

Transcripts for Podcast Ep. 168

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[00:00:00] **JoAnn Crohn:** Welcome to The No Guilt Mom podcast. I am your host, JoAnn Crohn. Joined here by my figuring out her mic situation Brie Tucker .

[00:00:09] **Brie Tucker:** Why Hello Hello Everybody! How are you? I was all,

[00:00:13] **JoAnn Crohn:** if you watch the YouTube video, it's super cute. She's moving around like this.

You're thinking.

[00:00:20] **Brie Tucker:** I'm thinking hard.

[00:00:21] **JoAnn Crohn:** Funny, Camden used to have that face too, when she was thinking and she was so cute.

[00:00:25] **Brie Tucker:** I was like, it's so cute when you're little, but as an adult it's just your gross tongue hanging out.

[00:00:28] **JoAnn Crohn:** You could still be cute as an adult. , I think I only get cuter with age. Really? That's what I tell myself in that

[00:00:36] **Brie Tucker:** I get more wrinkles with age.

[00:00:38] **JoAnn Crohn:** No, we only get cuter with age

[00:00:40] **Brie Tucker:** now I'm making faces. You've really gotta, you really gotta join us on YouTube if you're not because. The joys of the extra visuals. It's so much fun. .

[00:00:50] **JoAnn Crohn:** No, it's fun. And there's, there's a lot of stuff going on where, uh, we're gearing up for our big event this year. The Happy Mom Summit is coming so soon.

[00:00:58] **Brie Tucker:** So excited.

[00:00:59] **JoAnn Crohn:** Oh my gosh. This is our second time doing the Happy Mom Summit. It seems like the last one was only just a few months away.

[00:01:06] **Brie Tucker:** I know, I know. It feels like it just happened. How does it, how is it possible that years just zip by as you get older?

[00:01:13] **JoAnn Crohn:** Zip by, I know they do. They zip by because it's always like, this is what I was told, that you compare it to the life you've lived already. And so when you're little, you really haven't lived much of life.

So time just stretches in front of you. But when you're older, you've lived a lot. So you have a lot to compare to. And then time just gets shorter.

[00:01:31] **Brie Tucker:** I have heard, yeah, I've heard a similar thing. I think what I had heard was that it has to do with memory.

[00:01:35] **JoAnn Crohn:** So like memory?

[00:01:35] **Brie Tucker:** Yeah. Like how many, how many memories you have. That makes it longer. (Indistinct singing) There we go.

[00:01:42] **JoAnn Crohn:** Shiny object squirrel girls. Right over here. It's like we can break out, ends a song anytime.

[00:01:47] **Brie Tucker:** I know, right? You never know. But yeah, so it's like it, it just amazes me how quickly it felt like 2002. 2002? 2022! Just started and now it's already gone and we're in 2023 and the whole year is starting all over again. Like there's just, there's just all new things, but I'm so excited for the stuff that we have coming up. 2023 is gonna be an amazing year. People, we are gonna rock.

[00:02:10] **JoAnn Crohn:** It is going to be such an amazing year. And, well, one of our, episodes that we're starting it off with is this fabulous conversation with Kelly Smith. She is a globally celebrated yoga and meditation teacher, and the founder of Yoga for You and host of the iTunes chart topping podcast, mindful in minutes and meditation mama. Kelly believes that there is no one size fits all approach to yoga and meditation, and encourages her students to find their own personal practice, listen to their bodies and find inner joy by accessing their most authentic selves and owning their power. And really keep your ear out in this episode cuz we talk about how it is okay to not like being a

mom and like being a mom at these exact same time. And I think that's a message we need to hear more of.

[00:02:59] **Brie Tucker:** It is yes.

[00:03:00] **JoAnn Crohn:** So we hope you enjoy our conversation with Kelly.

(Intro Music)

JoAnn Crohn: Welcome Kelly to the No Guilt Mom podcast. We are so excited to have you because you are all about calm and relaxation and how to really achieve that calm state, so welcome on.

[00:03:17] **Kelly Smith:** Oh, thank you so much for having me. I'm really looking forward to chatting about relaxation and rage and being a mom and all the things

[00:03:26] **Brie Tucker:** Mom rage. It's so real. It's so real.

