

Transcripts for No Guilt Mom

Podcast Episode 159

JoAnn: Welcome to the No Guilt Mom podcast. I am your host, Joanne Crohn. Joined here by my co-host, Brie Tucker.

Brie: Hello. Hello every buddy. How are you?

JoAnn: And if you're watching us on YouTube, you really saw my Fancy dance motion to do that, to Intro Brie and highly recommend,

Brie: and they get to see my awkward trying to figure out if I look at the camera? Or do I look at the mic? Or do I look at the notes?

JoAnn: We're getting it. We're totally getting it, but today we are talking about. All the holiday stress, particularly how to stop comparing ourselves to others during the holidays.

Brie: Cause you always end up walking away feeling like crap.

JoAnn: You do. You end up feeling like crap because you didn't do something that your neighbor did or your friend did, or your sister did, or your mother-in-law did, or your, I can go on.

Brie: Yes! So that means that you're not as good of a mom, you're not as good of a wife, you're not as good of a friend, you're not as good as a sister, as a daughter. Like it, the list goes on because no matter what, you're never gonna be the perfect ideal of everybody else. So there's gonna be somebody that's gonna make you feel like crap.

JoAnn: Yes, and we did an episode actually about the gap in the gain. It's really in that gap. So if you go, unless with that episode, it's a quick practice on positivity. Yeah, totally listen to that about the mindset, but I link in the show notes. Awesome. So I was really interested about the story that you told of, uh, like in your family about the apologizing for things.

Brie: Oh, okay. All right. Yeah, so kind of what, what sort of sparked this Is that? Okay guys, I am 43. Mom, I love you. I know you listen to the podcast but my mom still is apologizing to me for all the things that she didn't do with me because she stayed at home with my sisters until they were in school. And when

I started school, she went back to work. . And so my mom's like, Oh, I didn't do breakfasts with you, and I didn't do that. I'm like, Dude, I have a lifetime of amazing memories. The crap that you're thinking that, that you were a bad mom and that I lost out on, I. Didn't even, Didn't even phase me.

JoAnn: No, it's funny because mom, I love you too, , and I get the apologies as well about looking at things I do with my kids, which I don't really think are that spectacular at all. Cuz I mean I think that's just how you look at your own parenting. You look at the stuff you do and you're like, whatever, and then you look at the stuff other people do and like, Oh my gosh, if only I could. That.

Brie: Yeah.

JoAnn: And I think that's why we need this episode because my mom looks at me and she's like, I'm sorry I was not a good mom to you. And I'm like, Mom, no. It was wonderful. It was wonderful.

Brie: And it's true. I think that no matter how healthy you are, that shame and that guilt. Creeps in because we have a world, we're connected to each other so much. We can see everything that everybody else is doing. You're, I mean, I have a Pinterest board just called Cool Ideas.

JoAnn: Mm-hmm.

Brie: of like crap that I wanna do that I will never get around to doing because. There aren't enough hours in the day.

JoAnn: Yeah. So we are going to go down how you could stop comparing yourself to others this holiday. We're gonna be talking about the actual things to let go of. And Brie and I prepared for this episode really well. And if you, again, are on YouTube, we have a list.

Brie: Yes, we do. We do. We have lists. At some point we're gonna have to have a pause

JoAnn: so stay tuned for the ways you can stop comparing yourself to others this holiday season and now on with the show.

(Intro Music)

JoAnn: Okay. So here at No Go Mom, Brie. Well, we're very into setting timers and making brain dumps and lists. We do this in Balance VIP group every week

with our time blocking with our members. And so, in brainstorming this episode, Brie's like, Okay, I'm gonna put the music on for a minute, and I want you to write down everything that you feel like you are responsible for this holiday season.

Brie: yes. Because I think it's, it's tricky like that, right? I think anytime anybody asks me what I'm responsible for, and you'll know this from working with me, I kinda get this deer and headlights look and I'm like, Oh my gosh, I gotta remember everything. Cause if I say too little, people are gonna be like, You're lazy and you don't do stuff. I try to make sure I list it all. So we wrote it down because I know this is one holidays. I know I've got a lot of expectations.

JoAnn: It's so funny. So a little aside, whenever I ask you that question, there's always an ulterior motive that I think you are doing too much.

Brie: I gotta make myself worthy.

