

Transcripts for No Guilt Mom Podcast Episode 162

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

Brie Tucker: Why, Hello. Hello. How are you?

JoAnn Crohn: We're we're talking about relaxation today. Brie, something that you,

Brie Tucker: something that I love to talk about, there is not nearly enough relaxation in my every day.

JoAnn Crohn: In your every day and you're always telling me I need to relax more too.

Brie Tucker: I know, right? Like I was, I try to just do, um, a restorative yoga class once a week on Fridays. It's like at five o'clock at the gym that my husband and I belong to, And I'm looking at it at my calendar going like, I want my restorative yoga.

So, cause it's five o'clock on a Friday, you know, it's a very specific crowd. They're going for .

JoAnn Crohn: Yeah. The people who need to relax and unwind and at the end of the week,

Brie Tucker: yeah. Probably that also don't, go out on Friday night.

JoAnn Crohn: So I go out on, have we become that?

Have we become the ones who don't go out on Friday nights? Are we like, It feels old .

Brie Tucker: I do have to, I do have to reschedule. Like I, that is why we were missing it so often is that we did try to go out on Fridays and granted it was, I'm gonna say older. Excitement. We would go to dinner. That's what we would do.

JoAnn Crohn: Going to dinner is like the most lovely thing in the world. Like I, I love the process of going to dinner, but you know what's really hard on going to dinner when you're there and you're with your whole family. Not like, not just your partner, like your kids. Let's call 'em out here, your kids and you sit down to this meal you're really looking forward to.

And the first thing is like, I don't like anything. I'm not gonna eat anything. I mean, that totally throws all of the relaxation from dinner. Just go out the window and you're like,

margarita . It's like, I need one. Right now.

Brie Tucker: Pronto. Cadillac? Yes. Yes. Double. You got one? Okay. .

JoAnn Crohn: It's funny, I don't even order the Cadillac margaritas cuz I feel guilty. It's too, too fancy of a margarita for me. I know. Isn't that weird?

Brie Tucker: You are worth the upgraded tequila. JoAnn, you are worth it.

JoAnn Crohn: I am worth the \$2 upgrade on the tequila .

Brie Tucker: But I know what you're saying. If we're gonna go into, like talking about food, I'll have a dish that I wanna get and it's like \$2 extra for shrimp and I'm like, Ooh, I don't know if it's worth, if I have so much. It's so much.

JoAnn Crohn: Isn't that crazy

Brie Tucker: things that we. The things we, we feel guilty about. Right?

JoAnn Crohn: It's crazy. Yeah. I mean, no wonder it's we have such a hard time relaxing when like, so I see it in myself, like the things that bring me joy, I feel guilty and shameful about, but they're not bad. They're not bad things. It's that's not going out for a nice dinner, having a margarita, going somewhere without my kids like all great things, but it's almost I know in my heart of hearts that my family members don't enjoy those things as much as I enjoy them, and that hampers my decision making about whether I should go and do those things.

That's not, you know what I mean?

Brie Tucker: I do like, I'm, I'll be honest with you, I'm in a slightly different stage than you at this point, since I have nothing but teenagers and I'm the one who's begging them to hang out with me, please, I'll go anywhere with you. Just let's go. But I do remember that very much so, and it's hard when, like you wanted use stuff.

It. They may, they don't do it, but like in our head we're like, oh, they, they made me feel guilty, so I'm just not going to do it. And really, that's kind of a scapegoat. Yeah. Like, because we're the only ones. As much as we hate to say it, we're the only ones that can make ourselves feel guilty.

JoAnn Crohn: And it's true,

Brie Tucker: But we all do it. We all do it. None of us are special or, or defective cuz we all have this feeling of guilt. You're right

JoAnn Crohn: this feeling of guilt. And I think it's more sometimes for some people than others, especially if you struggle with anxiety.

Brie Tucker: Mm-hmm.