[00:03:28] **JoAnn Crohn:** It's so two, two sides of the same thing, like they exist. Together rage and relaxation, the two Rs of motherhood.

[00:03:35] **Brie Tucker:** It's the and the Yang and the yang.

[00:03:38] **JoAnn Crohn:** I was listening to your story on your own podcast about how you got started in meditation and yoga, and it all started when you were pretty young with your mom.

Can you tell us a little bit about that?

[00:03:50] **Kelly Smith:** Yeah, so I started practicing yoga when I was a teenager first as cross training for my sports. I was an athlete through college and I started where a lot of people start, which is I wanted the quote, good stretch. I was there to, you know, get bendy and then when it was shava in a time I'd roll up my mat and walk out the door and wait for my mom to pick me up. But then when I was 16 my mom was diagnosed with stage three breast cancer. But the story has a happy ending cuz she's in remission now and is now the greatest grammy ever. But at that time I was 16, I was her primary caregiver and I really had to dive into some of the softer sides of yoga. And that included meditation, that included restorative yoga, you know, visualization, really slowing everything down and focusing more on what was happening like internally as opposed to externally.

[00:04:41] **Brie Tucker:** And then using the tools that I had from my yoga toolbox to then. Just kind of navigate such a wild and, you know, challenging and emotional time.

[00:04:50] **JoAnn Crohn:** And I, I think it's so funny how you said you walk out at Shavasana because that is my favorite, favorite part. Like, give me all the shavasana of just laying there and doing things like basically

[00:05:03] **Kelly Smith:** I was definitely a shava. This is like my deepest darkest yoga secret. I was a shava, oh, let's hear this skipper. But I'm. But now, if I were to go back and tell like 15 year old Kelly who would be like, oh, my sweat and stretch is over, I'm, I'm outta here. And be like, Kelly, one day you'll have a career and all you'll do is like lead people through 60 Minutes Shavasana and teach them how to meditate. I would've been like, get outta here. That is not a real thing. Um, so, you know, it's,

[00:05:32] **JoAnn Crohn:** but it's a real thing.

[00:05:33] **Kelly Smith:** We have room for growth. Yeah, it's a real thing. And that's what I do now.

[00:05:36] **JoAnn Crohn:** It's so interesting to me because I do yoga on an app and they're always like a minute for Shavasana and then they're like, if you wanna stay in longer, you can.

But then they go on and talking and I'm like, why do they do this? Like this is the best part for relaxation and everything. And so you now do this all the time. It's funny cuz we have this class at the gym I call napping yoga. Would you say it's kind of like napping yoga? Or would you say it's something different?

[00:06:03] **Kelly Smith:** So yoga nira does translate to yoga, sleep. But I want to hear about this Napping yoga. Tell me about the class you're gimme more context. Tell me about that.

[00:06:12] **JoAnn Crohn:** It could have been restorative. It was long stretches. It was. Three minutes in a hold. Mm-hmm. and like you're supported by blocks and you use straps and

[00:06:21] **Brie Tucker:** restorative yoga. That's what I go to now on Fridays. I love it. It's a really great way to unwind the end of the week.

[00:06:28] **Kelly Smith:** A hundred percent. I love restorative yoga. It's something that I love and I teach people how to teach it. But that gives me good context to nap yoga. So, and it sounds lovely, um, yoga nira, it does translate into yogic sleep. But what it's gonna feel like is, and the reason we do that, we call it yogic sleep, is because we're actually trying to put the body to sleep so we can keep the consciousness awake. So we can do some work on some of the non-physical layers, so it will feel like a long guided meditation. You'll get into like the most comfortable shavana ever.

You'll get bolsters, you'll get blankets. It'll feel like little yoga sleepover and then you'll just listen to the voice of a guide who's gonna lead you through different exercises. Like you'll do some more detailed, like body scans, you'll do some breath, you'll do some visualization. And one piece that's really kind of sets Yoga Nira apart is the use of an intention. We call it a culpa, and the idea is that you're journeying through the different layers of your being and hopefully coming face to face with the true self, which is where you're gonna plant that positive seed of intention. So not only are you deeply relaxing the body, but you're also trying to connect to, and you can insert whatever word you personally, listener like to call it soul true, self higher, self divine, within whatever you like to. We're trying to connect with that space to get to know it better and to plant a positive seed of intention for anything. It could be self-love, it could be gratitude, it could be confidence, it could be forgiveness, whatever seed you want to plant there. Um, we're planting that seed during our practice of Yoga Nira, but I'll just feel like a long guided meditation.