JoAnn: I'm always like, I think you're doing too much.

Brie: I can't be the only person that feels like that ever.

JoAnn: No, I don't think you are.

Brie: Yeah. So we ask, you're like, Ah, Yeah, yeah.

JoAnn: So we have them down. Yes, we have 'em down. So I think you should go first.

Brie: Okay. So the question we asked each other was what do you feel like you're expected to do this holiday season?

JoAnn: Mm-hmm.

Brie: And so for me, I reflected. All the things that are in my head that I'm expected to do buy presents for both families, coordinate with my ex-husband and my family for social gatherings during this

JoAnn: Which is Crazy all on its own .

Brie: Yes. During the holiday season. I need to wrap and that includes buying all the wrapping supplies. Like if we're, if we're short on something, it seems to

be like I'm the only one that notices that we are out of, you know, gift bags. And then I have to do it all. Then I have to hide the gifts. I just told you like we, we have had incidents where gifts got hidden and forgotten. So we've decided that Brie has to be in charge of that.

JoAnn: You know what, when you told me this the first time, I was like, Why are you hiding gifts? And then I realized, Oh, so people don't find 'em before Christmas cuz Santa Claus comes. Is that it?

Brie: Yes. Yes. It's,

JoAnn: Or before they're wrapped?

Brie: Before they're wrapped.

JoAnn: Before they're wrapped. Got it.

Brie: I, yeah, I don't have time to do it in the moment. I always have a holiday party, ugly sweater slash cookie exchange slash drink exchange party, and that includes budgeting, doing all the shopping for it, calendar, finding a date on the calendar that the people that at Core I've gotta have there can make it. And. Cleaning the house, which isn't even an issue. Like we're, this year we're renovating, like we're, we're redecorating redoing our bathroom. That's a lot for kitchen sink. Yeah. Just so it's done before the party, so

JoAnn: Oh my God. And the party is great. I won awards. . It's a fun party. I like the party. I'm award winning party goer.

Brie: You are. And then my family likes to do family vacations. It seems like over Christmas break, my extended family, food so that I don't have to do cooking during the week of Christmas. I like to just have everything there, quick warmup, instant food, cookies, Nobody will help me do cookies. And that was like a memory with my mom that I had. So I have to cook cookies.

JoAnn: It's like there's an emotional tie in there.

Brie: Yeah. That I have to do it, but then I get bitter while I'm doing it cause nobody will help me.

JoAnn: Oh my gosh. Idea. Did you tell your, like would your mom bake cookies? You could be Mom, you can make up for this horrible Christmas I had as a child. .

Brie: That's so mean.

JoAnn: It's so mean.. I'm sorry. It's my humor.

Brie: Um, yeah. You know, it's funny, we all do it and we all make it to like my, my two sisters and my mom and I, we all make cookies at our own house and then we all bring them over to my mom's house on Christmas Eve. And then my mom, it's constantly like, Do not leave all these cookies here. Oh, you guys cannot leave. Four dozen cookies at my house. But anyway, and then my mom also started a tradition when my mom and my dad when I was younger, where they made this like homemade, advent calendar that you, you do activities instead of candies.

JoAnn: Oh, that's cute.

Brie: 25 days of it. You do this. You, you thought it would be easier when I got divorced than when we had the kids half of the time, but Nope.

JoAnn: Nope. Oh my goodness.

Brie: So I have to come up with all the activities. Miguel tries to help. Yeah. But I feel like a lot of it is still on me. Um, and then also buying all the things. That are coordinated with it. So let's say one thing that they've, that they've enjoyed doing on the advent, like we'll have one where crazy sculpture night. So, the first year we made sculptures out of margarine and whoever won got a gift card. Last year we made them out of Oreos. We each had our own pack of Oreos and we had, uh, Like 30 minutes to build something and whoever....

JoAnn: Oh, that's fun. It's like a minute to win it.

Brie: Yeah, almost.

JoAnn: But longer time.

Brie: But I have teens, so, the, the prizes are gift cards and I gotta go out and buy the gift cards and I also had to go out, buy the Oreos or the margarine, whatever it is. Right. You had to buy all the supplies.

