

Transcripts for Ep 077 "Mom" Isn't Your Only Identity

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SUMMARY KEYWORDS

kids, unicorn, mom, life, guilt, people, relationships, family, podcast, realize, feel, run, house, marathon, happened, boundaries, happy, moved, big, spy

SPEAKERS

Brie Tucker, JoAnn Crohn

-
- J** JoAnn Crohn 00:00
Welcome to the No Guilt Mom podcast I am your host JoAnn Crohn, joined here by my fantastic co-host Brie Tucker.
- B** Brie Tucker 00:08
Hello. Hello everybody! How are you? I was gonna go for nosy!
- J** JoAnn Crohn 00:12
Nosy? Oh, yeah, because we are being very nosy right now. So here, we record the podcast recordat my house. My office has its upstairs and there's a window that looks out on the street
- B** Brie Tucker 00:23
like a huge window like a bay window.
- J** JoAnn Crohn 00:25

Yeah, I am the neighborhood spy like we're "Window", Alfred Hitchcock. Like I got it dialed in. I know exactly what's happening. And there's this house right across the street, that I knew it was going for sale before that for sale sign even came up.

B

Brie Tucker 00:39

How do you know? Did you talk to the neighbor or?

J

JoAnn Crohn 00:41

No. Well, I know his name. So I do know him. And I say hi. But he keeps mostly to his own house. But this woman went in and then she came outside. And then she started taking pictures of the house. Op! Selling it selling. And then the for sale sign went up. But right now like right before we push record, there are people walking into the house.

B

Brie Tucker 01:01

And we know that it has a pending offer.

J

JoAnn Crohn 01:02

We know it has a pending offer because that's how good our spy skills are. We like look up the address. And we're like, oh, Zillow says pending. And I'm just like, gosh, I hope a family moves in there. And I hope they have a kid my son's aid. Because that's really what needs to happen. He needs a friend right across the street that he can play with. And that'd be my ideal situation.

B

Brie Tucker 01:22

I think a lot of parents like that's our hope when we see our neighbor's houses go up for sale. Oh, please, please let it be somebody that we can be friends with. Please let it be someone that my kids can hang out with. I totally want that.

J

JoAnn Crohn 01:32

Yeah,

B

Brie Tucker 01:32

that lifestyle where like they just run to their neighbor's house because it's like their best friend and

J JoAnn Crohn 01:37
that'd be amazing!

B Brie Tucker 01:38
I want the sitcom life at that

J JoAnn Crohn 01:40
I have my best friend used to live across the street from me. She was like two years older than me and we are best friends and like elementary school, but then she got in middle school. It was too cool. For me.

B Brie Tucker 01:49
Well, that happens that age difference, man as soon as they hit like 10 or 11 suddenly a couple of years is a big deal where it wasn't before. but like to having her there for elementary school years was great. So we were thinking like, how can I go and like cuz they're inspecting they're definitely in the inspection process looking to see like, people go into the house and like some people just walked in the front door. And I'm like, I want to go over be like So hey, I'm like, we can go outside and just like casually be moving in the trash can be like, Oh HI!

J JoAnn Crohn 02:18
Are you moving in? what are your kids? What are their ages?

B Brie Tucker 02:23
Okay, everybody in podcastland. And please tell us we're not alone and that you have done something similar to this at some point in time where there was somebody outside you wanted to meet. So you'd like ran outside and came up with a reason to be out there and be like, Oh, hello! I didn't see you there!



JoAnn Crohn 02:37

I've done this so much like there was neighbors who moved in like a few years ago. And at the time, I was like, there's really no kids in our neighborhood for my kids to play with. And so I'm always looking for friends for them. And I went up to them and I'm like, Hey, welcome to the neighborhood. And they were like this nice newlywed couple. And I didn't know they were newlyweds at the time. But I'm like, so you have any kids? And oh, I got a really bad response. It was like, No, we don't have any kids. And I'm like,



Brie Tucker 03:04

And you're like, Okay.



JoAnn Crohn 03:07

And, uh yeah, they got divorced. She moved out. I don't think it's related. But it's just like sometimes my nosiness gets the best of me. And yeah.



Brie Tucker 03:20

I think there's so many of us to do it. Again, please tell us like I would love to have you back on this episode.



