

## **TRANSCRIPT - Braaains Episode 043: A Little Advice for the Holidays**

01:00:10:17 - 01:00:19:11

SARAH

Welcome to Braaains a podcast exploring the inner workings of our brains, mental health and disability, and how film and television portray them. Posted by me film and television editor Sarah Taylor.

01:00:19:13 - 01:00:38:02

HEATHER

And by me writer director Heather Taylor. Before we begin, we want to acknowledge that the lens from which we recorded this podcast and from where you are listening are part of territories that have long served as a gathering place for diverse indigenous peoples. And we are thankful as guests on this land to be able to live, work and gather here together.

01:00:38:04 - 01:00:42:16

HEATHER

We continue to learn about the history that came before us and encourage you to do the same.

01:00:42:18 - 01:00:59:09

SARAH

Today is our last episode of 2023, just in time for the holidays. We're so excited to have our little sister Becky Taylor, and our little brother Jonathan Deppisch, who is also our composer. So joining us today to talk about how to deal with stress and protect your mental health over the holidays.

01:00:59:11 - 01:01:17:18

HEATHER

We're especially grateful for all of our listeners, friends and family who submitted voice recordings and text messages with advice on how to deal with your mental health over the holidays and throughout the year. And we'll be sharing them throughout this episode. We're grateful to have so much to share today to hopefully make the upcoming weeks feel a little bit lighter.

01:01:17:21 - 01:01:27:07

SARAH

A quick reminder to our listeners that this conversation should not be taken as medical advice, and it is for informational purposes only because everyone's brain is different. Please consult your health care professional if.

01:01:27:07 - 01:01:32:03

SARAH

You have any questions.

01:01:32:05 - 01:01:37:20

SARAH

Becky and Jonathan are in.

01:01:37:22 - 01:01:39:13

SARAH

Nobody dancing?

01:01:39:15 - 01:01:41:06

JONATHAN

What? No.

01:01:41:08 - 01:01:44:12

HEATHER

Well, I mean, oh, if we chose to.

01:01:44:14 - 01:01:51:03

SARAH

But we also have the dog, Ramona. Mm hmm. So, hello, Ramona.

01:01:51:05 - 01:01:57:08

JONATHAN

Welcome to the summer part of the podcast for you this year. Ramona going.

01:01:57:10 - 01:02:08:01

SARAH

I feel like maybe I would like to have Becky and Jonathan just maybe, like, tell us a little bit about who you are, because we know who you are, but people don't know your name.

01:02:08:06 - 01:02:08:21

BECKY

You go first.

01:02:08:23 - 01:02:10:05

JONATHAN

Why do I have to go first?

01:02:10:07 - 01:02:11:21

BECKY

Because I nominated you for faster.

01:02:12:01 - 01:02:34:15

JONATHAN

All right, fair enough. Hi. My name is Jonathan. If you don't know who I am, you've probably heard of me. Or at least my stuff, because I made the intro to this podcast. It's my music. I'm, uh. My name's Jonathan. Last name is DuPage. That's what I use it for. My artists handle. I make music artistically and commercially.

01:02:34:17 - 01:02:48:11

JONATHAN

In Toronto, Ontario, Canada. Other than my profession, I'm also just a 28 year old dude doing his best not to lose his mind in this day and age.

01:02:48:12 - 01:02:51:17

SARAH

Well, Merry Christmas.

01:02:51:19 - 01:02:52:12

HEATHER

Happy holidays.

01:02:52:12 - 01:02:54:12

SARAH

Everyone.

01:02:54:14 - 01:02:55:14

JONATHAN

Your turn. Top that.

01:02:55:18 - 01:03:03:19

BECKY

I don't know if I can. I'm Becky. I am one of the middle children along along with Sara Rock on middle.

01:03:03:20 - 01:03:04:17

SARAH

Yeah.

01:03:04:19 - 01:03:05:07

JONATHAN

Well, yeah. On the.

01:03:05:08 - 01:03:09:16

SARAH

Baby. Tap, tap, tap, tap.

01:03:09:18 - 01:03:27:18

BECKY

Okay. I studied political science, but I don't do a whole lot of that anymore, so I'm. I'm not. I'm not up on my news and stuff, but, you know, and. Yeah, I'm just work in an office job here in Toronto. It's pretty great. I get to go downtown every week and see City Hall. I work right next to it.

01:03:27:23 - 01:03:28:19

BECKY

I don't know what else to say.

01:03:28:23 - 01:03:30:06

SARAH

Becky is a wonderful artist.

01:03:30:06 - 01:03:37:09

HEATHER

Yes, she also did ah Art for ah, for Mental Disorders Week. We created some specialized. That's true.

01:03:37:09 - 01:03:39:09

BECKY

Though. I guess I do. I have a red bubble, so.

01:03:39:11 - 01:03:52:16

SARAH

Like, makes a lot of cool t shirts and like, things that you can adhere to different materials on. Yeah, she did portraits of my dogs like Yes, just my dogs and this cool drawing of me and my daughter being, like, totally famous.

01:03:52:16 - 01:03:53:13

SARAH

And it's the best.

01:03:53:16 - 01:03:57:03

HEATHER

What about the otters? The otters for your She drew.

01:03:57:05 - 01:03:58:03

BECKY

Oh, yeah. Yeah.

01:03:58:04 - 01:04:09:22

SARAH

That picture in our first episode, Becky drew the otters for my wedding invitation of me and my. Me and my husband. A more amorphous, sort of amorphous sized when you make it an item.