JoAnn: That is a really, really fun activity that I think like I, So one thing that we've done in the past, like our group of friends and this is a long time ago, so not our current group of friends, but like my husband's group of friends. Anyways, long story we had a chopped night. Where you didn't have to buy

anything. We were at one person's house and you could use whatever was in their pantry to make the stuff. And of course some things were off limits and everything. Like they were aware this was happening before. It was so much fun. And I love hearing that. Cause I love hearing the margarine thing cuz I think I would be like, Okay, let's make sculptures out of anything we have.

Brie: Ooh.

JoAnn: Yeah. But I, I like that idea. Yeah, that's fun.

Brie: It was. It was fun, but it was a mess. So that's, so that's my short list of everything that I know I've gotta do. And I didn't even add on there, holiday activities that I wanna go do.

JoAnn: Yeah, right. So you didn't even put in your joy.

Brie: Yeah, I wanna go to botanical gardens cause I love going there at Christmas time and, Oh. Didn't write it down.

JoAnn: Okay.

What are your, what's yours?

So I had to go back to a few Christmases ago, 2019, where I was sitting on the couch crying on Christmas, and I'm like, This has got to stop. Because I was putting way too many expectations on myself and trying to continue things that I didn't even like doing. I felt like I had to do it to because it was like my childhood and I wanted to give my kids that kind of childhood. And then they didn't even. Appreciate it as much as I think they should appreciate it. Do you know what I mean?

Brie: Oh, yes. That's, that's another toxic thing we have, right? The whole, like, nobody appreciates it to the quality that it needs to be appreciated.

JoAnn: Mm.

Brie: Half of the time though we don't even know that they're, they're, they're like, Dude, I do appreciate it, but

JoAnn: we have a hard time like giving those things up. And I think we just pile on more and more and more to us. So the things that I, I was really putting

on myself was the buying and deciding of gifts and all of these, like on their own. I think I would be totally fine taking like one or two of 'em. I think that all of them together is what really caused my breakdown. It's like the deck of cards. Yeah. It was in the wrapping of presents, the holiday meal decisions, like what we were eating and planning, all of that stuff.

Brie: Mm-hmm.

JoAnn: The coordinating and accepting invitations to all of the family holiday activities.

Brie: I mean, I forgot about that one.

JoAnn: It's the calendar, it's the schedule keeper.

Brie: You are the activities, uh, coordinator.

JoAnn: Yeah, yeah, yeah. Can make your head explode. It does. Decorating, I hate it with a passion. I'm sorry.

Brie: Forgot about that one too.

JoAnn: I'm sorry. Whoever I offended, I probably offended my daughter, who runs actually a Christmas Instagram account, by the way.

Brie: Just let her be the one who does the decorating this year.

JoAnn: That's what we say, and she's like, I don't wanna do it alone. I'll be like, I'll be there watching

Brie: you, you just take 20 minutes to figure out where to put that one nome.

JoAnn: No. Yeah.

Brie: And while she does the rest.

JoAnn: Yes, I do. I just don't like decorating that you to walk around. Just be like, I'm not sure where to put it yet. Oh, okay. Oh, I love what you did. That way I, I really appreciate having something decorated, but I do not enjoy the process. At all. It stresses me out. People for that by the way. No, I was like, can I hire someone? But

Brie: there's a girl named Bianca that does it here in your neighborhood.

JoAnn: Oh, interesting. I've seen her see that.

Brie: Mm-hmm.

JoAnn: This is a weird one, giving acquaintance gifts like those people you're friendly with throughout the year that like, Oh, I'm gonna spread Christmas joy and make you a plate of cookies and give everyone a plate to cookies, cuz that's what's needed to be a kind and happy person. And, uh, notice how I say that, kind of like with a , a little edge in my voice.

Brie: You're the gatekeeper, you have to figure out who to do it to and then what to give them. Because they're an acquaintance, it's not like a good friend. You don't necessarily know.

JoAnn: Well, it's funny because it kind of, it comes under the keeping of relationships, which I think is so like not valued as something that needs to be done to function in society. Yeah. I was talking with my husband and thankfully he's, he's now seeing the value in it because he's like, Yeah, I just wouldn't talk to anybody. And he's like, But I really like that you do else we would have no friends . He's true. He enjoys the parties. It's true. We would. Friends,

Brie: he's very fun at parties.