JoAnn Crohn: which both you and struggle with anxiety and you hear it and you're like, oh yeah, everybody's anxious. And you don't realize, like, you don't put into it that, hey, anxiety is a clinical diagnosis and there are things to help with it. There are tools and strategies to help with it, not just mindset strategies, which are really, really great, but also medication. Medication's an okay tool to use for anxiety and like one of the things is anxiety is always feeling you need to be on the go and you can never relax and it, it definitely plays into my life. For sure, for sure, for sure. Because a lot of my guilt is, I, I can't relax like my body, I'm, my mind is always going, it's like filled with things that I should be doing something else.

I can't let things go. Like some people who may not be struggling with anxiety, They can let things go easier. I can't , I can't,

Brie Tucker: I'm there with you. I can't, like, it's, except for my body isn't the problem. It's my mind. My mind won't stop. And I excessively worry. I have obsessive thoughts about it.

Luckily my husband will let me tell it to him and I'll be like, okay, I know this isn't real, but I'm terrified that this is what's going to happen. And, and I, and then what happens to me is I get the opposite. I get the paralysis. I get the thing

where I can't move, like I just crawl under my, my covers and I just like crawl under my covers, under my, my pillows and everything.

My, my heavy blankets. Remember I was making that joke the other day. We have blankets. I hide under blankets and I just let the excessive thoughts just go there but yeah, I just can't, I can't move .

JoAnn Crohn: I get them too. And mine comes out with, um, social, like I just go on my phone and usually I'm on my phone and I like, it's almost a mad clicking.

Through things. Like I'll click to a news site and I'll read like a news article here, and then I will go check like our sales at no guilt mom. And then I'll go to like Facebook and see if anyone's commented here. And then I'll go back and check our sales and it's like this, this crazy thing because I don't wanna think about the thing my brain is thinking about.

And I wanna let it go. And that makes it so hard when people say, oh, you just need to go relax. And I'm like, Do you know what's going on in my head right now? How am I supposed to go relax? Like ?

Brie Tucker: I know, right? Like how Yeah, it relaxing is not that easy, which is actually why we are talking about this today because, relaxing is not an easy thing to do.

And if you are able to, to do it, you feel like the alarms start going off in your head that you're forgetting. Or that you're putting people out because you're relaxing.

JoAnn Crohn: Oh, that's a big one.

Brie Tucker: It's tough. It really is. So like, so that's what we're gonna be talking about today, right?

We're gonna be talking about the best you can do. Cause nothing's perfect, but we'll talk about that too later, . But, right. Just that we've gotta find a way to relax and that we can, and that we deserve to do it without feeling guilty.

JoAnn Crohn: So you're hearing this episode from two women who struggle with relaxation. Yes. And so we know these tips are going to really, really help you, uh, so on with the show.

(Intro music)

Yeah. Relaxation is really hard. I can't even like start into it because I have such a fight against it.

Brie Tucker: I mean, you have a really good story. You've, you've, you've shared before and I can share the feeling where , one time you sat down on the couch, something about after dinner and your husband was doing the dishes and you were like, is this okay?

JoAnn Crohn: Mm-hmm. ,

Brie Tucker: like you felt this overwhelming need to ask for his, his approval that it was okay that you sat.

JoAnn Crohn: Yeah. And I think that's a thing that I is good to talk about because a lot of times, especially when in in Calm & Happy parenting and in balance, we really encourage people to let go of things in their house so that they're not the only ones doing everything.

But something to follow up with that is that once you do let go of things, you do have these overwhelming feelings of guilt that you should be doing more and something must be wrong and you're taking advantage of others while you sit on your ass and on the couch and All of these thoughts go through your head, and it's really hard to relax or enjoy other people doing things when they're happening.

Brie Tucker: Yep, yep. Especially when you have, , and I think there's an added factor into it of being a mom, because a lot of times we are the default parent, we're the go to, especially for things like the social emotional aspect for our kids. Right. And. They just feel like we're always on. Like they're feeling sad.

They want cuddles. I'm gonna come straight over to you like, mom, I want you to come over here and sit next to me. Mom. I want you to come play this game with me. And we feel so guilty if even a touch in our head is like, but I don't want you.

JoAnn Crohn: I don't wanna I was comfortable.. Oh my gosh. I was watching The Crown, last night on the couch, and,

Brie Tucker: I love this season. Season. It's so good.

