign free counseling, mental health services to the women and to the children. But you doe, yeah, we really don't have anybody to talk to you as a man, unless you want to sit in

with your wife and we can pat you on the back and tell you everything's go, going to be okay and give you, and give you Zoloft to make you feel better. And guys are like, well, no, that's not what I want. Meanwhile, we as men, if something bad happens in our family units, we feel like we've got to shoulder all the responsibility for that, be the Rock of Gibraltar, and shoulder all of the burden of carrying my family through this difficult time. So what happens then is we start packing on the LBs, we start drinking little bit too much, and the next thing you know, we've lost our minds, we're going down this path of our,

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Scot McKay: mental health starting to slip a little, you know what I mean? So that's the first one, right? The second one is media. I mean, all the guys in the shows who are weak and vulnerable aren't getting the women. They're the laughing stocks, right? Meanwhile, we watch shows, you know, well, anything in the Taylor Sheridan universe, I'm sure every guy watches Yellowstone and leaves thinking, well, if I'm not stoic and I'm not kicking ass and I'm not a badass and I'm not unquestioning as to why this bad thing needs to be done, and, you know, I've got to be meaner than evil and stuff like that. And I'm God forbid, not allowed to have any fun or else I'm gonna be like Jamie, the Frito character in that Godfather on the ranch universe that is Yellowstone, for example, right? You don't want to be like him, the guy in the suit. He's just a crybaby. He's a wuss, you know, he's the villain of the show. Basically, you got to be the tough guy who kicks ass or else you're nothing. And I mean, if anybody actually in real life, and I know ranchers because I live in Texas, right? If anybody actually lived a life on the ranch that was anything close to what you see, in Yellowstone, we would all be nuts. First of all, we'd all be dead. You know, those guys are all in God mode for five seasons. But we watch shows like that, we watch superhero universe films, and we just feel inadequate.

And therefore we say, well, you know, we got to toughen up. We got to do Brazilian Jiu jitsu. I mean, these are things that are championed on Facebook groups for men worldwide, and yet you don't see a whole lot of happy men on those sites. Because we're trying and we're trying, and it's never good enough. We're never good enough. And it's no wonder we're nuts, because if you take that machismo and you combine it with a real lack of support for the men who wake up one day and go, wait, hold the phone here. I'm bottled up here. I need to let this out. I need to get this off my chest. I need somebody to talk this through with. We do this to ourselves, and we have no outlet for it.

Justin Stenstrom: Yeah, I think, certainly there's a balance to, like, everything in life, there's a balance. And I think, like, it's just as bad being a weak man or sort of like a new aged 21st century male.

Justin Stenstrom: millennial. What's the new one? Gen Z. These younger guys who have, like, no athletic ability, who'd never played a sport in their life and never faced, like, adversity in a real tough sport. Wrestling, boxing, whatever.

Scot McKay: Soy, boys.

Justin Stenstrom: Soy boys, you can call them. Yeah, it's one thing to be that, and it's another thing to be, like, the super machismo who's just always trying to, like, you know, like. Like that show Yellowstone. They're picking fights. So I never mentioned. I never watched it, actually. But I know a little about. Just from hearing it from a lot of friends and stuff. Supposedly a great show. but, you know, there's a lot of fighting. It's like they're living in God mode. Everyone's kicking each other's asses every episode.

Scot McKay: And yeah, for sure, man. There's more violence and whatever that little rural place in Montana is than there was in Cambodia in 1974. I mean, it's just. It gets really. To be an eye roller after a couple seasons. Anyway, go ahead.

Justin Stenstrom: Yeah, I actually. I do want to check it out at some point, but, Yeah, so it's something to be said about, like, that guy, like, theotypical, like, you know, badass, masculine male. And then, like, the soy boy of today. And there's A balance. It's in between. Like, you got to be more of a balance because at least the soy boy guy has enough in him to know, like, his mental health is important. He's probably going to yoga class, he's probably, you know, doing meditations and things like that. And then the other guy is doing none of that stuff. But the soy boy go on the street and he can't defend his girlfriend if, you know, someone talks shit to them on the subway or whatever, you know.