01:04:10:03 - 01:04:13:19

BECKY

I don't. I don't know what the opposite of Anthropomorphize is.

01:04:13:21 - 01:04:14:18

JONATHAN

Just an animal.

01:04:14:21 - 01:04:16:03

BECKY

And a more files.

01:04:16:03 - 01:04:17:06

HEATHER

And a more face. I was in the.

01:04:17:06 - 01:04:17:18

SARAH

Nineties.

01:04:17:21 - 01:04:19:12

BECKY

So like. Like the animals.

01:04:19:14 - 01:04:20:12

SARAH

Yeah.

01:04:20:14 - 01:04:23:18

SARAH

Tony and I into two otter. Yeah.

01:04:23:18 - 01:04:27:04

HEATHER

Anyway, go check out what is it under what's your handle for Redbubble.

01:04:27:05 - 01:04:33:20

BECKY

It's such nothing art and this is Ramona I'm her emotional support human.

01:04:33:22 - 01:04:35:09

SARAH

She's given her lots of love right now.

01:04:35:11 - 01:04:41:12

BECKY

Yeah she's very she's very anxious. She doesn't understand who we're talking to or why we're. We're chatting like this.

01:04:41:14 - 01:04:43:11

HEATHER

And where did Ramona come from?

01:04:43:12 - 01:05:04:11

BECKY

Ramona came from a specialty rescue in Alberta. I don't know if they exist anymore, but they specialize in pulling small dogs out of crowded shelters and places where they exist and flying them to Alberta. So she came from Texas somewhere in Texas and took a plane up to Alberta, and then I adopted her.

01:05:04:13 - 01:05:11:13

SARAH

Oh, so as you can tell, we're all siblings and we like to just we just love each other, actually.

01:05:11:13 - 01:05:13:02

SARAH

Yeah, we just.

01:05:13:04 - 01:05:20:12

SARAH

Love to hang out and love each other. Mm. Sadly, they all left me in Alberta alone, so thanks a lot.

01:05:20:14 - 01:05:22:02

JONATHAN

You're welcome.

01:05:22:04 - 01:05:24:18

SARAH

So holidays are different now, which they.

01:05:24:18 - 01:05:25:04

JONATHAN

Really are.

01:05:25:09 - 01:05:37:05

SARAH

Yeah, which isn't interesting. Mm. It's just different now. But we're here to talk about holidays. We have, you know, a bunch different topics we want to cover. And, you know, our first one we want to talk about is how do we create healthy expectations around the holidays?

01:05:37:10 - 01:06:00:00

HEATHER

So one of the messages we got was from my friend Nicole Terracini. I never see her last name, but she is so funny and she has this series that actually started off as like kind of, I think on either Instagram or Twitter and it got picked up. But she has this book series. The first one is called Men to Avoid in Art and Life and then Friends to Keep an Art in Life.

01:06:00:00 - 01:06:16:11

HEATHER

And then I think it's called parenting advice to ignore in art and life. And so she takes like 18th century, 17th century, 20th century. And I said, whatever art. And then says what people are thinking. And it's absolutely hilarious. So I feel like she has done a lot of.

01:06:16:13 - 01:06:18:20

SARAH

Thinking about advice. So I was like.

01:06:18:22 - 01:06:44:08

HEATHER

This is some really good advice she gives. Basically, she said, Drop things from your list. Most of what is on your holiday to do list can be dropped and no one will know or care. It's a lot of things that would be nice to do when they're stressing you out and not worth it. For example, holiday cards, baked goods to gift or bring to parties parties themselves thoughtful gifts for everyone, you know, a spotless house before anyone visits, etc., etc., etc..

01:06:44:11 - 01:06:57:03

HEATHER

And we also heard from Marci and from Blair, who also talked about some of the things that can help you create those healthy expectations.

01:06:57:05 - 01:07:32:12

MOM

My advice for the holiday season and surviving the holiday season as a family is to first have a

meeting with all of your family members. At that meeting, I would suggest that each of you pick a couple of events or traditions that are very important to you around the holiday season and make those a priority. So if you have, you know, a list of eight or ten things that are really important, I know my family, we make sugar cookies every year.

01:07:32:12 - 01:08:02:05

MOM

We've done that since my kids were little. It is, you know, a simple event, but it's important to us. So prioritizing as a family, what's important, and then cutting off the list, what you don't need so that you're not overstressed around that holiday season. It's so important for everybody's mental health. And I think we put way too much pressure on ourselves and finding out what's important to the family helps you to prioritize Christmas in a better way.

01:08:02:07 - 01:08:24:17

JONATHAN

This holiday season is quite different for me in the fact that I have spent a lot of energy preparing for Christmas. I'm looking forward to sitting down on Christmas Eve and enjoying the magic that is Christmas Eve, knowing that I have everything prepared and we just get to enjoy the Christmas as a family.

01:08:24:19 - 01:08:25:19

SARAH

I think there's a lot.

01:08:25:19 - 01:08:29:21

MOM

Of people that put so much into that one day in the year.

01:08:30:01 - 01:08:56:08

SARAH

And if it doesn't turn out perfect, it was it was a failure. And they stressed so hard trying to make it perfect. And it takes the fun out of the celebration or the holiday. It's pumped up his family and togetherness. And and there's so many people who don't have family. It's really hard to see that portrayed everywhere you go, TV, movies when you don't have that lifestyle.

01:08:56:10 - 01:09:02:12

SARAH

But yeah, I think it's expectation. And with time and age, it's only a day.