[00:08:03] **Brie Tucker:** Okay, I need yoga nira right there. Like that sounds. So I like my restorative, but that one sounds even better.

[00:08:10] **JoAnn Crohn:** what I hear is that it's tend to taking positive mindset work and combining it with a meditation work. Would that be kind of a good description of yoga Nira and getting to that intention?

Cuz when you say the word getting to the intention in inner self, that's where my brain goes a little cloudy and I'm like, how? What is my intention in inner self and how, how does that change or help me?

[00:08:37] **Kelly Smith:** Yeah, that's such a great question. So usually starting with intention, usually the teacher will set an intention for you. So it's usually some kind of like a positive phrase. They've already decided on whatever the theme of that class is going to be. So either of you, either Brie or JoAnn, is there anything, , not that this is like a therapy session, , but like is there anything that, like any topic that you're really working with right now, whether it be like

forgiveness or self-love or acceptance, like what are we working with right now? I'll give you an,

[00:09:08] **Brie Tucker:** I don't think it could be any of those.

[00:09:10] **JoAnn Crohn:** Um, acceptance of someone else's unreasonable emotional reaction.

(laughing)

[00:09:16] **JoAnn Crohn:** She knows exactly what I'm talking about.

[00:09:20] **Kelly Smith:** All right. Say no more. So that instance, let's say that like if you guys were coming to me and we were doing a yoga Ninja practice and, and you know, maybe you were my client or as a general class or working around, you know, acceptance and accepting that we really, you know, we can't make anyone do or not do anything. Like, all we can really control is ourselves. So you may have an intention in a yoga needer practice, or maybe you would , tell yourself three times. I accept what I am responsible for and I release what I am not responsible for.

Something like that. I like that. So it's going to be like this phrase that you're going to say at the beginning of the practice and then at the end, and the teachers already, crafted that statement for you because it's really hard to come up with your own when you're like really, really, really deep in that relaxation.

And then in terms of like the true self, so think of it as kind of those like Russian nesting dolls. Did you ever have those, like as a kid? We have them. Yes, we open one and then another one. They're so fun. Um, the idea is that we are kind of like that. We have these different layers and what we're trying to do is like open up each one trying to come to like the one original that doesn't open in the center. That's the true self, and we're trying to speak to her and set that intention with. The true self that's like in there, whatever it is that your teacher or if you're working individually, that like you have decided upon.

[00:10:41] **Brie Tucker:** That seems like that would be fantastic for dealing with the, the, the stresses of being a mom, like the, the, the, the things that can cause us just to be so upset, move into that rage area. Right? Because there's so many things that drive us insane that we have no control. None whatsoever.

[00:10:59] **Kelly Smith:** Yes, yes.

[00:11:01] **JoAnn Crohn:** Have you used this practice as a mom? Like when your kids are totally driving you insane or if there's,

[00:11:06] **Kelly Smith:** yeah.

[00:11:06] **Brie Tucker:** How old are your kids again?

[00:11:08] **Kelly Smith:** I have one, two year old.

[00:11:10] **Brie Tucker:** Oh goodness. You have a two year, you're in the thick of it.

[00:11:13] **Kelly Smith:** and I had one of those lovely pandemic pregnancies, which, oh man, what, what a time to be pregnant. Um, but yeah, I just call him pork chop, at least like, you know, it's not his birth name, but on the podcast he's just pork chop and um, yeah, he's gonna be two actually tomorrow, so, oh my gosh. Yes, I definitely, I use yoga nidra. Absolutely. And I'm a mother for a few different reasons. One, I like that I can kind of, you know, pick an intention for anything that I'm working on. And I thought it was so interesting, like what you two were talking about. How you can have these two opposing things within you.

[00:11:48] **JoAnn Crohn:** Mm-hmm.