JoAnn Crohn 03:25

I wonder how many neighbors know that I spy on them? Like they walk by the house. And I'm like what you do it? We see a lot of cars actually, like go in reverse down the street. And I'm like what's going on here?



Brie Tucker 03:36

Again, like you have to realize that this window takes up almost the entire front of the house. So it's kind of hard to not see it happen. Plus, both of us have what we call shiny object syndrome or squirrel syndrome, where we're constantly like, what was that moving? Who? What? When? Where?



JoAnn Crohn 03:52

Oh. All the shiny objects things, but that in no way brings us to the topic of this week's podcast episode. Finding our own thing!

- B** Brie Tucker 04:01
We do need to find her watching the neighborhood.
- J** JoAnn Crohn 04:05
I need to find my own thing besides spying on my neighbors,
- B** Brie Tucker 04:08
my good lord
- J** JoAnn Crohn 04:11
in so we have Calm & Happy Parenting going on right now. Our inaugural class !
- B** Brie Tucker 04:16
we are so excited!
- J** JoAnn Crohn 04:17
So excited! And I'm loving all of the people in there. It's just it's been amazing in one of our big lessons is that you need something called unicorn time. And this comes from a book by Eve Rodsky called Fair Play. But unicorn time is really having your own thing that makes you interesting.
- B** Brie Tucker 04:37
Yes, having your own thing that is like definitely your thing. It's something that is all about you not part of being mom not part of being wife. not part of being whatever your profession is. It's you.
- J** JoAnn Crohn 04:49
but it's so important because having your own thing gives you more patience. It gives you something to fall back on when your kids are inevitably being Like rude or mean or like just throwing out around you growing up, growing up? Yes. So today we're talking all about unicorn time and how you can find yours. This episode is brought to you by our Happy Parent Checklist. Now if you're feeling overwhelmed with everything that you need

to do this free guide that we have here for you at no guilt mom, it gives you some quick action steps you can take to get rid of your overwhelm and have your family start helping you out more around the house. So you don't have to do everything. You can get it at www.noguiltmom.com/hpc . And now on with the show. You want mom life to be easier. That's our goal to our mission is to raise more self sufficient and independent kids, and we're going to have fun doing it. We're going to help you delegate and step back. Each episode, we'll tackle strategies for positive discipline, making our kids more responsible and making our lives better in the process. Welcome to the no guilt mom podcast. By the way, if you are enjoying the no guilt mom podcast, we would love for you to leave us a review. You can do so on Apple podcasts. And we hope that we deserve your five stars. But when you leave us a review, let us know email us Hello@noguiltmom.com. And we will send you a little goodie of appreciation in the mail.

B Brie Tucker 06:46
Yay.

J JoAnn Crohn 06:47
Yeah, they received your probably send their address to their mailing address. Right Brie?

B Brie Tucker 06:50
Oh, right. Yes. Yeah. So when you email us at Hello@noguiltmom.com. Just give us the name that you did your review under and then yeah, and your mailing address and when we will be sending you a little goodie in the mail because we want to share the no guilt mom word.

J JoAnn Crohn 07:04
Yes, we do. So unicorn time now it's so funny, because in the Fair Play book, I was just looking at it before we started recording. And it's actually the unicorns base but giving yourself unicorn space. And what it means is it is that hobby or activity completely for you. That makes you interesting.

B Brie Tucker 07:25
Yeah.



JoAnn Crohn 07:26

Because we get into this like mom identity where our whole life becomes being mom, our whole life becomes doing stuff for our kids. And there are a lot of drawbacks to that.



Brie Tucker 07:37

Right, right. So like, first of all, like we have a No Guilt Mom mindset that has several different mindsets that we feel like are really important for moms to have. And one of them is talking about how you need to have your own thing apart from being your mom, or from being a mom, sorry, not your mom. And moms need to have that own thing. Because we have to have those accomplishments that go beyond raising our family that not only bring us happiness, but also bring us that fulfillment. And we don't have that, like you said, there's a lot of cons to what happens when we ignore that part of our life.