JoAnn Crohn: Oh my gosh, this season's so good. And so what happened last night is that my, my son and my husband were at a Cub Scout meeting and, uh, my daughter had just had a dance concert and I'd come home and she had homework to do and, and we're, I'm watching The Crown and she's here on the couch beside me, but she's looking at YouTube and the noise of her YouTube.

Is seriously bugging me, like it's seriously bugging me.

Brie Tucker: That's dual screening. We learned that. We learned that from Devorah, and I don't like that.

JoAnn Crohn: But she wasn't watching it. It was not, she did not wanna watch it. But

Brie Tucker: she was there in your space!

JoAnn Crohn: My, she was in my space.

Okay. But it's true. She was there in my space and like hearing, hearing the noise and stuff and I love having her by me.

And I had a very hard time being , Hey babe, can go watch the that in the other room because it's like, it feels. Like I'm neglecting my duties as a mom because I have this teenager right in this moment of time. Who wants to occupy the same space? I do, but I don't want them there. With the noise

Brie Tucker: it comes back to, okay, I'm sorry, but I think that 100% comes back to that thought process that if you're.

Because we get told all the time, enjoy what time you have. They grow up so fast and I get that they do. But you have a right to have a feeling like I'm done. Do we not tell

JoAnn Crohn: it's true

Brie Tucker: do we not tell our, our moms and parents, like acknowledge your kids when they're telling you that they're upset.

Acknowledge your kids when you're tell, when they're telling you that they're done with a certain activity, but yet we're not allowed to feel like that. We're

JoAnn Crohn: not allowed to. That's true. It's true. No, you're totally right. Like we, we are allowed to say that. I was about to say we should be allowed to say that, and I figured that's like, that's just a habit taking effect.

A habit of being oh, I need to spend all this time, and it takes time to retrain your brain for those things, which I think. Is a point of getting your brain to relax more and getting your body to relax more is like right now, we're in a habit. We're in a habit of always doing something and your brain likes to go back to your habits because it doesn't have to think as much.

Like all of those neuro pathways are already there. It just does it on autopilot and it takes conscious thought to change it. Yes. Which gives me hope that I can learn to relax.

Brie Tucker: There are, we all can learn to relax. Mm-hmm. , like, it's just, but, but like you said, it, it's, it can't just, it's not as easy as like, I swear, I wanna like just throat punch people that are like, oh, it's not that hard.

You just sit down and you relax. Oh, really? Really? Like you just said, like the racing thoughts. Everything else that's going on. Like you, you can't just make it all go away. And like you just said, if you've been doing something a certain way for a long time, your family has those expectations of those behaviors and or those roles happening.

You have those expectations of those roles and those behaviors happening. Mm-hmm. , it's hard. It's really hard. Like give yourself credit that. The journey you're about to go on to find your way to relax. It's not going to be easy, but it's gonna be worth it. It's worth

JoAnn Crohn: it. Yeah. And like the first thing that's really helped me relax more, being someone who is anxiety.

Yeah. Troubled, challenged, I'll say challenged. Anxiety prone. It's not a trouble prone. Yeah. Anxiety. I think it's like a challenge to deal with. Um, but it's to prioritize the time to yourself to relax each day. So like I have, I love reading thrillers and I love reading them right before I go to, A good

Brie Tucker: murder mystery.

Really? Oh my Sleep a good, no, it's what you're

JoAnn Crohn: saying. It's It's true.

Brie Tucker: It's true. I just, I giggle because it's like people that can watch those like true crime documentaries about serial murders and then they're like, oh, it's time for bed. And you're like, really? You just saw somebody eat someone else and you're ready to go to bed?

JoAnn Crohn: Yeah. It like calm, it calms me down. It's really weird. I can't like, so has like two. Where if I'm in like the exposition part of it and like I'm, I'm not at the total climax, I can read the murder mystery before bed. It doesn't interrupt my sleep. If I am in the climax, oh my gosh, I will be like two hours reading and I will go to bed late.

Right, because I'm like, what happened?