JoAnn: Hes, he's, so, he, he enjoys the people he likes to be around. Yeah. But he will not reach out to acquaintances try to be friendly with neighbors or anything. He'll be like, Hey, and, But no, nothing goes deeper than that. Yeah. And I'm the one who's like, Hey, are you my friend ? Are you my people? Can I invite you somewhere? Like , let's hang out. That's very much me. It used to be holiday cards thinking we needed. Family holiday card and I scratch that.

Brie: That is another one that I think a lot of people. I mean, if it brings you joy, great. But if it stresses you out, dude, let it go. Let it go. Save the earth.

JoAnn: Yes.

Brie: Save the, save the paper.

JoAnn: And then when I was a kid, one of my favorite Christmas memories was waking up and having our stockings full and being like, Oh my gosh, what's in our stockings?

Brie: I didn't write stockings down.

JoAnn: I totally hate shopping for stockings. So do I. I think it's filled with, I'm sorry. I'm gonna be very plain here. It is filled with the most useless junk that has like sugar. It is. And toys and things that go in the trash anyways. So you're like creating a waste for the environment, this whole thing.

Brie: Isn't it also easier though when they're little?

JoAnn: Yeah,

Brie: because when they're little, you can go get like little things from the Dollar Tree or whatever and throw some candy in there. They're good. You got a 15 year old. Oh. This isn't,

JoAnn: It's hard.

Brie: It's a different bath and Body works mom. Um, yeah. I don't like the scent. You can take it back

JoAnn: and I hope that you hearing us say these things are giving you permission to let it go.

Brie: Yes.

JoAnn: So let's talk about the kind of things that you can let go of this holiday season without feeling that you are less than because somebody is doing something different.

Yeah. First of all, the type of gifts you give.

Brie: Yes. Okay. Again, I love you, mom. , but listen to me on this one. Gift cards are okay, . They are okay. They're okay. They don't try to figure out my teen. I can't figure out my teen and I live with her . It's so true. It is so true. You guys, how often I have to ask them like, What is your size right now? Because you're going through growth spurs all the time and they're like, Oh, mm-hmm. . I'm like it. Yeah. Size, style, whatever. Just gift cards work or, Yep. Found a new thing, Snapp. Love snappy.

JoAnn: Yeah. And like with the gifts. So I, I feel like I have been putting this expectation on myself that I need to go get. Perfect gifts for every child.

Brie: Mm-hmm.

JoAnn: in our family as well as the adult, as well as friends. And it's something that I, I don't even value, like I don't value stuff as you know about me.

Brie: Yeah. You're definitely not a, don't gimme things, you're an experiences kind of person.

JoAnn: I am totally an experiences person, so, um, I, I think this year, instead of getting gifts for my nephews, I think I wanna take 'em somewhere like just somewhere in the valley. Like a fun place that we can, like all spend time together at. I think that memory will last and the gifts sometimes don't last. I mean, they're fun to open and I bet I will give them something to open like a picture of the place or something, but that I'm gonna let go of the giving of actual physical gifts this holiday season. I just said it out loud and now I'm like, Oh, I'm a little scared about that.

Brie: Yeah, I think that's an amazing, I love that idea. Again, experiences I think are a really great thing. , and that's where like I get hung up. And I think a lot of people do get hung up, like the whole, Well, I got, And the other thing too with the gifts, who has gotten themselves stuck with the whole, like, Well, I have five gifts for this kid.

I need to get five. I have three for this one. Granted the three are worth the same amount. This is, but now what do I do? Like, And your head's gonna explode. Cause you're like, Do I go with numbers or do I go with value? I don't know. And it just, it ends up being so stressful. And so again, that's where like letting go of that stress. Have a rule, like one gift per person, or maybe like you just said, it's experiences this year I'm going to take you somewhere and do something. I know that would mean a lot more to my parents who they would much rather go and spend a day with me than have a gift basket full of little things.

JoAnn: That's true. I think I'm gonna do it for my parents as well. Yeah, because like shopping for them, I wanna show them that they are appreciated and cared for and I really love them. But I've been feeling really pressured about the physical gifts and feel like I never hit the mark. ever.. And maybe it's just the g the physical gifts. Yeah. And I just need to change it a little bit

Brie: and it could like, and you know, going into extended family, this is something we did in a extended family that really helped my bank account

because there's like 15 of us here in town. When it comes to the adults, we don't give gifts to each other.