JoAnn Crohn 08:05

There are! There's things like the burnout, the loss of outside social relationships, the over investment in your kids, like, you'll be very concerned about everything they're doing. And



Brie Tucker 08:16

that's where a lot of us start to become those helicopter parents, even though we don't necessarily mean to be it's like one of the things you don't even realize it's happening when it's happening.



JoAnn Crohn 08:23

Yeah. And you can get a lot of resentment to because you don't have the own thing that fulfills you. Also, it might impact your relationship not having unicorn time. Because if you feel like the only thing you can talk about is your kids. That is a huge sign that you need some unicorn time for yourself.



Brie Tucker 08:40

Right. Exactly. Because, again, like if you're only able to focus on the kids, they're probably not getting a chance to practice those life skills. And like you said, it has that negative impact on not only your social relationships with those outside of your home, but also probably with your your spouse or your partner, you know, to it. Again, it's hard to have a relationship where you can't focus on anything but that role of being mom or but that role

being spouse.



JoAnn Crohn 09:05

You need to give yourself that space to be a whole person. and that in turn gives you patience and helps you enjoy life more.



Brie Tucker 09:13

Right. Like I actually have a pretty big serious story about that. So like with mine I had that happen to me, where I got so invested in my role as mom in my family unit that I completely lost any sense of self identity, like I defined myself as mom to my kids, wife to my spouse, and what I did for my job being an early childhood, but all of it -kids came first, career second, probably wife third the way I kind of like looked at it in that tier. But then what happened in my case was I had a harsh clash with reality. is I will call it?



JoAnn Crohn 09:49

Yeah.



Brie Tucker 09:49

So like what happened was in a very short period of time, my marriage ended and I was separated and didn't have my kids all the time. And I I was the main parent. So I was the one who like I got up in the morning, got my spouse off to work, got the kids ready for school, drove them to school, she drove straight to work, got done with work, drove straight to pick up my kids did their homework, made dinner, did all the you know nighttime things with my family went to bed, same routine, the next day. Had absolutely no hobbies, no interest outside of that, because first of all, I felt like I didn't have time. And second of all, I felt like my job was to be a good mom. And that I had to do that. So well that that meant that I didn't have time for anything else. So then what happened when I got divorced and my kids were with my ex 50/50. I was sitting at home not knowing what to do, I had no idea what I liked to do. No idea! Completely lost all touch with that. So I mean, it took me a while and I'm looking at you at this JoAnn because you were one of my like core, I had my core girls that like kept me going during that time because it was a dark and rough time. And all of you kept saying the same thing to me. Like you know, you need to kind of figure out what's you. like what you like to do. And that's where like, in my case, it took about a year but I figured out like oh, I really like doing stuff on the water like kayaking, paddleboarding. I really love live music, concerts, all these things that I hadn't been doing that now, Flash forward four years later are a huge part of my personality and

my identity.

J

JoAnn Crohn 11:17

Yeah, and I don't think your situation like of not knowing what you like to do is unique. Because many moms don't know what they like to do. And whether it's a divorce that lets them like, realize that or it's empty nest syndrome, when they leave home, and you're like, what do I do with my life now? Like, I I saw it a little bit in my mom when I left for college. And I knew that when I became a parent, like I needed my own thing I needed my friends that I went out with, I needed my own life separate from my kids. And I think that like when my daughter was born, I went into postpartum because oh my gosh, postpartum depression. I thought I was chained to this child, especially because I was breastfeeding. And like, I had this loss of self, where I only became the nutrition source. And I wasn't like sleeping. And newborns, like they don't give you that like positive reinforcement that you're doing things right. They just cry. All the time. And I got through that through the help of therapy. And being told that like, you don't have to do anything that you don't like to do. If you hate breastfeeding, stop breastfeeding, you know, just feed your baby. And that was like such a weight off my shoulders. Because I'm like, Okay, okay, I can I can take this away. And I can give myself a little more space and time to find out what I want to do. And like six months after, and you'll, you might think I'm crazy for this. Six months after I had my daughter, I signed up for marathon training again. And I had just run two marathons previous. And I was like, You know what, I want to know that I'm still me, I'm going to do another marathon. And so I did, and I trained for a marathon when she was six months old. I have my long runs on the weekends with the group and I did that marathon I did two marathons back to back until I'm like, I don't need marathons to prove myself anymore.