Brie Tucker: Right. That's what's meant to happen.

JoAnn Crohn: So yeah. That's what's meant to happen. Yeah. So I, I reading right before bed. And I am, I hold it pretty dear, so that when my, for instance, my husband and daughter were up last night, they were decorating cookies for her class project, and I was like, oh.

I wanna go read. It's my reading time goodnight. And that has taken a long time for me to say that I need that time. I, I get that time. It makes me happy and I'm going to. Take myself out of this activity that I see you all are doing and that I feel totally guilty that I'm not treasuring these moments, all of these moments, but this is what I need to make me happy.

So I'm going to bed, I'm reading.

Brie Tucker: I'm very proud of you. That was a hard thing to extract from that is like, it's so many things because like again, like you said, like it's this time, it's memory making, but it, there's plenty of other memory making that you have done in life. And guess what? There will be more memory making that you will do in.

JoAnn Crohn: Well, yeah, and like the whole, the whole like getting deeper into knowing how you react to things, I think is very, very helpful because I know personally that I need sleep, and if I don't get sleep, I am grumpy. So really I'm saving everybody by going to bed.

Brie Tucker: You are, because when you're, I always say this, like if there is an empty cup, you have nothing to give anybody.

You just don't, but I mean it, so I'm, I'm looking while we're talking on, on the screen, like you had this really cute little reminder of the day that says rest counts as work.

JoAnn Crohn: Mm-hmm. .

Brie Tucker: And I remember one of our first guests on the podcast, we talked to him, his book was about rest.

JoAnn Crohn: Alex Soojung-Kim Pang!

Brie Tucker: There we go. I knew. I knew you'd remember. So, yeah. And he talks about all these amazing people. that accomplished so many amazing things in the world. All because they prioritized and gave themselves time to rest. Mm-hmm. and relax consistently within their lives. Most of them, it was like a daily routine he talked about with us, but just how, like, it's important.

You need it, your body needs it, your brain needs it, and it makes it just, you're better for every. That's the best you can come forward.

JoAnn Crohn: I've been thinking about that a lot as we dail more into like the research behind relaxation and I wonder what my brain would do if I let it relax. And usually during those relaxation times I come up with these like crazy ideas and like fun things to try.

So I just need to try to do that more often.

Brie Tucker: You know what? I think that would be really a fun activity for you and I to go do, and I think you've brought it up before, and I'm not sure what I've said. Sensory deprivation, like when you go with those

Float Spa!

. So I like that you have, you have taught me to put time in for relaxation and while I'm not as good as you yet on being very consistent on doing it daily, I do think I'm good at telling my kids no, I need to relax. Mm-hmm. . And I also at least have started putting that yoga on my calendar.

Like I said, I was looking at it because we forgot to get our tickets last. But it's on my calendar. It's there. I could go to it and not feel bad cuz it's on my calendar.

JoAnn Crohn: Do you feel like you need it on your calendar to like,

Brie Tucker: I need it on my calendar because I forget everything. I literally have a reminder on my calendar to open the hall closet the night before my sweater party to get out the decorations.

Like that is how forgetful Brie is. Like I stashed them in a closet and I'm afraid I'm gonna forget where they are. So that's why it's on there. I have to put it on the calendar because, it helps me remember. But I guess you're right. I'm, I'm kind of giving excuses right now. Part of it is because that validates it for me.

It's on the calendar. It's a real thing.

JoAnn Crohn: I can do it. Yeah, well, whatever gets you to that point, like, you know, I, I can't relax either, so if I schedule it, it's gonna happen, right? It's gonna happen. Which brings me to like, the next thing that really helps me is to find a phrase to say to myself when I'm feeling those feelings of guilt for relaxing and like what you said rest counts as work is a really powerful phrase because I'm here, I'm relaxing and I'm like, I need to be doing this.

I'm like, rest counts as work. And the thing that makes the difference is like sometimes you tell yourself that and you don't believe it. Do you ever tell yourself those things? You have those phrases or you're told those phrases, but you don't believe it, like your body fights against it,

Brie Tucker: or your psyche fights against it, right?