Scot McKay: Hold on just a second. I want toert something really quickly because I think it'll help the conversation. I'm not sure the soy boy cares. I think he's just happy to be a soy boy. Defending my girlfriend. Why? You know, move out from my parents house, stop eating Cheetos, do something other than play video games, have a real adventure, get a job. That's for some other crazy bastard, not me. I think that's the mentality there. So perhaps ironically, it's guys who want to make something of themselves. For example, the guys listening to this show and yours. Righteah. who are struggling with this. I mean, this is who the show's for. I don't have a whole lot of swy boys in my audience. They don't like me much.

Justin Stenstrom: M, you know, 100%. It's a good thing though, that they're not like as popular. I think that's actually especially the last like four or five years. You can kind of feel it shifting a little bit where I think that kind of, attitude is sort of dying off and it



getting more to like the extreme. I don'tn to get into politics at all, but in like the political world, like there's a sphere of like extremes that would be like one extreme of like the political sphere versus another. And I think it's kind of dying off. Like people are kind of starting to realize how ridiculous that way of living is and that the fact you can't live in your mom's basement all day for the rest of your life is actually an effective way of going through life. You know, 30, 40 year old men who eat Cheetos and play whatever game I don't even know, Call of Duty or something. All day, ironically. Yeah, exactly. Versus like again. But like contrasting that to the machismo man who's like, all about just being like super masculine and

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Justin Stenstrom: cutting out his feelings and emotional side and getting in touch with like his inner fucking, you know, peace and actually being a more balanced guy, like you want to be.

Scot McKay: Fun is not an Option for.

Justin Stenstrom: Exactly. And by the way, those guys don't realize that women actually hate that womenn toa have fun more than anything. That's like one of the number one attraction triggers is fun being with a man who's fun.

Scot McKay: Oh, you bet.

Justin Stenstrom: They don't want to be with a man who's always like pissed off and looking for a fight. Although men think that's cool. And in a sense we may think it's cool, but like, women don't actually really think that's cool. A woman wants to respect a man.

She wants a strong man who'll stand up for her. But she also, more most importantly, probably of all, wants to have fun and have a good time around that man. Which by the way, I don't know if you've noticed this too, Scot, but like in the last decade or so there was like sort of that hipster sort of, what do you call it, like a hipster sort of vibe and like the dating, like I don't know actually, this may not. It might even just been kind of where I grew up in, but there was sort of like a hipster vibe of like sort of feminine men getting a ton of girls. And it was like, why? Like as a man you always kind of think like, why is this guy getting girls? Or like, why is he good? But it's like, because he was just fun. Like he didn't care about being like this super tough guy, strong guy. It was more about putting the fun before like all the other typically masculine, so called attractive traits that men have that women desire. Again, probably the most important of all is the fun aspect. If you can be a fun man, that's gonna supersede all the other things and oftentimes give you a head start off, you know, anybody else you're competing with.

Scot McKay: Yeah, I think it was in some part at least due to cable television driven image of a teenage heartthrob. repris of what we saw in the 70s with Teen Beat and Tiger Beat magazine for young girls. All these Disney Channel heartthrob boys who were cute guys but really weren't anything other than funny and cute, they weren't able to protect or provide. I think you had 12 year olds from 2006 who became 22 year olds in 2016 and the next thing you know they're thinking this guy's marriage material. Yeah, you know, meanwhile, here comes Yellowstone on the horizon where Beth Dutton, the female protagonist, I guess you'd call the protagonist, is tougher and meaner and more macho than 99.99% repeating Navy SEALs out there. You know, so, I mean, what are guys left to deal with? You have, like you said, I think very astutely, Justin, this image of extremes. Either I'm everything or I'm, nothing. And indeed that has been reflected in recent political cycles, hasn't it? Either you vote for my side because we're perfect and my side never does any wrong, or you're Hitler. You know, I mean, there's never

anything that's centrist in politics and there's never anything centrist in terms of how we conduct ourselves as masculine men anymore. So again, we've gone nuts.