B

Brie Tucker 13:09

How great did that first marathon feel? When you were like, I can kind of feel myself again?

J

JoAnn Crohn 13:14

it was good. And the time it gave me away from being a mom was a really good like, I think that was key to healing from postpartum. to show myself that hey, I still am me. I still have it. Like

B

Brie Tucker 13:27

I can still be a good mom and not be there with my child. 24 seven.

J

JoAnn Crohn 13:30

Exactly. And I think I really showed my daughter like she was one at the time. So she doesn't remember anything. You're like dig it. It was like how I mean, she sees the pictures. And she knows what I did. And she sees the pictures. I mean, like high fiving her when I was running along the marathon course. And those like those mean the world to me. I mean, my sister was there. So she took all those pictures. So I was like, Oh, no. But just having something like that was what took me out of myself and really made me realize that I have to actively pursue things outside of my family.

B

Brie Tucker 14:03

And I think a big thing also to kind of just give a tip of the hat to is that a lot of us are struggling with this again, due to the pandemic.

J

JoAnn Crohn 14:10

Oh, yeah, definitely.

B

Brie Tucker 14:12

It's been more than a year where we were just all pretty much stuck at home with just our family, which is great again, like don't take this the wrong way. Love My kids love my family loved them all so much love my home. But that made me lose my connection to those things. Like I think I've been out on the water like three times in a year now. And I used to go every weekend. My last like live music the undergrad to go to was in, like February 2020. So like yeah, like I'm seriously feeling like I missed some things and like you were feeling like that too. For sure. As we were coming out of this.

J

JoAnn Crohn 14:46

Oh, yeah, travel. Like I traveled like once every, like 12 weeks for my business. I had a business mastermind in Florida, and I just got to do it again a few weeks ago and getting on that plane and being by myself. I'm like, Oh, this feels normal again.

B

Brie Tucker 15:03

Oh, I remember this feeling of happiness.

J

JoAnn Crohn 15:06

But it comes with a lot of guilt to you that you have to actively push through. Because you're like, well, who am I to spend this time away from my family and all the work that's going to be on my partner and like things will be a mess when I come back. And that's not true for for my house, things are not a mess. My husband, I feel like does a better job than I do.

B

Brie Tucker 15:23

A lot of us do that though. Right? Yeah, we have that fear that if we take that time for ourselves, the whole world is going to come crashing down. And in some cases, let's just be completely frank, in some cases. It does in the very beginning. It comes a little bumpy, like, you know, family, right? Yeah. Oh, God, and you need to learn to embrace that messiness. Because, yeah, like, there is a good chance that the first time you step away, especially if you've been such an integral role in keeping everything rolling in your family that when you step away, heaven forbid, dinner is going to burn that night. Oh, yeah, the kids aren't going to go to bed on time, someone's going to end up forgetting their their lunch to school the next day, but it's okay.

J

JoAnn Crohn 16:04

It's totally okay. Those are natural consequences. A lot of people ask, like, well, what are the natural consequences? How do I know? And it's all those points of failure that make us completely uncomfortable with happening, those are the natural consequences, and they're not consequences for us. They're consequences for the people that we are giving the responsibility to.

B

Brie Tucker 16:23

And without them, they're not going to get a chance to learn those life skills. Like if we just keep jumping right back in and going okay, no, no, this is exactly why I can't take time away.

J

JoAnn Crohn 16:31

And I hear that yes.

- B** Brie Tucker 16:32
And we And trust me, you're not alone, those same, like those same thoughts have gone through every mom's head at some point in time, I would say. It just depends upon where you're at on that spectrum, about how quickly you can push through them.
- J** JoAnn Crohn 16:45
And your family's gonna come to you and be like, Oh, my gosh, when you're not here. Oh, these things happen and you're like-
- B** Brie Tucker 16:51
Didn't your son have a hard time the first time you traveled?
- J** JoAnn Crohn 16:53
Oh, yeah. Yeah, he had a hard time he wouldn't talk to me on the phone, because he was so sad every time I came on the phone, which made me sad, but also made me realize that he's great, he's fine. When I'm gone. He's well taken care of. He just has to get used to it again. He just has to get used to it again. So that they're all those points.
- B** Brie Tucker 17:09
Yeah, that's they're there now. So. So here's my thing for you. So how do you find this identity? How do you find your unicorn time without going through a divorce? Yeah. It might be preferable to not go that route. I'm just saying it worked for me. But it might not be the best for everybody.
- J** JoAnn Crohn 17:27
And Brie is kidding here.
- B** Brie Tucker 17:29
I am. Hopefully you can hear that. Oh, good lord.
- J** JoAnn Crohn 17:33
But it's really taking the time to figure out what you like to do. And what fills you up and