[00:11:48] **Kelly Smith:** If I could describe. How motherhood had changed me the most or one way it changed me. Just my capacity to hold two opposing things within like one body at the same time has increased so much. Like how can I be so happy, but also sad about this. Like even my son's birthday, it's so special and it's so beautiful and I'm so grateful and we're celebrating another year of his life, but also like he's a kid now and it's hard and I'm thinking about when he was a ba, like it's these two opposing feelings around like one thing and this little vessel, this mom body has to like hold these opposing things.

[00:12:24] **Brie Tucker:** Mm-hmm. .

[00:12:24] **Kelly Smith:** So I think it's really nice and has been beneficial as a mother to One- be able to kind of navigate those opposing things and being able to work on whatever it is I need to work on. But also, I love that it is, it's a longer practice. It's gonna take around 30 to 60 minutes and it's so restful and it's so introverting and it's so soothing of the senses, which I can't speak for either of you, but I highly suspect that, you know what I'm talking about, that it's very easy to get overstimulated, like even getting like touched out or you

know, I, I get a little snippy when it's like all of my senses are on overdrive and the house is always loud. Every sense is on like hyperdrive. And to practice yoga nindra and to turn inward so deeply and for so long helped to just soothe all of those senses for me, which I never realized I needed so much until I was a parent. I never realized what a luxury. Quiet was until I was a mother.

[00:13:20] **Brie Tucker:** I know, right?

[00:13:20] **Kelly Smith:** It it or like just not being touched.

[00:13:23] **JoAnn Crohn:** Mm-hmm. , your sensory system definitely goes into overdrive as a parent.

[00:13:27] **Kelly Smith:** Yes.

[00:13:28] **JoAnn Crohn:** And, and something, it's hard. Something you said too about holding those two things, those two opposites there because I feel so many moms really give themselves grief. If they ever feel upset about their children being there or their children touching them and they try to tell themselves, oh, I should be grateful that they're here. I should treasure every moment. But we're you're saying like just holding those two things, yes, you are grateful, but yes, you also need this time to unwind and let your sensory system like get back to it's very, Unstimulated state.

[00:14:03] **Brie Tucker:** Well, I mean, and I think it also something that you said that's really important, and I think that Kelly was talking about as well, just we're allowed to have those feelings. It is. Okay. And that's, and and I was telling you this earlier in the week, we were talking about the whole like, you know, oh, I should be grateful thing.

And I'm like, I don't know. That whole like November when everybody does all those social media posts of like my 30 days of gratitude and sometimes I feel like it is just made to make you feel like crap. I mean, like, right?

[00:14:29] **JoAnn Crohn:** I can see it.

[00:14:30] **Brie Tucker:** Yeah. Because like, I mean, one hit I get, I get the gratitude. I really do. We need to be thankful, we need to be positive. Like we need to get out of the, the, the downer mindset of. Things are, are just not working my way, and it's just everything's falling apart. But at the same time, when everybody keeps saying to you or you keep seeing people be like, oh, I'm so grateful that my, my kids are healthy. I'm so grateful that, you know, I have a

roof over my head. It's, it almost feels like sometimes it's taken away the validity of, of your being allowed to be angry that you've got a leak in your roof.

[00:15:01] **JoAnn Crohn:** Mm-hmm. ,

[00:15:01] **Brie Tucker:** you being angry. Your kids are fighting nonstop this week and you just, and nobody is helping out around the house, like it kind of makes you feel like, okay, I'm being a schmuck for being upset about. Sorry. Can you tell us a bit of a a point, point pain point?

[00:15:16] **JoAnn Crohn:** That is fair point. That's no, I'm interested to hear what you have to say about it. Kelly.

[00:15:21] **Kelly Smith:** Oh, I have so much to say about it because I couldn't agree more in, in many different ways. I have several things to say about it. One, what you're describing, like the first thing that comes to my mind is pregnancy and like when people tell, so like I had a really, really.

[00:15:36] **Brie Tucker:** Um, rough pregnancy with my son and also it was, I found out I was pregnant March of 2020 and oh gosh, didn't, my gosh, didn't come my first appointment to almost 16 weeks. Cause they deemed pregnancy non-essential. It was a whole thing. Oh, and I remember there were moments, not all. And the moral of all of this is usually two, like two things can be true at the same time.