JoAnn Crohn: Like your whole body, like you can feel the tense. If I say rest counts as work and I'm still tense. My body doesn't believe it, my mind doesn't believe it, obviously, but I don't feel it in my body yet. And so with these mantra, these mantras, I've taken it a step further and I'm like, okay, rest counts as work.

Nope, still tense. And I like say it to myself until I can like relax the muscles in my body and I'm like, rest counts is work. And I'm like,

Brie Tucker: That's good.

JoAnn Crohn: It's like I believe it now, but it's a conscious relaxation of muscles that I have to do.

Brie Tucker: Yeah, I guess I do have that, cause I could think about like times when I've tried to rest and then I'm like, oh, but I should be doing X, Y, and Z.

And then eventually like my legs start shaking cuz then I'm like, you know, you're tapping your foot really fast. Or I start like playing with my pin and I'm clicking the whole time. I'm just like, I need to get up and go do something, and I just go up and do it. So, you're right, I do have that issue. I guess I didn't, I, I thought it was more paralysis, but I could, maybe I'm an equal, e equal opportunity anxiety person.

I can do both.

JoAnn Crohn: Well, if you fight against it, like it's almost like that friend or like you parent a child, like you're almost parenting yourself where your kids like, no, I didn't do good. And you look them in the eyes and be like, that was amazing. You are amazing. That was great. Right? No, it wasn't.

It wasn't. I mean, I, I had that experience very recently and like you just have to say like, you just need to accept this. Say thank you. Right?

Brie Tucker: Yeah. That is a big one. So you need to, so I like that Rest counts as work. That should be a good mantra. But another mantra I would say that you do a lot is, the best mom is a happy mom.

The best mom take care of

JoAnn Crohn: you. Mm-hmm. . Yep. And you have a smile when you see it to, cause if you're like, the best mom's a happy mom, I'm like,

Brie Tucker: That's not believable. Let's try

JoAnn Crohn: it again. That's not believable. The best one's a happy mom, and like you have to feel the happiness the best. And

Brie Tucker: you have to click your heels three times.

No. Oh wait. That's something different. Yeah. . If it works

JoAnn Crohn: for you, it

Brie Tucker: works for you. Okay. Exactly. Don't knock it until you've tried it. Whatever

JoAnn Crohn: takes you to that place where you believe what you tell yourself. It's all good.

Yeah.

Brie Tucker: Well, which that one takes us into our next one. You need to acknowledge the fact that you deserve that rest and relaxation.

So don't just say it. You already were talking about you gotta believe it.

JoAnn Crohn: You do. You have to believe it. And it's, that's, that's hard. Easier said than done. I think it

Brie Tucker: is. It's that perfect mom syndrome you were talking about.

JoAnn Crohn: Yeah.

Brie Tucker: We all feel like we need to be there 100% and give 100% of ourselves to our family, because that's what a good mom does..

That's what a, a good spouse does, is that they are there for everybody all the time because that's what makes everybody say, oh, so and so's an amazing person. They're always doing everything for everyone.

JoAnn Crohn: Oh, that is the biggest pet peeve of mine. Ever.

Brie Tucker: It's the biggest party, a bull crap in the world.

JoAnn Crohn: It is. Like when somebody, I remember they did this on Dancing with the Stars, with uh, I can't remember his name, Johnny. It was an ice skater, but his whole package, they said, oh, like my mom did everything for me, got me to ice skating lessons. And so then what's the reasonable jump and co and like what's the reasonable conclusion?

Oh, because his mom gave up everything for him. Now he's a famous ice skater. Exactly. Exactly.

Brie Tucker: You're 100% right. That's what would go through my head. I'd be like, oh, I don't do enough for my kids. They're not like gonna be professional anything.

JoAnn Crohn: Yeah. And that's horrible. It's so, so horrible.

Brie Tucker: And I mean, it's great that he has gratitude for what his mom gave up.

Yes. But let's also look at the fact that that was a, that was a lot.

JoAnn Crohn: That was a. It was, I mean, it, it's a hard thing to wrap your head around and it's a hard thing to like be as a parent too, because like I saw my mom never take any time for herself whatsoever. She would come home and then she would cook dinner, um, and then she would ba like collapse all of us in front of the tv.