having that trial and error. Trying some things maybe you don't like them at first. That's okay. Because as soon as you start going in one direction, you're going to get clarity. And you're going to figure out, oh, this really isn't my thing. I need to go find something different.

B

Brie Tucker 17:56

Exactly, exactly. So I mean, it just like I kind of look at it like shoe shopping, you know? not every style fits you the first time, or you may or might be a little too bold for you at first.

J

JoAnn Crohn 18:05

Yeah.

B

Brie Tucker 18:05

And then eventually you're like, Okay, I think I'm ready to try that. Or maybe it's just that size doesn't quite fit. So you know, you got to try different things.

J

JoAnn Crohn 18:12

So like reading books, like reading is one of my unicorn time, things I've read a lot. But other people have, like Netflix shows that they really get into and they can talk your ear off about the characters and what's going on. And that's a source of connection outside of your kids.

B

Brie Tucker 18:27

Yeah, but I think again, like I talked about, like, I found that I really, really loved the water. And I knew I liked the water. But I really, really love it. And so living in the desert here in Phoenix, the way that I can handle that is by like in like I got an inflatable kayak, which is so much fun and like an easy way to kind of get into it. And I found some groups of people that go on the river or go out on the lakes a lot. So I got that social interaction. Plus I got to be on the water and I'm in control of it. It was really, really so awesome. I just fills the soul!

J

JoAnn Crohn 18:58

We are learning a new hobby. I've started with piano again. I did it when I was a kid, but I was always made to play classical songs, and I can never get those pop songs. And really

what I want to play there are the fun pop songs that you could sing along to.



Brie Tucker 19:12

Oh my goodness!



JoAnn Crohn 19:12

I'm learning right now.



Brie Tucker 19:14

I still have 80s pop song musics, because like that's what I used to play. Yeah. So I'm gonna give you my old piano books!



JoAnn Crohn 19:21

Okay! I like 80s music.



Brie Tucker 19:22

80s 90s so you go like teach you some Tom Petty?



JoAnn Crohn 19:25

Yeah, yeah, but a lot of a lot of people get a lot of satisfaction out of their jobs to write. And I know that something that I see in a lot of relationships is that when you get married and have kids, women stopped working because we get so much less than our husbands and it doesn't seem to be worth it and amount of time or pay.



Brie Tucker 19:45

Right. I think another thing to look into that that falls on that same area, but you might not have realized it because so maybe you keep working, but you take a completely different view of your career. So like again, I'm going to relate this back to me like you Before I had my kids, I had already moved up very quickly in the company and was already like a manager, I managed the whole early intervention department for an organization that covered like the majority of Maricopa County, which is the biggest county in Arizona. So anyways, it just, I had a lot of career aspirations. Then I had my kids

back to back and was like, Oh, well, I'm going to keep working in this field, but I really don't care what my job is anymore. And then I lost all of that passion for my career. I lost, I still had that as my identity but I really lost that that that career path or like, even Yes, the drive, that's what I'm looking for. So even though I didn't quit my job, I still worked.

J JoAnn Crohn 20:37
Yeah,

B Brie Tucker 20:37
I completely lost that drive in that passion within my field.

J JoAnn Crohn 20:41
Yeah. And the passion is okay, like, it's good to have passion. It's really good to have passion.

B Brie Tucker 20:46
I felt like I couldn't have both though. Like, I feel like a lot of moms have that you look at it, and you're like, well, I can't be successful my career and be a good mom. has to be one or the other with Denise talked about that.

J JoAnn Crohn 20:57
Yes. Denise Duffield-Thomas.