01:09:02:13 - 01:09:05:19

MOM

In year. It's just a day and you can make any day.



01:09:05:19 - 01:09:11:03

SARAH

Christmas just don't put so much weight on it. It's just a day.

01:09:11:05 - 01:09:14:08

HEATHER

What do you all think about something like that?

01:09:14:10 - 01:09:38:02

SARAH

This is something that I've had a hard time like doing because I just want it to be everything and all of the things magical and great. And then I'm like expecting too much and then I'm always in intense melancholy season. So I've just said, See, you grow and learn. The last few Christmases, I haven't tried to do all the things and I've let myself just feel more relaxed.

01:09:38:02 - 01:09:52:11

SARAH

And so I think that's because I've let down this expectation that it has to be this like perfect, magical. Everybody get along and have a great time moment. It's way better, I swear. Like really enjoying myself now. And I don't get melancholy as much.

01:09:52:13 - 01:10:02:18

BECKY

But one of the best things that I've ever done to reduce holiday stress is convince our family that we don't all need to get a present for each other.

01:10:02:20 - 01:10:04:04

SARAH

Yeah, totally.

01:10:04:08 - 01:10:22:14

BECKY

And it took a little while because, like, everybody, you know, wants to, right? You want to have like, the tree with all the presents under and stuff like that. But at a certain point it's like you're, you're kind of just trading money with each other when and you're stressing, trying to get stuff when you could just be hanging out and having a nice time.

01:10:22:14 - 01:10:32:19

BECKY

I don't really do gifts with most of my friends and stuff like that, like we just kind of spend time together and that's it. Yeah, that's really I mean, that's really what I want. Like, I don't I want to spend time with people.

01:10:32:21 - 01:11:06:18

HEATHER

I think what really helped me for a lot of my twenties because I left our province and then I left our country when I was in my early twenties. So I didn't have money. I was very poor so I couldn't go home. Some of this like I tried and sometimes I did and sometimes I like I couldn't for a long time, but it really helped with then there was no expectations and I was really grateful because most of the time for like three years I believe, I went to my friend Lindsay's parents house and it was the best because there was zero expectations, because they're like Heathers coming and they would make me vegan sausage

01:11:06:18 - 01:11:25:09

HEATHER

rolls, which was like the best. And we would just sit around and watch like all the Christmas specials that were on and we just like, hang out and chill, see your friends. So I felt like I was invited into something and I and that's a lot of times for Christmas I was invited into something or like Sarah, when you came and then Becky was in England for a bit.

01:11:25:09 - 01:11:25:21

HEATHER

So like.

01:11:26:00 - 01:11:26:10

SARAH

Came one.

01:11:26:10 - 01:11:29:01

HEATHER

Time and then, and then everyone came one time, which was really special.

01:11:29:07 - 01:11:42:00

SARAH

I was just thinking about that like the, the years because when you were, we went to London as a family and then one year we went to New York as a family. Yeah. And I think those were the most relaxed holidays because. Yes, no expectation, because the Christmas was going to the place.

01:11:42:02 - 01:11:48:01

JONATHAN

The present is. We spend time at a location. Yeah. And there you go. Yeah. Go from there.

01:11:48:03 - 01:12:00:20

HEATHER

Our favorite, we did a Christmas card in New York where we all fit into my queen sized bed. Our

entire family. There is six of us with just our feet out on the end. It was actually it was so cute and beautiful and like, fun because we just.

01:12:01:01 - 01:12:04:05

BECKY

We all had matching socks. Yeah, that's an important detail.

01:12:04:06 - 01:12:06:18

SARAH

Apparel that that we can, like, bought.

01:12:06:18 - 01:12:07:08

BECKY

Yeah.

01:12:07:09 - 01:12:08:11

SARAH

Red socks to the.

01:12:08:13 - 01:12:09:13

JONATHAN

Socks to the knee.

01:12:09:13 - 01:12:11:15

SARAH

Socks the knees.

01:12:11:17 - 01:12:12:23

BECKY

I love socks to the means.

01:12:12:23 - 01:12:14:06

JONATHAN

So have mine.

01:12:14:08 - 01:12:15:12

SARAH

Oh that's where I closet.

01:12:15:12 - 01:12:23:19

HEATHER

You know what my brain forgot where they came from. I just had them, it felt like I always had them and I was like, Oh, now I know where they came from. Thanks.

01:12:23:21 - 01:12:27:17

SARAH

ADHD brain. Who will be.

01:12:27:19 - 01:12:28:06

HEATHER

Three of.

01:12:28:06 - 01:12:31:00

SARAH

Us have ADHD. So fun.

01:12:31:00 - 01:12:33:19

HEATHER

Times. Sorry, Sarah.

01:12:33:21 - 01:12:35:22

SARAH

I took all of the anxiety.

01:12:36:00 - 01:12:38:15

BECKY

Well, I don't know. No, I got. I got quite a bit. Yeah.

01:12:38:16 - 01:12:42:19

JONATHAN

I also have social anxiety disorder, which is really great. As a performer.

01:12:43:01 - 01:12:44:14

BECKY

You deal with it pretty well, though.

01:12:44:16 - 01:12:48:16

JONATHAN

Well, I mean, I have a lot of exposure therapy performing. You think.

01:12:48:18 - 01:12:49:04

SARAH

It's.

01:12:49:06 - 01:12:50:06

SARAH

True?

01:12:50:08 - 01:12:51:05

SARAH

Yeah.