Justin Stenstrom: Yeah, and it just drives you nuts to the more you kind of see it in society and culture and movies, all these things, it kind of just reiterates how wacky things are and also confuses men, especially younger men, like just trying to figure this out, like in their 20s, 30s. And it's crazy too. Scot, I don't know if you've noticed this, but if you look at a picture from somebody from like the 80s or the 70s, like say your parents, or your uncles or whatever, cousins that were like a little older than you, or like for me, like my dad and like his friends or whatever, you look at people from the 80s, 70s, 80s and you look at them at like 25. And then you look at, you look at people today that are 25. It's like, it almost looks like they could be the people the kids from today is 25, their parents, that's how much older it looks like these people were just 40, 50 years ago.

Scot McKay: First of all, both your dad and my dad are good dudes. I've met your dad. Had a long talk with him when I spoke at your conference a years back. He's a great dude. He's got the Boston accent, everything. Just a great dude. And my dad too. Great guys, accomplished a lot. Funny guy. My mom just loves him to death. Great example for how to relate to women and have a woman be attracted to you for, oh my goodness, 63 years.

Justin Stenstrom: Right? Wow. Wow.

Scot McKay: but you're right, I mean back in the day everybody looked old before their time. Now you got 60 year old people looking 35. You know, it used to be a cliché, 60 is the new 30 or whatever. I mean we really are looking good despite all the chemicals in

our food. We've just talked about this recently on this show. That's why I'm kind of chuckling out loud talking about it, because it's something we're obviously figuring out. The generation gap with music and entertainment is gone. My son, who's 17, will happily listen to music older than what my music is. I mean, music I thought was uncool when I was his age is cool to him because he doesn't have that mental block.

Justin Stenstrom: That's awesome.

Scot McKay: I mean, it is. It's really great. It's a better life and a better perspective for him. But here we are, left, like you said, as adults, thinking either we're soy boys or we're kicking ass. I mean, this is a world where people get on X and call Dan Crenshaw a pussy. You know, the guy with the, ey patch from

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Scot McKay: who's in Congress. This guy is actually seal. Yeah, a real Navy seal. But he's not tough enough for them either. You know, you won't stand up to this. It's nuts out there. There's no. It just seems like there's no way we as men can win in the confidence, self, esteem game. And therefore we're going to swirl down this. We're going to swirl down the toilet. Our. With our mental health. I mean, what are we going to do about this? There's got to be a solution.

Justin Stenstrom: Yeah, it's. I think it's a complex, well, not complex. And so as far as, like, it's a hard solution, but I think there's a complex number of, options. You know, like, every situation is different too. So you might be a little more sophisticated, than others. But I think in general, the basics, of course, you know, the eating better, eating healthier, more fruits, more greens, cutting out a lot of the processed foods, the GMOs,

all that stuff, you can go right down the line. We can do a whole episode. I think we did something similar to that to in the past.

Scot McKay: So talking about physical ways.

Justin Stenstrom: Yeah.

Scot McKay: To control what we put in our body and leave out the things that are hurting us that will help our mental health. And I agree with you a thousand percent. Yeah, yeah. Caffeine, alcohol. I mean, I gave up caffeine like I was a freaking Mormon. And they're on to something, man. I mean, I. I don't hurt anymore. I used to think, you know what? I'm getting old, right?

Justin Stenstrom: Yeah.

Scot McKay: Not true. I mean, I don't feel so inflamed. Back when you were on the show, the last time you were talking about turmeric supplements. And I've been taking them since. It obviates the need for ibuprofen's.

Justin Stenstrom: Great.

Scot McKay: You get less inflamed and you, you cut back on the sauce a little bit and you don't eat the fake food and the carbs and the fake sugar. And the next thing you know, your body literally settles down. You feel younger and indeed, Justin, your brain feels better, your psychology feels better. You don't feel like, well, you know what, I'm just going to give up. I'll get fat and old and I'm, you know, over the hill. That's just the way life is and get this schleprock mentality. It's like when you wake your body up from

that inflammation and you start living right and feel healthier physically. Your brain catches up and suddenly those feelings your doctor told you you needed Zoloft to control or some other med on top of meds you're already taking, you don't need it anymore. You feel fine, you feel rejuvenated, you feel excited. Yeah, you're onto something there.