B Brie Tucker 20:58
Yes. In her podcast episode she talks about she runs into that mindset with so many moms. And it's so sad. So many of us do have that thought process. And who is telling us that?

J JoAnn Crohn 21:07
we are! society is! but it's so hard.



Brie Tucker 21:10

Its a lie!



JoAnn Crohn 21:11

But I have a friends who quit their careers, and they had young kids, and now their youngest is getting ready to go into preschool and kindergarten. And most of them are saying the same thing being like, I want to go back to work. Like right work is so much better. Like work, I feel successful. And it's true at work. You feel successful versus like kids who Yes, we're doing great things in the long run. And that relationship is wonderful. But let's face it, staying at home with a three year old all day is like draining.



Brie Tucker 21:44

Oh my gosh, yes!



JoAnn Crohn 21:45

It's draining! Yeah. So yeah. So your work could be your unicorn time, you might just not know it.



Brie Tucker 21:51

Could be yeah. What's the second tip for what they can do?



JoAnn Crohn 21:53

Look back to your childhood! What did you find interesting there? What lit you up? What did you want to do all the time? What did you want to do? Do you know?



Brie Tucker 22:01

I'm trying to I always tell the funny stories about like, how when I was in kindergarten, I wanted to be a pizza maker. That was my career aspiration. Yeah, that's it was so great. No, like I remember again, actually, you know, what it comes back to my favorite thing that lit me up as a kid was when we would go to the beach.



JoAnn Crohn 22:15

Yeah, when my childhood I was I was the actor, I always put together plays I always wanted to perform. So that's what I do. Now. I mean, on this podcast I perform, and I started this whole company as a hobby. And that was me pursuing my unicorn time. And as it's become more of like work, I'm finding any more unicorn time to fill it.

B Brie Tucker 22:37
Right.

J JoAnn Crohn 22:38
So I'm going back to athletics, I've started a new program on the bike. And that's supposed to like increase my biking capability, and then piano, but I was always a racer, too, when I was in my 20s, that's when I discovered that, oh, I don't have to be so fast to run, I can just go and enjoy the race and get all the free food afterwards. And I really liked that. So I miss races, but they're starting to come back now after COVID.

B Brie Tucker 23:03
Right, I was gonna say like a big part of this team is that things are coming back. And we're going to be able to pursue more of those things. So like, maybe you have something you loved as a child that isn't available right now, because of the pandemic, but it's coming back people, it's coming back.

J JoAnn Crohn 23:16
it's coming back.

B Brie Tucker 23:16
So there are ways to get there.

J JoAnn Crohn 23:18
And then number three?

B Brie Tucker 23:19
yes, make the time to do this unicorn time and protect it!



JoAnn Crohn 23:24

and protect it. This is your time, and you can tell other people in your family that you're going to do this and you want to do this. And the hard part comes is when you're doing this, and then people come and interrupt you.



Brie Tucker 23:36

Yes,



JoAnn Crohn 23:37

you kind of have to stick to your guns,



Brie Tucker 23:38

right. And I want you to think of it this way. Okay? because I hear ya, I know already, probably you're thinking that there's going to be some guilt coming in there of like, Oh, I feel guilty, my kids need help with their homework, or my spouse could really use me to help handle this aspect that's going on, or whatever it is.



JoAnn Crohn 23:55

Or in the middle of your time, your kids calm and they're having this huge fight. Right, and you feel like you need to break it up. Because that has happened to me. When I'm on the bike, they'll come in and be like, such and such and such and such. And what I tell them is I'm like, can't hear you on the bike. 20 minutes, and then I'm like, go.



Brie Tucker 24:15

20 minutes, and I'll be back. But you know, a big thing to realize is that you are doing such a positive thing by setting up these boundaries and sticking to them. What I want you to do is think about the long game. Alright, so your kids are little right now and they need you and your or at least they feel like they absolutely positively need you and you feel like they absolutely positively need you as well. Now, let's look at this, like 10-15 years down the line. They are now like 18 years old or older. Do you want them to have good boundaries where they can tell people "No, you're asking too much of me"? or to be able to keep positive relationships and be able to say no to the toxic relationships?



JoAnn Crohn 24:54

Yeah,



Brie Tucker 24:55

yes, you do!



JoAnn Crohn 24:56

You want them to have a good boundaries!