01:12:51:07 - 01:12:53:00

JONATHAN

So you don't have all the anxiety.

01:12:53:03 - 01:12:54:05

SARAH

I'm sorry. I shouldn't claim.

01:12:54:05 - 01:12:54:18

SARAH

That.

01:12:54:20 - 01:13:00:12

JONATHAN

We get to share that. Yay! We get.

01:13:00:14 - 01:13:02:21

SARAH

Oh, you get anxiety.

01:13:02:21 - 01:13:06:19

SARAH

And you get anxiety.

01:13:06:21 - 01:13:13:12

HEATHER

As part of creating healthy expectations is also dun, dun dun. Setting boundaries.

01:13:13:14 - 01:13:16:00

SARAH

Boundaries about boundaries.

01:13:16:01 - 01:13:20:22

HEATHER

Because when I ask advice, my one friend, Julia Roland, just said boundaries in capital letters.

01:13:21:00 - 01:13:22:12

SARAH

I was like, That is.

01:13:22:14 - 01:13:23:04

HEATHER

Exactly.

01:13:23:04 - 01:13:24:15

SARAH

Right.

01:13:24:17 - 01:13:31:19

HEATHER

Friend Amanda Smith colleague said, I assume you're looking for something more proactive than hide in the closet because that's my go to strategy.

01:13:31:21 - 01:13:51:18

SARAH

I really loved what Sarah Snyder said from Adalind HD. She was a lovely listener. I guess it's a privilege for sure, but my life changed when I realized I could get a hotel room when visiting family. Yes. To have more control over my experience. 100% worth it. And I have to say, as me and my little unit, three of us travel, like having our own space is so important.

01:13:51:20 - 01:14:04:09

SARAH

I think it's so important. And you can take your you have your quiet time, you can remove yourself. And that's like a boundary setting thing. Like, okay, it's time for me to go now. And you have a space that you can like decompress it. It's so good.

01:14:04:14 - 01:14:23:18

HEATHER

I remember when I come home, I always would go to stay at our mom's house and then I suddenly had a boyfriend who was going to come home for holidays and I was like, Well, we're the same house. And he's like, I'm not comfortable with that. Like, I want my own space. And I was just really upset and I was like, Why?

01:14:23:18 - 01:14:43:04

HEATHER

But that's like what we do. And then Sarah was like, Your partner. This partner is your family now, and to respect the boundaries of your that unit as well as like and having to understand how to shift your expectations and that you have to both be comfortable. And also, I was really cheap. I still am, but I was like, why are we spending money on a hotel?

01:14:43:04 - 01:14:53:08

HEATHER

And we have a space to say it? But I realize protecting your mental health, having your own space, having a decompression moment is super important. And I've actually really valued that.

01:14:53:13 - 01:15:10:04

SARAH

Yeah. And I think we when we're like, but it's family, it's a great place to be. It's great, but it's because it's ours, right? We have comfort there because it's just a need. And so it's taken me time to digest like, Oh, you don't want to just sit around with me for 10 hours and like, hang out. Yeah, I'm okay.

01:15:10:06 - 01:15:11:22

SARAH

I guess that makes sense.

01:15:12:00 - 01:15:33:11

HEATHER

Yeah. Just two more messages from people before we continue to our own conversation, I have Lily Waterfield who said, Don't feel obligated to spend time with people who put a strain on your mental health. It's okay to take time for yourself. And then Susan Madigan, who just came in under the wire because I put a last message out for people, she said, It's okay, good even to say no to some things.

01:15:33:12 - 01:15:42:22

HEATHER

So many of us need restorative rest and relaxation and not a marathon of social events that run down our batteries. Of course, feel free to say yes. The things that will be nourishing.

01:15:43:00 - 01:16:02:23

SARAH

Something that I recently discovered that is an option in life is to just say no and not have an explanation why you just like not go to something because you chose not to. I caught myself trying to come up with a reason or an excuse to not attend something. And then I was like, Why do I? I just don't feel like I can fit that into my day.

01:16:02:23 - 01:16:07:02

SARAH

So I just can't go. So I'm just going to say it's not going to work. I can't.

01:16:07:05 - 01:16:07:23

SARAH

Yeah.

01:16:08:01 - 01:16:08:22

SARAH

Period.

01:16:09:00 - 01:16:10:10

BECKY

Sorry. Can't make it. Yeah.

01:16:10:12 - 01:16:19:04

JONATHAN

It's like, Oh yeah, I got this thing going on. But actually, I mean, I just can't make it. Sorry. It's my one hour that day. I don't have to do anything, so I'm not going to do anything.

01:16:19:08 - 01:16:22:22

SARAH

Allowing yourself to say no and that be a like, complete sentence.

01:16:23:00 - 01:16:23:22

SARAH

Mm.

01:16:24:00 - 01:16:27:08

HEATHER

That should be a quote. That's a quote. No. Can be a complete sentence.

01:16:27:14 - 01:16:28:03

SARAH

Yeah.

01:16:28:05 - 01:16:47:01

HEATHER

I find it really hard, I will say, because I live away from home, I find it difficult to say no when I'm like, okay, this is my chance to see these people as the only chance I have for maybe a year. So I don't know how to make those choices when then you're like, okay, well, I won't see this person for two years then.

01:16:47:03 - 01:16:49:05

HEATHER

And I find that really hard.

01:16:49:06 - 01:17:09:05

JONATHAN



I can relate to that now. Having been out in Toronto for two years, traveling back home, it definitely does it. You can put a pressure on yourself to try and see as many people as you can because then it's like, Well, I want to see you now because I don't know when I'm going to see you next because I just don't know when I'm going to be back here.