Justin Stenstrom: Yeah, it's 100% true. And so that's probably the biggest one is the food. The other thing is obviously, sleep, which is seven to nine hours. Everyone pretty much needs a good quality sleep got junk sleep and then you know, just like a simple thing like working, like I say, work out four to five times a week, but even just going for a simple walk, like 30 minutes a day, that I wouldn't even consider that a workout. But it's just getting out of the house and breaking a sweat. You should do that daily, seven days a week.

Scot McKay: Here's an idea. Go outside.

Justin Stenstrom: Yeah, go outside. Get some fresh like the healing benefits of actual like sunlight. I don't know when everybody bashes the sun, of skin cancer, this and that, which is, you know, can be true, but actually getting just a little bit of sun every day is incredible for your health. They've even done studies though on like the physical movement exercise part. A number of them actually, that exercise alone often outcompetes, outperforms the highest performing, anti anxiety, anti depression meds. They just exercise alone, no doubt.

Scot McKay: O yeah. We live in a Sick Care Society.

Justin Stenstrom: 100% and they want to keep doing it to you. You know, one of the

silver linings of what happened, you know, in 2020 and in the next couple of years after that was the exposure, the exposing of just how crooked the pharmaceutical company is and how crooked these big entities are that are really running things in the background. That's one of them. A lot of people were unaware until A couple of years ago, which is incredible that so many people have awoken from that. But yeah, like that. And then slowly, like I'm not saying to do it and obviously you have to consult with your doctors, but slowly over time getting less, having less and less need or requirement to be on like these high performing meds that you don't need to be necessarily on. Like you can do this alternative, safer way like you know, exercise, eat right that thing and then slowly kind of get yourself off these powerful drugs that are actually having a lot of side effects. As they come to find out more and more. There's a lot of studies on those as well. The deleterious effects of these things that often can outweigh whatever minimal effects they could positively do for you.

Scot McKay: Well, even the maintenance drugs for chronic illness.

Justin Stenstrom: Yeah. Immune suppressors, etc.

Scot McKay: Yeah. Like, you know, your blood pressure meds and your statins.

Justin Stenstrom: Yeah.

Scot McKay: And even if you're showing any signs of having a little spike in your blood sugar, it's onto the ozempic train with you. And by the way, you'll lose weight without trying. You know, this is all a bunch of Bs. I mean, I agree with you a thousand percent, Justin. I'm also going to add at the more core level, I think more and more men in particular nowadays don't know who they are. Their core belief system has never been

established. There's never been any need for that in the secular humanist world we live in nowadays. At least in their minds and in their dad's minds,

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Scot McKay: in their mom and dad's minds. So they grew up believing in nothing and don't really understand why they would need to. But boom, when you become an adult, whenever that is, because we don't have rites of passage anymore, Right either. I mean it's a cluster when you think about it. No rite of passage into adulthood from a childhood where you weren't given any reason to have any belief or any purpose. You're thrust into having hair on your balls and being of drinking age and not knowing who the hell you are, what you believe. And we are so surprised that we don't have a purpose, that we don't have any grasp of who we are, what we should be doing, what we're good at and what we're, you know, probably not best at, even as a simple baseline. And here we are in adulthood and we're wandering aimlessly. It's no wonder we feel badly about ourselves. We don't even know where we're going.