Brie Tucker 24:57

and how are you going to do that? by showing them right off the bat that you are aware of those things, and that boundaries are important and that you can keep to them.



JoAnn Crohn 25:05

And also don't think that like, you're going to need to be really strict with your boundaries on one thing all the way until they're 18 years old.



Brie Tucker 25:12

Gosh, no, yeah.



JoAnn Crohn 25:13

Usually like two or three times that you stick to a boundary. Your kids respect it, and they don't bother you during that time anymore. Unless bleeding or dying.



Brie Tucker 25:22

Yes, there are those things like I tell my kids, if nothing's on fire, and nobody's bleeding. It can wait.



JoAnn Crohn 25:28

Yeah, exactly.Exactly. But make that unicorn time and protect it. Like we have some big unicorn time that we're scheduled to do in October with a little cruise.

B Brie Tucker 25:41
I'll admit, I'm just as excited as terrified.

J JoAnn Crohn 25:44
Yeah, I'm excited and terrified too. I'm like, so scared, I'm going to go away and everyone is going to be mad at me for leaving them for so long. And like I'm just like the horrible mother for wanting to take a vacation away from my family. Those are the thoughts going through my head simultaneously with like, I get to Italy with my best friend. Like two things. conflicting, conflicting, right there. Oh, yeah. Cognitive dissonance right there.

B Brie Tucker 26:07
Exactly. Exactly. Same thing here. And like, I have never been outside the US really, I think I've been to Mexico like twice for like, less than a few days. So I'm a little terrified about going somewhere. But you know, it again-

J JoAnn Crohn 26:21
That one is gonna be fine. You're gonna we got you. Shana, I got you on this one!

B Brie Tucker 26:26
You guys are gonna so have to- I'm gonna be like that cat. The one in the carrier going "Raaaaa!"

J JoAnn Crohn 26:30
And we're gonna be like, now before you take out your passport that you should have a stamp of they'll ask you what you're in the country for It's okay.

B Brie Tucker 26:38
And we'll poke you when you have to talk. So that you're not such a deer in headlights.

J JoAnn Crohn 26:44
gonna be fine. It's all good. Yes, yeah, it even happens in October.

B Brie Tucker 26:49
I know, I know,

J JoAnn Crohn 26:49
Cause you know, COVID.

B Brie Tucker 26:51
important time that we're going to have,

J JoAnn Crohn 26:53
yes,

B Brie Tucker 26:53
something that is going to be ours that we get to do. And again, like you talked about, it doesn't take forever, to get past that hump of your guilt in your family respecting those boundaries. Think about it. When you were potty training your kids, it seemed like that was gonna last forever. But they eventually got it and you moved on. Not saying it's gonna take us on with potty training day. But my point is, is that when you're in it, when you're in the thick of it, it feels like it's gonna last forever, and it's never going to get there. But it will and promise that it will.

J JoAnn Crohn 27:18
and in terms of like relationships, too, like if you have a partner, taking your own unicorn time is really great, because now that I've gotten the time to take my own, I'm like trying to get my husband to take some of his own. And like, I'm not resentful. If he goes, he's like, I'm just gonna go hang out a coffee. And I'm like you do that you go hang out at coffee, because I know he was there to cover my back when I leave. And so I want to be there to catch him as well.

B Brie Tucker 27:42
And how much more refreshed and happy and fulfilled does he probably feel when he comes back? And then he's that much of a happier, better person for everybody in his life?



JoAnn Crohn 27:53

Yes. And everyone's a happier better person when they're allowed some time away. So



Brie Tucker 27:56

what do we say about the mom a best mom has a happy mom?



JoAnn Crohn 27:58

The best mom is a happy mom. Take care of you. Yep, and with that, take some unicorn time tell us Hello@noguiltmom.com. Tell us what your unicorn time is. Like, we want to know. And make sure to go get that Happy Parent Checklist because if you do not get emails from us, what are you doing? We have a great newsletter that goes out every Tuesday with something inspirational, separate from the podcast that you can take and read and really put into action and apply. So come join the no get mom community. And until next time, remember best mom's a happy mom take care of you. We'll talk to you later.



Brie Tucker 28:36

Thanks so much for stopping by