JoAnn: Mm-hmm. ,

Brie: we do a gift exchange. Mm. So like, we have a white elephant gift exchange. And it makes it so much easier.

JoAnn: And it's, it's really hard sometimes guilt wise when you have, because we have that on one side of my family. And we have this understanding, and then you come to the holidays and you find out that somebody has not done that understanding and has bought you a gift anyways, and then you're like, Oh.

Brie: We are freeing you of that guilt!

JoAnn: Yes, we are freeing you of it. Because you know what You were upfront, you came to understanding They're the one who didn't respect it. Yes. You are not expected to get a gift cuz you were very clear.

Brie: Yeah, yeah, for sure.

JoAnn: And no apologies, like I didn't get you anything. Be like, oh my gosh, thank you so much. And then enjoy your gift.

Brie: The fact that you're together for holidays is what works. Exactly. Exactly. Okay. Number two. This was a big one. Okay.

JoAnn: Talking about holiday meals.

Brie: Yes. So there's a lot of ways you can skimp on this one. I'm gonna start with like I, I love, I love everybody in my life For sure. But, uh, my friend Jen used to always give me so much crap because when I would cook a homemade meal, it was with instant mashed potatoes, like cut, slice, and heat. Ham already cooked all the way, you know, And like I had my can of peas, whatever. And to me that was a home cooked meal. I put it all together, it's all there, and I would make dessert and like, Oh, I know that was it.

One time I was supposed to go over to her house and I was supposed to bring dessert uhhuh, and so I had like six boxes. Instant desserts. And I'm like, Pick one. And she starts laughing. She's like, Could you make a cake from scratch if you had to? And I'm like, Well, I could. But why?

JoAnn: Why, why? If you're not, if you don't enjoy that sort of thing, Right, You're the results are there.

Brie: Yes.

JoAnn: You said dessert. I say, Here's a dessert.

Brie: Right. It works well. So anyways, my point is like, however you need to do those, those meals is totally fine. I loved your idea though, for meals. The meals, how to cut the takeout, how to cut on meals.

JoAnn: Yes. The takeout. Takeout with DoorDash. And another idea we had is that a few, not a few years ago, it was actually. Or my daughter was born.

Brie: Mm-hmm. .

JoAnn: We took a big trip to London as like an entire extended family. So it was my in-laws, it was my parents, it was my sister, and we were there over Thanksgiving and London, of course doesn't celebrate American Thanksgiving. And so we were here wanting a meal together and we found this cafe, you're gonna love the name of this cafe, the s and m cafe that I went to with my entire family. And it wasn't like that. It was actually very homey and nice and it stand. Sausage and mash cafe. And so it was like

Brie: mashed potatoes?

JoAnn: Yeah, Mashed potatoes. So it was like brawtwurst style and then mashed potatoes and it was just very homey and good. And that is something that for Thanksgiving, uh, my husband and I did this pandemic times. We just went A cabin in Flagstaff and we had sausage and mashed potatoes on Thanksgiving, and it was the most wonderful thing ever, and it was so easy to make. And so that is something that we replaced kinda the holiday meal with.

Brie: Yeah, Start a new tradition that is just yours. That's simple. That's simple that you can pass on to your kids so that they don't have the guilt. Yes. 30 years from now

JoAnn: and don't feel like you need to make a holiday meal either. Like, sometimes the another thing my family did is on Christmas day we would get tamales like the premade, Tamales. Cause we're here in the southwest so you can order those pretty easily. Like frozen or freshly made a lot of restaurants have 'em.

Brie: Yeah. We had a lady that used to walk around our neighborhood and knock on your door.

JoAnn: Ooh, those sound good. Iani. You went. They're all like homemade. Oh my gosh. Is so delicious. But getting something like that, that's really easy to cook for a lot of people. Mm-hmm. , you put it like in a steamer, bam. Done. So, you don't have to cook a meal.

Brie: I know. I think if that is something that everybody contributes to. And I do mean everybody needs to contribute to this.

JoAnn: Mm-hmm. ,

Brie: make it potluck style people. Yeah. Then maybe that's okay. But if it is stressing you out, let this go, man. Let it go. Let it go.

JoAnn: And these are all ideas that you could put into practice, but I think something we do really need to cover is that it is not totally on you. Mm-hmm. to do the holidays. These are discussions that you could start having right now with your parenting partner or the other adult in the house.. If there is one, because not everything should be on you.