Justin Stenstrom: Yeah, and the other thing too, which you've probably noticed, is everybody's on their phones and it's like so easy. It's made like. It's all these programs, these apps and everything, major big tech and all this stuff. They know exactly what they're doing and they have the best, computer scientists in the world, algorithmic geniuses, all these things to make us addicted to these apps that they have. And so like we're spending all of our extra free time in the past. We'd be like listening to cool music like you mentioned before, or watching like these cooler movies or reading books, God forbid now, or like exercising or having fun like going outside and playing outside with our friends. Now all these kids, all these younger men, all these, you know, every man, even if you're older, is on his phone and all his spare time and it's just like scrolling



through like Instagram, scrolling through TikTok, watching stupid clips on YouTube. It's like, it's one thing to like watch a video to like learn something. And it's cool. I do that myself as much as I can when I need to learn something. YouTube's create for that. But it's another thing to aimlessly kind of be scrolling all day long and wasting your time. And if you're a man who's already, you know, unhappy, is slightly depressed, doesn't have a job that they like, doesn't have a girlfriend, doesn't have like anything to really strive for in terms of like your life and your purpose and what you want to go after. There's no big goal that wakes up and has you like fired up for the day. You're already aimless. Never mind putting this machine in front of you that's most, the most distracting machine ever conceived in the history of humanity. And then spending all of your extra time on that machine, it's gonna make, it's gonna leave you even more aimless.

Scot McKay: And then we're watching naked girls on said machine, which makes it 10min more distracting.

Justin Stenstrom: Yeah, exactly. And then, yeah, when we get a little excited, you know, or we want to connect with somebody in some way, it's like, oh, let's watch some porn for, you know, 20 minutes or whatever and get off that way for a temporary fix which ultimately, which ultimately leaves us unhappy like an hour afterwards. Right?

Scot McKay: Yeah. So much for our mental health again.

Justin Stenstrom: Exactly. It's like a double whammy. But you know, real in reality. It's like we're already so confused, we're already so lost, we're already so aimless. This is just exacerbating the whole problem and making it that much worse. And now you wonder why there's so many guys, like walking around for years, like the last, whatever years, x amount of years, that have no idea what they're doing with their lives. And

there's. They have no idea. They wake up 10 years from now, 20 years from now, and they can't figure out why they're so unhappy and.

Scot McKay: They're miserable in their life and not to be missed. The first generation of 20 somethings is upon us who's never known anything other than SM.

Justin Stenstrom: I know, that's crazy, right? It's insane.

Scot McKay: Now you're on to something there because not only are we, I don't know, suffering from this nagging mental health deficiency whereby we don't know who we are or what we're supposed to be doing, we're unfulfilled. And yet the food we eat and the chemicals we absorb are making it all worse. We use a smartphone to forget about it. Yeah, hey, we don't even have to have an adventure. I can have somebody else do an adventure and I can watch them and live vicariously. Two things here. First of all, my wife and I watched a cruise ship commercial the other night while we were staring at our big screen. Go figure. And they were talking about, this is the adventure of your life, dude. It's still a controlled situation. It's Disneyland floating. You're not going out and having any adventure at all. That's waltz world, you know, Waltz world, know you're going to lay around and be catered to for a week and go see a show and drive a go kart around a boat. I mean, great, that is not a real adventure. But compared to watching the commercial for it, actually being on the boat is a massive adventure nowadays. It's demented and sad. The second thing is I wish I could remember which radio talk show host it was, but I listened to a lot of talk radio when I'm driving and he said, hey, you want to look like a badass when you're traveling to total strangers without even trying? Here's how to do it. When you're in the airport lounge, instead of know poking your nose in your smartphone, start reading a book. It doesn't matter what book you're reading, everybody's going to look at you and go, wow, that person's really smart and

successful.

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Scot McKay: He goes, now you could take your smartphone and hide it behind the COVID of the book. Just make sure. The book is covers, you know, straight up instead of upside down. People still think you're smart. And I was laughing because that's what it's come to. You know what I mean? But you're so right about reading actual books rather than just being infotainedame to death, you know, and here we are, you know, on this podcast. I mean, I resemble that remark. And hopefully we, you know, we can inform while we entertain. But I really do think there are so many factors that are conspiring to make us all, as men, nuts. The first step, to me, Justin, is just to wake up and realize it's being done unto us and stop being victims and take over our own lives and do these simple things we've been talking about. What do you think?