01:17:09:05 - 01:17:33:00

JONATHAN

And you write it. It's tricky finding the balance between, you know, the things that you want to do and the things that are good for us and, you know, put them in the middle. And because it's like, yeah, obviously, you know, I want to go back in if I can, and see everybody and, you know, hang out with them and all that stuff at the same time.

01:17:33:00 - 01:17:39:14

JONATHAN

No, it's like if I make time for every single person on my list, I am going to burn myself out. That trip.

01:17:39:15 - 01:17:58:07

SARAH

Something that we need to think about is like, what is our capacity And and how do you you know, our capacities do change as we age and just in life and situations in life. How do you reconcile that? You need to actually figure out what is good for you and how do you decide? Like, do you have any methods of doing that?

01:17:58:09 - 01:18:24:03

JONATHAN

I have to just kind of accept what is possible and what isn't. I talk with my cognitive therapist about radical acceptance in the sense of like you just had to just have to take it is what it is. You only get this much time, and of this time you have to spend this much resting. And so if I can't see someone, it's unfortunate it, but I have to reconcile that like, well, that's just what it is.

01:18:24:03 - 01:18:42:17

JONATHAN

That's just how it happened. And also trying to schedule, you know, ten people's schedules around years. You know, like for me, at least when I visit, it's like a week and a half. It's like there's only so much time that things can actually happen. So it's just like it's just accepting the situation for it is like, I'm going to be here for a week and a half.

01:18:42:19 - 01:18:54:18

JONATHAN

People have lives. I have lives, and whatever happens, happens. I'm going to be grateful for the things that work out. And if they don't work out, then that's just that's just It is.

01:18:54:20 - 01:18:57:00

SARAH

And yeah.

01:18:57:02 - 01:19:15:00

JONATHAN

I can I can be upset about it being upset about it doesn't do me any good. So that's where the radical acceptance mentality comes in and it's like, that's just what happened. You're going to fly back to Toronto and then next time maybe you can prioritize those people that you didn't meet before, over the other people you got to meet.

01:19:15:02 - 01:19:27:20

SARAH

We only have so much time. Like time is not limitless, and that's something sometimes I run into with an anxious brain. I don't know if it's the same as it was. Maybe some ADHD routines where you're like, I could do all the things because like, time is unlimited.

01:19:27:22 - 01:19:33:07

HEATHER

We're timelines, so we literally don't know what time it is. So yes, time is nonexistent in our. Exactly.

01:19:33:07 - 01:19:47:08

SARAH

So I think sometimes it's hard. It is hard, yeah. To to actually gauge like, oh, if I spend time with somebody that is like could be 4 hours out of a day. Well, there's only so many hours in the day. And like, I need time to be able to sleep and eat and do things.

01:19:47:08 - 01:19:48:22

SARAH

Yeah.

01:19:49:00 - 01:20:03:20

HEATHER

Well, you end up having to like, short change someone's someone in a conversation, so it becomes like, I'm going to fit you in and you get one hour. But is that enough? Wouldn't it have been better to give yourselves 2 hours and have and then have a break or whatever it is, or just have one hour and then some time?

01:20:04:01 - 01:20:26:11

HEATHER

But I think some of the things that I try to do is like, okay, I'm going to meet at this pub at this time and if you are around and free, please come and whoever comes, it's wonderful. Those are

the people that you meant to see that that time, those are the people that are meant to be there instead of being like, Oh, I wish those people came or I wish I saw this person like you were saying, Jonathan, Like you didn't.

01:20:26:11 - 01:20:27:05

HEATHER

And that's okay.

01:20:27:10 - 01:20:40:19

JONATHAN

Even when you live in the same city and you're like, Hey, let's hang out this weekend. And it's like, Oh, something came up. It's like it's just it's the same deal. But now you've traveled to the bar as opposed to like you travel that you took a plane ride to the bar instead of to take you.

01:20:40:23 - 01:20:43:13

SARAH

So it's sort of.

01:20:43:15 - 01:20:45:14

JONATHAN

Yeah, but it's the same principle.

01:20:45:18 - 01:20:49:22

HEATHER

Becky, What about you? You know, how have you had to set boundaries for yourself in your world.

01:20:50:04 - 01:21:07:19

BECKY

When it comes to, you know, traveling and and trying to hang out with people? I very cleverly, long before I knew I was moving to Toronto, made a big friend group where we're all friends with each other, and that's like 90% of my friends. So I can kind of see everybody on the same day because we all know each other.

01:21:07:19 - 01:21:32:03

BECKY

So we all will go hang out together, which really takes down the stress of trying to track down different people and spend time with different people. I've also been incredibly lucky in having having friends and family who are very easy to set boundaries with. Like I know when my friend group, if, you know, if we don't want to do something, we're just like, like now I'm like, I'm tired today.

01:21:32:03 - 01:21:49:19

BECKY

Sorry. And everyone's like, okay, like we all kind of get it. I guess I feel like I'm because I'm kind of the, I don't know, the quietest in the family, I guess. So that's just kind of how I'm known. So it's I can kind of easily get away with just like going and sitting in my room if I, you know, need to unwind or something.

01:21:49:19 - 01:22:06:03

BECKY

So that's been pretty easy. And then also, I guess like the the biggest thing is just being being honest and upfront. I just thought about this in the context of like us living together where, you know, for a lot of the times Jonathan is like, all right, we got to do a big dinner for a holiday or whatever.