Brie: Right, Exactly. Or even your kids or things that your kids can do.

JoAnn: Mm-hmm. ,

Brie: when I was younger, it was my job to do all the holiday wrapping.

JoAnn: Yeah.

Brie: Maybe that's why I get so bitter about it now. By the way, all gifts if you haven't noticed for me, always coming a gift bag because I was forced to do all the wrapping when I was little.

JoAnn: I don't like wrapping either.

Brie: God bless my dad. He was nice about it. It was, he would just Hey, I'm at work and you're off from school. Do you mind like wrapping the presents for your mom? I haven't gotten around 'em yet. You know, whatever. Yeah. And one year ahead to wrap gifts and there was a unicorn, a rainbow unicorn T-shirt, and I was like eight. And I'm like, Dad, are you sure? These are all moms? Yep. All

moms. All of them. Yep. Uhhuh and Christmas morning, my mom and her upset and She was like, Michael- did you have Brie wrap the gifts?

JoAnn: Oh no.

Brie: Well, this is yours, honey. I'm like, Oh good. I was wondering why you were like in your thirties and wanted, Had a unicorn rainbow T-shirt that I wanted. Oh my goodness. Oh. But anyways, my point is there are things that other people can do in the house. You have the kids like be Hey, it is your job to wrap your own gifts.

JoAnn: Here's your gifts. Wrap your own gift. No, the gifts. The gift.

Brie: Oh yes. The gifts and the gift. That's what I mean. Yeah, I know. Sorry. Yeah. Yeah. That, that would be weird the other way.

JoAnn: My 13 year old actually wrapped a lot of the gifts last year, which is great because she's very good at it.

Brie: Miguel is starting to take it over because he, uh, isn't overly, doesn't love the way I wrap gifts.

JoAnn: Then totally take it.

Brie: And he does like perfect edge. and he gets like the big fluffy bows. Mm-hmm. that I have no patience for. Yeah. No patience for.

JoAnn: Can we talk a little bit about making our partners definitely more accountable in the process? Because I think a lot of the language that goes on, especially when we hear it, in our coaching sessions and everything, is that Yeah. Well, he doesn't like, This, or he doesn't wanna do this. And it's being very considerate of our partner's feelings, almost to a detriment, because it puts more work on ourselves.

Brie: We sacrifice ourselves for their happiness,

JoAnn: we sacrifice ourselves, and sometimes we're not even sacrificing ourselves for their happiness. We're sacrificing ourselves for no reason, because we won't bring the discussion up like we assume it.

Yeah, you're right. You're right. We assume, like, so that was an everything too. Like that list that I, that I made up. Mm-hmm. . These were all the things that I assume I'm in charge of. Mm-hmm. . And I'm willing to bet that if I sat down and did this, You know what? I'm gonna do it tonight with my husband. So, Miguel, when you hear this episode, it's already happening. It's already happened, but, we're gonna sit down and do this and I'm willing to bet you that he's gonna have half of this stuff on his list too. Cause he's gonna be like, I can do it.

Yeah, because something that we talk about, we just did A quick win on this in our Balance VIP group about delegating and what it really means to delegate, because

Brie: that's hard.

JoAnn: So often we think delegating is Okay, it's gonna be so much work, because then I have to make a list that tells them exactly what to do. Yep. And then I have to come in and if they don't do it right, that's not delegating. delegating would be like saying Okay, you're in charge of wrapping presents. Here you go. Here you go.

Brie: And if the presents come out in a brown paper sack that says Frys on the side of it. Yeah. And. Toilet paper stuff inside, inside of tissue paper. That is what got done.

JoAnn: Well and that's a discussion you could have too about like of

Brie: expectations? But imagine the memories, The memories of Christmas. Yes. Where everything came in grocery bags with toilet paper, .

JoAnn: Yeah. And it's something to keep in mind because I mean, when you delegate a task to somebody else, there's a lot of creativity there and like ideas that they come up with that you'd never thought of. And it's so fun. See because how different people's brains work. But if you are like me, have to define if you're very particular about the gifts, just talk about, so how should the gifts be wrapped? Is gift bags. Okay. And have that be a discussion instead of a one way.