[00:15:59] **Kelly Smith:** And I remember having such opposing feelings because I was struggling so much, being so sick, being pregnant, but also So happy that I was finally going to be a mother. And I felt really guilty for having those moments being like, cuz you hear all the time, well at least you can have children.

Which is true, right? This is true. And this exists. Mm-hmm. . And also the other thing that is true and that can exist is, I was really, really sick. I was in bed for a lot of it. You know, it was covid. I was worried about my business. My husband was a medical resident, like I couldn't get a doctor's appointment. That was stressful.

[00:16:33] **Brie Tucker:** That's a lot of stress.

[00:16:34] **Kelly Smith:** Both of these. Yeah, and both of these things can exist at the same time, and. They're both okay. Mm-hmm. , it's, you can exist in this

space where you absolutely can be so grateful for the fact that you are creating and giving life within your body and you're pregnant.

And it's not all rainbow sunshines and, you know, skipping through the flowers. Yeah. Because, you know, there's, there's, you can also be like, I'm so tired of throwing up, which is all I've been doing for months, or whatever it is. Both of these things can exist and the fact that you are tired of throwing up or you know, whatever it is. That doesn't mean that you love your child less or that you're less grateful for this other piece. And I think about it now, like with motherhood and these two opposing sensations. I can love my child and I also can love running a business at the same time. They don't make me worse at the other.

It's not that, you know, because I'm also a mom that somehow makes me less than in my business role, or because I am a business woman and I run a business around a podcast that somehow makes me less than as a mother. These two things can exist at the same time, and I think it's important that we recognize kind of the duality of life and that we don't live in this like, you know, It's either option A or it's option B.

Life is complex. It's nuanced, and there's always so much more to it than what meets the eye. And I think we as mothers have to recognize that within ourselves and give, give ourselves more space. If your kid came to you and said, mom, I am, you know, I'm. Happy that it's my last day of school cuz I completed third grade.

But I'm feeling really sad because I'm gonna miss my friends this summer. You wouldn't be like, well at least be grateful you're getting an education cuz there's kids, right. Places that don't have access to education. Mm-hmm. like, you're right, you wouldn't treat your children that way. But we are so hard on ourselves for having these complex emotional systems.

Mm-hmm. . And I think it's important to not only honor that space, but to model that for our children. That even mom can have these opposing things within her and That's okay.

[00:18:41] **JoAnn Crohn:** Yeah, it's interesting you use that example about a kid with two opposing feelings. Cuz I feel like growing up that was exactly how the adults treated us.

When we had those two things, we were always told, you should be grateful, be grateful, be happy, and look on the bright side. And we've since realized that

that's not the best thing to tell people. It's really invalidating a lot of feelings there.

[00:19:04] **Brie Tucker:** Well, you can't, you also. Can't exist that way. Right? Like just it, just being like, okay, I'm just gonna stuff those feelings aside. and pretend like I don't really have them .

[00:19:14] **JoAnn Crohn:** Yeah, no, you can't do that. So

[00:19:16] **Brie Tucker:** then what do you do when something bad happens? Right. You can't feel good about like what, when something tragic happens, if it's always, you know, look on the bright side, just, you know, shove it down deep. Like you aren't equipping people or our children to be able to navigate true hardship that comes with life.

[00:19:32] **JoAnn Crohn:** Right. That's exactly right. And so when you do Yoga Nedra and you take the time and you reset your nervous system, my first question is do you have to go outside the house to do this? Or what boundaries do you set around yourself that's, that was let you be in this state? That was my question to, I'm like, how Yes.

[00:19:53] **Kelly Smith:** Okay. So I like it's, you usually do it at night, I'll give what I do and then I'll tell you what my students usually do. Cause it's a little bit different. So I personally, do it at night. It's because you're just listening to the voice of a guide. It can be recorded. I have full' yoga practices on my podcast and I can just like lay down in bed after a pork chop has gone to sleep, and I've just, you know, let my husband know, you know, like door shut, you know, leave me alone. And, and then I'll just like hit play and I'll lay in bed and listen to it. I encourage my students. if they can, to leave the house and go to a place to take a yoga ninja practice if it's available to them.