01:22:06:03 - 01:22:13:13

BECKY

And I'm like, I'm not cooking today. Maybe I'll cook one thing or maybe I'll help a little bit, but like, I'm not cooking a big thing. I don't want to do that.

01:22:13:14 - 01:22:16:12

JONATHAN

And I'm like, okay, I'll do it, I'll do.

01:22:16:14 - 01:22:38:14

BECKY

And then he does slightly less than the big thing he was planning on. He like, pairs it back a bit and then I don't know if I'll, I'll do the dishes if I eat the food, you know, but and it just like just I guess having the having the courage to just kind of say that up front, you know, just be like, this is what I need.

01:22:38:16 - 01:23:00:02

BECKY

And I'm sure a lot of people in the world have people around them who are not accepting of that. But if you are like that, if you're up front about your needs, eventually you'll find yourself in a position where the people who are not respectful of that kind of dwindle out of your life and the people who are or the people around.

01:23:00:08 - 01:23:01:06

JONATHAN

The great filter.

01:23:01:07 - 01:23:02:18

SARAH

Yeah, yeah.

01:23:02:20 - 01:23:09:00

HEATHER

I think 99% of all the films and television shows would not exist if people actually communicated so. Oh, my.

01:23:09:00 - 01:23:10:19

JONATHAN

God, Right.

01:23:10:21 - 01:23:21:03

SARAH

This is a really good one. Our next one stick to routines and we will play Liz clips. She's bang on. And when I heard this clip, I was like, I got to take all this.

01:23:21:03 - 01:23:22:18

SARAH

I got to do all this.

01:23:22:19 - 01:23:46:23

MOM

Advice on how to protect mental health over the holidays. All I can really do is share what I do. I work hard to protect my mental health at all times. I believe you find what you're looking for, looking for positivity, a healthy growth mindset. It takes work and daily practice, not just during the holiday season. With that said, the holiday season brings extra challenges to my mental health.

01:23:47:00 - 01:24:11:08

MOM

I'll start with my daily practice. It's what I do at all times of the year. I start every day with three great things. Number one is always I woke up even if it was a lousy night's sleep. I'm grateful to wake up with my feet on the ground. Number two is coffee. Smell it tasted. Savor it. Be in the moment for the first amazing chef of the day, coffee brings me joy.

01:24:11:10 - 01:24:31:12

MOM

And number three, that changes daily. It can be about anything great Things such as I can see it will be a blue sky day. My husband and I will be meeting our kids, their partners and gram puppies for a walk in our gorgeous river valley. Or if I suspect it might be a stressful day, I resort to just grieve three counts in all.

01:24:31:13 - 01:24:59:13

MOM

Three five counts out of three or four. This works for me. Just grateful to breathe two other important things that are consistent from my mental health practice or activity movement of any kind. It's super important and I have a hobby that's meditative pottery. It keeps me in the moment. It's really, really fun, especially when there's a kiln opening Christmas all year round and at the end of every day I have a gratitude journal.

01:24:59:15 - 01:25:19:22

MOM

It's nothing elaborate. One word to one line, something I'm grateful for in the day by day. Oh, well, it's not an all or nothing thing. It's just a most of the time thing. I feel that if I'm reflecting back on my day, I'm looking for good things throughout the day. It helps me be in the moment. Definitely helps with mental health.

01:25:20:00 - 01:25:24:03

HEATHER

I'll read you another message from another. Leah Different Leah Leah party.

01:25:24:05 - 01:25:24:18

SARAH

The real.

01:25:24:20 - 01:25:25:05

SARAH

People are.

01:25:25:05 - 01:25:45:17

HEATHER

L I names all else. Okay, so Leah Simmons, she said it's silly, but find solace in your routines. I'm an anxious wreck this time of year, so predictability helps to minimize those urges. I try to prioritize rest and schedule headspace time, like walks, drawing or listening to music.

01:25:45:19 - 01:25:56:23

SARAH

And then Lisa Lutz says, I get up early so I can still write, exercise and get some quiet time. And then the rest of the day can be a write off and enjoyed with family and friends guilt free, knowing I'm at least still getting something done.

01:25:57:01 - 01:26:15:17

HEATHER

Every year at the holidays I travel and now at one point we used to try to travel, like to see Jon's family. That's Jon, my husband, and then see his family in Boston. And then I have to go see our family and sort of try to split it up between going to Edmonton to see people and then going to Palm Springs where my dad is to see them.

01:26:15:19 - 01:26:32:20

HEATHER

And then really the pandemic changed things where we couldn't really go anywhere, but we could still go to Boston and drive to Boston because those holidays are really, really important to his dad. And to honor that for us to make sure that we're there for it. And I was like, you know what? If that's the one big asset you have in our life, I'm totally with that.

01:26:32:23 - 01:26:54:05

HEATHER

But the one year that we did this, that I should we should really do every year or the years that we did this was having a space where we have a little kitchen so I could eat the same breakfast every morning though I like to eat. It really sets my day up, right. And make sure that I have like accessibility of food because sometimes going to events and things I can't eat because I have dietary restrictions.

01:26:54:07 - 01:27:14:10

HEATHER

And so to be able to come home and just have not just space, but just those foods that I like to eat that make me feel comfortable. And then we would get up every morning and walk on the treadmill. And it just really helped to stress that it was a good way to start the day. We watch something on our phone, we go for a little walk on the treadmill, maybe do a little yoga, but something just to like create that structure in the day.