Justin Stenstrom: I think it's a great first step. I think, realizing there's a problem is the first step to overcoming the problem. Right. And, yeah, even the simple awareness of it, though, can lead to simple changes, like, you know, putting down the phone maybe an extra hour every day until you're kind of back to like a baseline of like, all right, maybe you do use your phone, like, when you go to the bathroom a couple times a day. And like, that's. It's either that or, like, read a newspaper, and there's not really any newspapers anymore.

Scot McKay: Like, there used to be waste time, not.

Justin Stenstrom: Yeah, so it's like, all right, yeah, you want to use your phone here and there. It's like, there's nothing wrong with that. Or you guys are watching a movie. Like,

you and your wife are laying now watching tv. Like, that's great. Your guys are bonding and hanging out. But it's like, it's just all the extra time where it's like, there's so many hours a day that we have. There's like, you know, 14, 16 hours of, like, waking. Actual practical time that we can be implementing into, like, work or, improving ourselves.

Scot McKay: And if you're not, God forbid, play.

Justin Stenstrom: Yeah, exactly. God forbid. Going out and playing whatever sport. Tennis or. I love tennis. Personally, playing billiards with your friends or whatever, pick up basketball. It's like going out and actually doing that an hour or two a day, like one of the best things you can possibly do. But then, like, the rest of the hours, like, you, if you catch yourself, you just, like, have this, like, awareness in next few days of, like, how much you're actually wasting on your phone, just, like, screwing around, doing nothing productive. It's mind blowing. And then you realize, too, I don't know if you had this realization too, Scot. But I've had it many times. We where at the end of, like watching like these stupid clips on like YouTube or whatever, I'm, Like, these videos all sucked. Like, I kind of just wasted like a couple hours. And I'll usually do it. I usually will watch them in the background while I'm like making like my celery juice or whatever, like my breakfast in the morning. So I don't really actively pay attention to them. But sometimes if there's like a good podcast or whatever, I'll like be glued on it. But, there's been many times where I'll like think to myself after like a couple of hours of it being on, like, that was just like, why did I even watch this shit? I could have actually, like put an audiobook on or something, like, learn something really knowledgeable instead of wasted my time on these stupid, like, creators. Not like there's anything inherently wrong with them, but I feel like they do take up so much of our time if we're not actively thinking about how, non effective or productive, non helpful. they are.

Scot McKay: Yeah. You know, I don't want to drop a bomb on these guys and say, hey, you know what? This is all your fault. I don't think it is. I think especially if we're younger guys and we've been raised on social media and shown all these examples that are unattainable, and meanwhile, it's been sort of okay to descend into being a soy boy and not having a whole lot of ambition and not being all that masculine at all and sort of being afraid of being masculine because after all, that's toxic. I really can't blame guys for that. But you know what? That doesn't mean you're a victim and you're powerless either. You can gain awareness, if from nothing else other than this conversation between you and me today, Justin, and wake up and do something about it. And I think the other part is to realize, you know, if you do something about it, if you take control of your physical health, if you give up alcohol for 72 blessed hours and just see how you feel, for example, and you start thinking about who you are, what am I really good at? I don't really have to be this superhero character to be worth something as a man. I just have to carry my 18 billionth of weight. You know what I mean? I think it'll have a healing effect. I agree with you on that. And I think that is the first step. And I think that's a suitable takeaway for this entire conversation. His name is Justin Stenstrom. You can go Visit him@elitemanmagazine.com and indeed the Elite man podcast. When you go to mountaintoppodcast.com eliteman that's where you'll go, where you can check out all of Justin's stuff. Justin Stentrom, thank you so much for joining us again, man. It's been too long and I'm glad you're back.

Justin Stenstrom: Thanks so much, Scot. I really appreciate it, man. A great conversation. I had fun.

Scot McKay: yeah, I think this is going to be one that's an immense value to a lot of guys out there. And by the way, guys, this doesn't make you less of a man for needing to hear this. If anything, you'll be more of a man when you do something about it. You'll

be way ahead of nine out of ten men out there. Go ahead and visit  
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