And that's, that's how it went. And she had these goals, um, and she's still working on them about, you know, working out or whatever. And I would tell her, I'd be like, oh, why don't you just. Go to the gym after, you know work cuz it's right there at your hospital. Um, which can we just like put a little check next to unsolicited advice?

People don't like that. Thank you Joanne. That but my 15 year old self didn't know .

Brie Tucker: You were a kid, you were trying to offer support. I was

JoAnn Crohn: trying to be helpful. Um, but she, uh, said she just never had the time. And I think when we tell our kids like we don't have the time to relax, that it really starts shaping their brains and that they don't have the time to relax either.

Yeah. And so if we see our kids really, really stressed out, the best thing we can do is relax ourselves. Yeah. And take that time for ourselves. Because telling them doesn't help. No.

Brie Tucker: That moves us into number four. For feeling relaxation.

Yeah. Practice feeling relaxation in your body. So what are some ways that you practice feeling relaxation? Cuz this is a hard one for me.

JoAnn Crohn: So I've been doing the same sleep meditation for over a year now. It's on the Peloton app. It's like Kristen McGee and. I play it every night before I go to bed, and it helps me fall asleep.

So I've memorized it pretty well. And one of the things she does is the progressive relaxation where you start at the top and you're like, okay, loosen your, forehead. Relax your forehead. Relax your temple

Brie Tucker: on your brow. I don't do that mouth

JoAnn Crohn: like, do you feel right now, like put, go to your concentration on your forehead?

Like do you feel tension there that you can release?

Brie Tucker: I don't think so. I, I'm just in general, that's why I always, I have a hard time with the feeling relaxation because I don't understand how to, I can relax my jaw that I feel tense. Mm-hmm. and I can relax my shoulders. But everywhere else that you go through the, that I have a hard time with,

JoAnn Crohn: I'm sure there's, well, maybe it would help to tense the muscle.

So like you would get better realization of what the muscle is and what it feels like. Tense, like, can you tense your forehead right now? Like, raise your eyebrow like this. Yeah. Raise your eyebrows and now relax 'em. Do you feel a difference between the tens and the relaxation?

Brie Tucker: I guess a little bit, but I don't know how I would do my temples and everything else.

I'm just saying that's a struggle for me. That one is a struggle for. How literally relax all the muscles

JoAnn Crohn: and I don't think like you're ever be perfect at it. Like I'm not perfect at it. There's still things like when she's like, relax your neck. I can still feel tension in my neck, like I don't know how to relax it, but I think it gets better over time as you get more realization.

Brie Tucker: That's what I was gonna say. Like you said, you've been doing it for a year. I would expect that you would have a little bit more awareness of. Tense muscles than someone who hasn't been doing it consistently like me. So

JoAnn Crohn: yeah, it's a really interesting practice cuz you're right, I wasn't as good at it, but now if I'm feeling really hyped up, I'm am I tense?

And I could feel right now, my shoulders are tense, my brows right here are tense and I can just relax 'em

Brie Tucker: a little bit. I really do wanna get better at that. My husband is really good at biofeedback. And like being able, he'll be like, I have a headache. Just gimme like five minutes. He'll lay there and he'll like be like, okay, all better.

And I'm like, how did you do that biofeedback, babe? I'm like, oh yeah, I need to learn that.

JoAnn Crohn: Biofeedback is amazing. I don't know how to do it, but I'm very, maybe we just make, can teach us all what we do. . Yeah. I think you need to be like hooked up to a machine where you see like your pulse rate and everything.

To learn how to do it. No. At least I

Brie Tucker: know that's not how he did it, but he is a special dude. I don't know, like. I have. So like I did see one where someone was talking about feeling the pulse in your fingertips and how you can start there and working your way for the biofeedback. But anyways, that's, I'm getting off on a tangent here

JoAnn Crohn: already.

I'm like putting my pulse on my fingertips. And actually you're not too much on a tangent because our last tip for relaxation is to be aware of comparisons to other people. .