01:27:14:12 - 01:27:24:18

HEATHER

And that just made us start the day, right. So I think that sticking to routines when you're not at home, like having the same breakfast, having a walk in the morning, like those are really helpful.

01:27:24:20 - 01:27:29:03

SARAH

This is something I don't do and I feel like I might want to employ this.

01:27:29:05 - 01:27:55:11

BECKY

So I'm going to think about it. I'm really bad at sticking to any kind of routine. That's that's kind of why I really thrive with office work, because it's just like for me, it's like 8 to 4. I'm working and I have my lunch break and then it's and it kind of like creates a structure for me. And then as soon as I don't have that job, I kind of like I'm not very good at maintaining that myself.

01:27:55:13 - 01:28:13:14

BECKY

But luckily I have a very needy dog who has a very strict schedule of her own. She needs a walk

by 8 a.m. Sometimes you'll sleep until 8:30, if I'm really lucky. She needs pets and attention. At noon, she needs another walk at.

01:28:13:14 - 01:28:15:18

SARAH

For.

01:28:15:20 - 01:28:23:09

BECKY

Dinner at six and another walk at like 8:30, 9:00 and then 10:00. She's like, All right, it's time for bed. What are we doing?

01:28:23:11 - 01:28:25:04

SARAH

You take you to bed, like makes you go to bed.

01:28:25:06 - 01:28:28:15

BECKY

And now she she complains. She just complains until we go.

01:28:28:17 - 01:28:31:09

JONATHAN

Just like, Yeah, come on, it's.

01:28:31:09 - 01:28:32:00

SARAH

Bedtime.

01:28:32:01 - 01:28:45:01

SARAH

I guess. Like, I guess I do. Then have a routine because I have dogs too. I'm like, There is definitely a routine of like, they'll wake me up and I'll. I'm the one that feeds them in the morning and like they know what to do. So there's like a bit of built in routine because I have like a small family.

01:28:45:03 - 01:28:48:16

SARAH

They have, they have rules that I have to do.

01:28:48:22 - 01:29:08:12

JONATHAN

I'm terrible at routines. That's the you were both terrible at it. It's really good that we live together so we can just keep amplifying how not how much of a routine we don't have. Yeah, yeah. I



mean, that's the thing we talk about a lot in my therapy sessions is respecting the routine that you're going to set for yourself.

01:29:08:13 - 01:29:25:14

JONATHAN

So it's just like, okay, yeah, you say you're going to do that, That's great. And you put in your calendar. That's also great. You just got to do it and you got to keep practicing by doing it because it does you like I'm I'm the kind of like, Oh, put in my calendar now it's set and that works really good for me on a macro level.

01:29:25:14 - 01:29:43:21

JONATHAN

Like I'm really good at making a schedule for my month and like making like a monthly routine. But when it comes to like an individual day, it's just like I'm still working on that. Whereas just like if I don't have something that's immediately going to get me out of bed to like, do something for the day, I'm just it's like a whole, whole days of right off.

01:29:43:23 - 01:29:52:06

JONATHAN

I'm slowly trying to like I just need to do some part of this routine that I'm planning for myself. Yeah. So I can get in the habit of it happening over and over again.

01:29:52:06 - 01:30:11:16

HEATHER

I think one thing I'm going to throw out there is that for those who also ADHD are here, you know, having difficulty with maintaining routine, sometimes it's things like you just have to start it, start the thing and then you will continue it. So as in like if I just get on the treadmill and walk, then I do the walk and like one day I did it.

01:30:11:16 - 01:30:33:10

HEATHER

I was in like fuzzy slippers. My husband's like, What are you doing? I was like, Just got to get on the treadmill. And these are the shoes I had and I didn't want to get other shoes on. And I was just like, This is how I had to do it, and otherwise I wouldn't have done it. And I think the one thing I've been trying to learn is the idea of forgiveness, because what will happen is I'll be like, I'm going to do this routine and I'll do it for as all or nothing.

01:30:33:12 - 01:31:00:04

HEATHER

I'll be like 200 days of yoga and then 200 day to an hour one. I don't do yoga. And then I stopped doing yoga for a year instead of being like, Oh, I just missed yesterday. That is fine. I'll do it again tomorrow. But I it's is really can be very difficult. I think sometimes like trying to put healthy habits into your routines can be very difficult as it's the same as like sticking to your

routines when it's during holiday because then you're like, Oh, but I don't have to do this.

01:31:00:06 - 01:31:14:19

HEATHER

And then in doing so, everything slips and you kind of not feel good. And I'm like, Oh, I'm feeling really grumpy, or Why am I feeling like really short with everyone? It's because you're not getting the things that you need that helps your mental health. So it's like, I guess get a dog or someone.

01:31:14:23 - 01:31:15:22

JONATHAN

Yeah, I get it so much.

01:31:15:22 - 01:31:17:16

SARAH

It sounds like, yeah, routines.

01:31:17:19 - 01:31:19:09

HEATHER

Know someone you can double with, right?

01:31:19:13 - 01:31:21:07

SARAH

Yeah, totally. Well, that's like a huge thing.

01:31:21:07 - 01:31:22:04

JONATHAN

I think you get the habit.

01:31:22:08 - 01:31:47:04

SARAH

Of getting in office and having, like, an office mate. And she also has ADHD. I just like to surround myself with people. There'd be moments where my office mates, like, I've been meaning to do this thing, and then I'm like, okay, well, I'm going to be here all day. Like, if you don't do the thing, you can ask me a question like, I'll be sitting here, you do that thing and I'll do my thing, and then we do our things together and then the things get accomplished and it's, it's the best.