Because there's something I think so important too, mentally about leaving your space and stepping into a new space with this specific intention of having this practice and having this time carved out for you because it's really easy for. Just say, okay, well I'm gonna take this time, but I'm gonna take like the minimum amount of time.

I have this 30 minute practice, so I'm just gonna do a 30 minutes and be done. Versus if you're going to a class like I do yoga Nira and I do, I play those big crystal singing bowls. So I'll do like a sound bath with it. It's, yeah, it's really nice , and that's like 75 minutes, which we wouldn't usually carve out for ourselves.

[00:21:08] **Brie Tucker:** So I encourage people to go like, take a class, go have that experience, have that time carved out, like set aside if you can. It can really, elevate the experience. But technically you don't need to do that. You just need to hit play and listen to, the sounds of a guide. So that's my, what I would say as a teacher, but also my answer as just a human.

[00:21:29] **JoAnn Crohn:** That's fun. I would totally look Google, no Yoga Nira after this.

[00:21:33] **Brie Tucker:** We all need it, and I love doing it and sharing it,

[00:21:36] **JoAnn Crohn:** so what kelly, are you looking forward to right now in your own life?

[00:21:41] **Kelly Smith:** A lot of things. Again, it, it comes back to that, like these two opposing things,

I think I'm looking forward to, the changes that I see on the horizon. So something ever since I became a mother, I've really been trying to honor the fact that. I'm doing less than what I don't wanna do, particularly like in terms of like my business and the work that I do.

I've kind of gotten a little more you know what? That doesn't bring me joy. I don't even like doing that, so I'm gonna stop doing it. Like, I only have a finite amount of time and resources and, you know, energy to give. And that's led to some pivots and changes in my life that I'm feeling really good and really excited about, of how things.

Naturally changing as I'm stepping into this role, as a mother and I, I'm one of those anomalies that likes change and so I'm, I'm looking, looking forward to, I like the change. Yeah, and it's just, and embracing, you know, the flows. And so, you know, I am a different person since I became a mother. I have different needs. I have, you know, different dreams and like allowing that space and making changes accordingly, I find to be really. Fulfilling and exciting. And I think like two years in, I'm starting to see some of those changes really come to life. And that's, that's exciting for me.

[00:22:53] **JoAnn Crohn:** Kids do change you for sure. And, and I think in very good ways making you more self-aware and like at least talking from my own experience, I am definitely a different person than I Oh yeah. Was before kids.

[00:23:04] **Brie Tucker:** Well, I also

[00:23:04] **JoAnn Crohn:** think in a good way,

[00:23:05] **Brie Tucker:** let's also just look at the fact that how many of us were fantastic parents before we were.

We were like, I know exactly what I'm gonna do. I know exactly how it's all gonna work out. My kid's never gonna do this. I'm never gonna do that. And then you find yourself years later going, oh God, just throw it all out the window.

[00:23:21] **JoAnn Crohn:** It's funny. I had no expectations going into parenthood. Let's throw it. But I think I'm an anomaly. I'm just like, let's deal, let's go.

[00:23:28] **Brie Tucker:** I think it depends on a lot of things like so. So with me, I'm gonna say like I obviously had a lot of images about what my parenting was gonna be like, but I also, like, I was an early childhood specialist, so my whole job was to help parents with their kids, zero to five.

So I thought I had that dialed in and I had an older sister who already had three kids by the time I had my first. So I was all like, oh, don't do that. That didn't work out too well for her, do do this. That worked out so well. It's crazy. It just, it's, it's like, again, those two sides of the coin, like you can't, the more you try to control it, the more that chaos is going to ensue.

[00:24:01] **JoAnn Crohn:** Exactly. I think control breeds chaos, actually.

[00:24:04] **Brie Tucker:** I think it does too.

[00:24:05] **JoAnn Crohn:** And just letting go with the flow and like accepting things as they are. And as you said at the beginning with that intention, what was the intention you gave me? ,

[00:24:13] **Kelly Smith:** I like accept what I am responsible for and release what I am not.