Brie Tucker: So .

JoAnn Crohn: So we were, it was like perfectly gone in perfectly go

Brie Tucker: in. That's what I was trying to do. That was, that was what I was trying to do the whole time.

Intentional. I'm just giving an example.

JoAnn Crohn: intentional segue. Yeah. Cause I mean, when we look at how other people relax, we're like, oh, that's not possible. . Or, or, we see people accomplishing things and we think that to accomplish those things, they're working and they're hustling all the time.

Like we don't know the backstory, right? And so we can't compare ourselves. Because we don't know what they do. We don't know what's real, really. Especially if we're looking at online or even talking to someone because people are extremely selective and aren't actually aware of what they're doing. Yeah.

Like that's the interesting thing. Yeah.

Brie Tucker: 100%. Like it's, it's all about that. the fact that we compare ourselves to other people and we think that we're less than if we can't do what somebody else is doing. And like you just said, we don't know what's going on behind closed doors.

And we also don't know if it's really as well as it looks like. I could make my background on this, like on this recording look fantastic, and my hair, my makeup, and actually be sitting here with my bed completely a mess. Everything just shoved off screen, but it looks nice. And you think, oh, how does she keep her room so tidy?

Because she pushes the rest of it off screen. That's how Yeah,

JoAnn Crohn: exactly. , exactly. You can't really, you can't trust it, nor can you trust people's retelling. because there's that whole thing like, I forget the psychology study, but you know how you can't trust eyewitness events? Oh, like somebody retelling it.

Because everybody has a different interpretation based on their own biases and how they see the situation.

Brie Tucker: So that actually reminds me, we talk about that in Calm & Happy parenting, right about the first conversation, which is the conversation that's going on in your head. And

JoAnn Crohn: the first conversations, what's

Brie Tucker: going on in your head?

And the second conversation is what's going on in the other person's head, which you have no idea, which you have no idea, but you tend to make it up anyways cuz you think, you know. Mm-hmm. . Um, and then three, it's what actually, like what are the facts? Just the facts, ma'am. These are the things actually happen.

And I think that that happens a lot in comparison when we're dealing with comparison. A lot of times we get stuck in that first and second conversation. Of like what that person's thinking, what they're able to do, why can't I do it, and then so on and so forth.

JoAnn Crohn: Yeah. We also have confirmation bias as well.

It's that bias that, you know, if you're shopping for a red Toyota, that you start seeing like how many red Toyotas are on the road. But we do that with our thoughts as well, where if we're thinking, oh my gosh, they're relaxing so much and I need to relax, oh my gosh, look at them. Look at them's having a spa day.

It's so easy for them. It's so easy when really, You don't see that everything else, around them because you're only focusing on the one thing about your need to relax and how somebody that you see is relaxing, but it's not the whole

Brie Tucker: picture. Yeah. And let's also add in the fact too, like we talked about earlier, it takes time people, and.

Like we just were mentioning too, it also takes different stages of life. It's gonna need, you're gonna need things, you're gonna need your relaxation to be a certain way or the circumstances to be in a certain way when you've got really little kids versus like elementary kids versus high school kids versus college kids versus the adult kids that never go away.

Oh, they're many different phases.

JoAnn Crohn: So, so there are all of these things like we can all work on to relax better, even when we have that feeling in our body that we just can't do it. It takes practice. I'm learning it. Free is learning it . But

Brie Tucker: you do. It's gonna take time. Yeah. And you can do it without guilt.

People we're telling you, we're giving you the, here's my magic wand. You can do it without guilt.

JoAnn Crohn: Do it without guilt. If only that worked, , it's magic wand. You

Brie Tucker: deserve to do it without. How about that? You deserve to do it without guilt. You deserve to rest. Rest counts as. All those things count

JoAnn Crohn: and it's a process.

It is. So even if you feel guilty while doing it, that's a normal part of the process.

Brie Tucker: Yep, 100%.

JoAnn Crohn: So remember, until next time, the best mom's a happy mom. Take care of you. We'll talk to you later.

Brie Tucker: Thanks for stopping by.

(Closing music)