Brie: Well I think a big way to even start it a lot of times is, Do you have any questions or something that we've taught the group to do? You know, if you, if you really have like young kids and you're delegating to them mm-hmm. , maybe you need to do this with your, your spouse as well. Parenting partner at home, I don't know, but the whole, I do. We do. You do.

JoAnn: Mm-hmm.

Brie: Path is super helpful too.

JoAnn: Yeah. I often don't think we need that with partners like it.

Brie: Oh well, okay. It gets to me. You shouldn't have to, you shouldn't have to. That's kind of talking down.

JoAnn: It's so funny. You shouldn't have to, It's so funny cause I talk with my husband about this and he's like, why do some men have to be such man children? These are his words. These are his words. Like, I'm not and I respect him for that because it. Like have to be that way. Yeah. They are equal. They are an adult. They're adults. They're adults. And Yep. I get angry when some men kind of play into that a little bit. . I've seen it happen. I've seen it happen. Yeah. And I may get total pushback from that, and that's totally cool, pushback against me about saying like, how your husband or partner can't do anything like that. I, I wanna challenge you on that one.

Brie: Well, and I think sometimes you have to think about where you're coming from. Mm-hmm. . Right? I don't wanna dive into this too much cause I know we're coming near the end of the episode. But, um, I do think that you're, so it may be coming from a place of a good, good spot in your heart, right? Yeah. Like, you, you feel like, Oh, I'm giving them the information, I'm helping them so they can do it, right?

Mm-hmm. , or they can do it the way. . It needs to be done. Granted, there's a lot wrong with what I just said. Uhhuh, . But, cuz things can be done differently. They don't have to be done just the way you've read it in your head, but you're thinking you're helping them out by showing them how to do it step by step.

You don't know what's going on in their head. Mm-hmm. , they might be thinking, Wow, you really think I'm an idiot, cuz like, you're just talking, or, or, Oh, wow. I really am incapable. I can't figure out how to do this without a step-by-step instruction.

JoAnn: And it's a complicated situation to unravel because I really feel like we've been programmed almost as women. And when I say programmed, it means like the media, we watch, the Instagrams, we see that everything like that stuff gets in your head. Yeah. It gets in your head about what a good wife is. It gets in your head about what a good mom is. And it happens. like not

unintentionally, but unc. Yeah. Like you don't realize it lives there until somebody comes and challenges it directly

Brie: and then you're like, Oh snap.

JoAnn: And you're like, That lives in my head, . Oh no. I mean, we find those things all the time , that are good to be challenged. Yes, exactly. For sure. So with the partner, we wanna challenge that and to say that it's an equal partnership.

Brie: Yes. What I would love to see is that people are listening to this episode, do what we. do your brain dump with your parenting partner. And if you're, and if you don't have a parenting partner at home, it's like your single mom and kids, Right. Have your kids do it with you. Mm-hmm. , like what do they expect? Or is their job to do during, during the holidays or what are, what do they think you are you're supposed to do during the holidays? I'm willing to bet those lists aren't gonna be the same mm-hmm. Between what you think you're supposed to do and what they think.

JoAnn: Oh, that would be interesting to see what my kids, That's one of the activities that we have in our challenge this year don't do the holidays alone, is to sit down and see what everyone values in the holidays and what,

Brie: but there's a difference between what you value and what you think you're responsible to do.

JoAnn: There is, so like when you see,

Brie: I don't value wrapping gifts, but I think it's. Or at least I did until last year.

JoAnn: And when you see maybe your kids value opening gifts, you're like, Oh, they like, this is important to them, so maybe I'll find a way to make this a little more doable or delegate it to, to someone else in the house.

Brie: Or you find that they don't like it. For instance, I have been hounding my son for the last two weeks to give, some actual gifts that I can give to his grandmother to give to him. Mm-hmm. because she's a very open, a present, a physical thing. Mm-hmm. . And, he's like, Dude, I don't, I. I don't want anything like that.

Like I just, And I have to like He's an experience kid. Yeah. He'd rather be an experiences kid, so I mean, yeah. I don't know where I was going with that, but it's hard train left the station and it didn't come back.

JoAnn: I kind of get where it's going, , because it's a really complicated family dynamic. Yeah.

Where I'm trying to make other people happy, Try trying to make other people happy. Trying not to ruffle feathers and keep the family peace by going with this thing that has been gone on for a long time. But one person, doesn. Like, enjoy it.