[00:24:16] **JoAnn Crohn:** Okay, I will need to be saying that I accept what I am responsible for and release what I am not,

[00:24:22] **Brie Tucker:** which again, I think is a fantastic mantra for every parent out there. Yes. Especially every mom, because again, we feel like we are responsible for everything. Exactly. We just aren't.

[00:24:32] **JoAnn Crohn:** Exactly. Well, it's been wonderful talking with you, Kelly, and thank you so much for being on the podcast.

[00:24:38] **Kelly Smith:** Thank you for having me and for just being the highlight of my day.

[00:24:42] **JoAnn Crohn:** Oh, yay. Well, we'll talk to you later.

[00:24:43] **Kelly Smith:** Thank you.

[00:24:44] **JoAnn Crohn:** so my intention, I'm saying it over and over and over again because I think it's so hard to accept that you're not in control of other people's feelings.

[00:24:54] **Brie Tucker:** Oh, yeah. Well, especially I think for moms, it's hard for us to accept that we can't make everything perfect and we can't make everything better.

And that's really what it comes down to, I think. Mm-hmm. like talking about not being in charge of other people's emotions our kids come to us when they have an owie, a booboo, when they've had like a sad day. They want hugs, they want cuddles. So I think sometimes we, we kind of get in that whole, I can be magical.

I can make everything better. But in the same time when we can't make everything better, it's like, oh my gosh, who am I now? I can't make everything better.

[00:25:25] **JoAnn Crohn:** It's kind of true. It's right, it's kind of true. I also wonder though, if it's something that is ingrained in us by society that, oh, that didn't work? Well you just have to try something else. You just have to try something else or try harder. You need to try something else or try harder. Yeah, and with feelings and emotions in other people, it doesn't exactly work that way.

[00:25:44] **Brie Tucker:** Right.

[00:25:44] **JoAnn Crohn:** In fact, sometimes it works the opposite, where if you keep trying, they'll just get more and more pissed off at you.

[00:25:48] **Brie Tucker:** Right, right. The more, the more you try to fix it, that it's almost like you're trying to, have you ever had something de Okay, an example right now in our house?

[00:25:56] **JoAnn Crohn:** Yeah.

[00:25:56] **Brie Tucker:** We don't have any filtered drinking water in our house. Okay. Why? Because Miguel was trying to fix the faucet, and when he was doing it, he kept twisting it harder and harder and harder trying to get it to work.

[00:26:06] **JoAnn Crohn:** Oh no.

[00:26:07] **Brie Tucker:** And then it snapped

[00:26:08] **JoAnn Crohn:** and it snapped,

[00:26:08] **Brie Tucker:** and then he snapped and got no water. , I have. Still, my point is like, yeah, like right. Like we try to fix it, we try to make it better, we keep fiddling with it, and then sometimes we end up breaking stuff.

[00:26:19] **JoAnn Crohn:** Yeah. And it's hard. It's hard when you're dealing with other people and being able to accept that, like it is something I still work on every single day, that I am in charge of my own emotions, but I cannot. Just like figure out or I cannot change how other people feel. That goes for my kids, that goes for my relatives, that goes for my friends. Like I have no control in that area. And accepting that is very difficult.

[00:26:43] **Brie Tucker:** It is. And on top of it too, not taking it on not to. Yeah. Right. Like when someone's really sad or upset with you and like being like, okay, I'm not going to take.

Them being, especially your kids. Mm-hmm. . And I think your fam, well actually, you know, everything you just said. Family, friends, like when someone is sad, when someone is hurt, when someone is upset. Not taking on that. Burden

[00:27:04] **JoAnn Crohn:** And it's hard. It's another hard one because as you know, have someone upset with me right now that I cannot do anything about. And I'm looking to see like what can I do? Yeah. That will fix the problem and I can't let go and it's causing me so much stress and anxiety and

[00:27:18] **Brie Tucker:** we need to get you to no yoga,

[00:27:20] **JoAnn Crohn:** I need some yoga neidra. I need to be able to let go of this since I have no control. Remember the best Mom's a happy mom. Take care of you. We'll talk to you later.

[00:27:30] **Brie Tucker:** Thanks for stopping by.

(outro music)