Brie: Has anybody said, No? No. That's another example. Mm-hmm. like no one has.

JoAnn: This doesn't work. This doesn't, Yeah. No one said it doesn't work because I'm guessing they don't wanna upset, Especially your mom who like puts all this work into the holidays. Oh, she does. And everything. They don't wanna upset her. They don't wanna disturb the family peace.

Brie: Yeah. Yeah. My parents always do this huge hoopla every year for Christmas and it's amazing.

But honestly, the part that we remember the most, my, my siblings and I mm-hmm. and, and the kids is us all being, we could care less if we've got a five course meal, we could care less if there's like 20 gifts under the tree or two gifts under the tree. We just like getting to hang out.

JoAnn: And I think that's a really important thing to hear and that sometimes those discussions can be difficult, but when you bring things like that in a family, I find that there is an initial period of challenge. I've done this in my family before. There's an initial period where everybody's mad at each other and like they don't talk, but you get the emotions cool down and then you talk and it becomes this new kind. Normal where it's happier and it's less stressful. And the more you talk about things, the, the more open people are to doing those conversations again and again.

Mm-hmm. ,

Brie: we forgot to mention one of the big things we're Tony, let go of. So if the kids are listening in the car with you, like mute it, mute it, mute it. Right now. Yeah, neither. Right? Okay. We're telling you. Get rid of the el on the shelf. Get

rid of the elf on the shelf. That is not your job. And oh my gosh, I can't even count. We did stuff for elves. Mm-hmm. before there was el on the shelf. And then all the stuff for Santa. Oh my gosh. There's a lot. Oh my god, there's so much. But you can let that go.

JoAnn: It's funny cuz my husband actually is the one who does el on the shelf. I don't do it. He enjoys it. He does. I think he enjoys, like making the elf naughty.

Brie: You know? I was just thinking people are going to get to hear my thought process here on air. I think that this year, because the Advent calendar, I'm torn. It is a lot of activities to come up with. Mm-hmm. to keep a lot of people happy cuz there's five people in the house. We have two teens, one young adult, plus my husband and I. And, it's, it's a lot of stress on me and I don't like it. Mm-hmm. , I'm gonna delegate that this year. I'm gonna tell like each person, they're responsible for two days on that calendar and that's gonna me like drastically cut down the stuff I have to do.

JoAnn: What if you didn't do the calendar?

Brie: Actually, I tried last year and they, they, they literally cried , they literally cried. So we'll do it again. I, I, But I'll tell them like, the only way we're doing it again is that everybody takes two days

JoAnn: that's perfect. It's distributed. Mm-hmm. .

Brie: Yeah. So that's how it's gonna be. I think that's a good idea. All right. So stay tuned for a follow up episode to let you know how that went. We have a lot of follow up. We have me giving experience gifts to everybody instead of giving real gifts and, and me like trying to like figure out everybody doing stuff on the, advent calendars are my, yes. The AVI calendar.

JoAnn: And I do, I consider cocktails as an experience. So .

Brie: Oh my God.

JoAnn: I will give away cocktails too.

Brie: I think that's phenomenal.

JoAnn: Yeah. I like making 'em, they're fun.

Brie: That makes me very happy.

JoAnn: Cocktails in a jar. It's what we do.

Brie: Cookies, food, like I, I like that kind of stuff. You get to a certain age and you're just like, I like getting to do stuff rather than have stuff.

JoAnn: Yep. It becomes too much stuff. And uh, it can be, it can be. That's actually one way to manage ADHD is to make your environment uncluttered and get rid of stuff.

And I think that's one of my coping mechanisms. I think a lot of people have that coping mechanism. You do.

Brie: A lot of people do better with the clean environment. Mm-hmm. , but, Okay. So hopefully we gave you guys some fantastic ways to stop comparing yourself to others to let go some of that holiday stress to. Toxic stuff that you hang onto that just weighs you down

JoAnn: toxic. I'm sitting singing Britney Spears in my head as soon as Brie said the word toxic. .

Brie: Do an episode where we just like randomly say things to each other to see what something pops into. The other person's head

JoAnn: can't. The words, I just see her with a snake. Remember the best. Mom is a happy mom. Take care of you and we'll see you next time.

Brie: Thanks for stopping by.

(Outro Music)