01:31:47:06 - 01:31:57:20

HEATHER

Yeah, I would go to the I go to the gym three days a week because my friend will will go with me and I would just go. I'd get up at 6 a.m., go to the gym because someone's coming with me. But as soon as he was, he moved. I was like, Nope.

01:31:57:22 - 01:32:00:03

BECKY

Yeah, you need an accountability, buddy.

01:32:00:03 - 01:32:00:18

SARAH

Yeah.

01:32:00:20 - 01:32:09:01

HEATHER

Yeah, exactly. It's so find those people who don't also happen to have it. She is also helpful because as much as we like, we'll help each other sometimes. That's hard. Yeah.

01:32:09:03 - 01:32:10:00

SARAH

Cool.

01:32:10:01 - 01:32:12:08

HEATHER

Well, let's move on. I think, to the next section.

01:32:12:10 - 01:32:23:01

SARAH

This is a good one. This is something that I have to work on, focusing on you and not just others and learning how to let people be disappointed.

01:32:23:03 - 01:32:28:07

HEATHER

So we want to hear a message from Erin, our friend Erin, about doing the things that you want to do.

01:32:28:09 - 01:32:30:04

SARAH

Erin, take it away.

01:32:30:06 - 01:32:53:02

MOM

I'm going to be protecting my mental health this holiday season by being really conscious to how I want to spend the holidays and not defaulting to things that I should be doing. This includes allowing myself to switch off and really being conscious to those things that I really love to do and taking advantage of the opportunity of time to be able to do them.

01:32:53:04 - 01:33:11:08

HEATHER

Kathleen Smith, who's has a substack the anxious Overachiever. Follow. Follow her. Her substack is amazing. Her social feeds are amazing. And she has an amazing article that's called Learning to let people be Disappointed. How to start dialing down your intense focus on others emotions.

01:33:11:10 - 01:33:14:00

SARAH

I think this. This was written for me.

01:33:14:02 - 01:33:14:17

MOM

Yes.

01:33:14:19 - 01:33:15:14

SARAH

For me.

01:33:15:16 - 01:33:32:12

HEATHER

Oh, got. So she basically talks about like, you know, there's a question like, do you focus a lot on whether others are enjoying themselves, whether they're comfortable or calm? How do you distinguish between being considered human and other people to be what you want them to be?

01:33:32:14 - 01:33:37:12

JONATHAN

Tech So three, four, three.

01:33:37:12 - 01:33:44:19

HEATHER

What I love I highlighted the things I love the this. Even when we have the best of intentions, no one likes having our anxiety directed at them.

01:33:44:21 - 01:33:47:09

SARAH

Are you pointing at me? Yeah.

01:33:47:11 - 01:33:51:08

HEATHER

I did not point at anyone. I just said words.

01:33:51:10 - 01:33:55:12

JONATHAN

You just pick the topic. Just you just tip it. Fine.

01:33:55:14 - 01:33:56:11

SARAH

Oh, gosh.

01:33:56:13 - 01:34:01:01

JONATHAN

It's just happenstance. Coincidence? Fine.

01:34:01:03 - 01:34:15:10

SARAH

So she gave some examples of what this intensity can look like, continually asking someone, Do you like it after you give them a gift? I feel like I don't think I do that so much anymore. No, I don't think I do that.

01:34:15:12 - 01:34:19:13

HEATHER

No. I used to feel really nervous about what they like it, but I wouldn't say those words to them.

01:34:19:15 - 01:34:20:09

SARAH

Yeah.

01:34:20:11 - 01:34:21:08

HEATHER

What about you guys?

01:34:21:10 - 01:34:26:12

BECKY

I don't want to know. Don't tell me. I don't ask. I don't want to know.

01:34:26:13 - 01:34:28:13

SARAH

I love.

01:34:28:15 - 01:34:36:00

BECKY

You. You can say you like it and then take it back. I'm. You're going to be like, thanks. And then thrown on the bed like it's fun.

01:34:36:02 - 01:34:37:09

SARAH

Yeah.

01:34:37:11 - 01:34:54:17

JONATHAN

I feel like I just asked, Do you like it? And it's like, Yeah, I'm so straightforward. People's first responses. I was like, Cool, Why would they lie to me about that? And I just accepted the fact that they aren't lying if they're lying about it. I mean, if they were, I'd rather just tell me. I'm a big boy.

01:34:54:23 - 01:34:58:15

SARAH

Being very focused on whether someone is enjoying their meal.

01:34:58:17 - 01:34:59:22

HEATHER

100%.

01:34:59:22 - 01:35:03:05

SARAH

Me I'm not the person that cook, so it doesn't bother me.

01:35:03:10 - 01:35:12:10

JONATHAN

Whenever I cook and I'm like, you, you have some of it. I'm always I mean, I'm initially just like you like it and usually do. So that's pretty good. Or you've been lying to me. Have you been lying to me?

01:35:12:10 - 01:35:15:19

BECKY

Becky No, you're. You're pretty good. He's a good cook. Oh, you're pretty good cook.

01:35:15:20 - 01:35:19:09

JONATHAN

Oh, thanks for the positive affirmations.

01:35:19:14 - 01:35:20:14

SARAH

Good.

01:35:20:16 - 01:35:39:01

BECKY

All right, well, I'm as I'm not usually concerned with if people like what they eat, but if we're, like

at a restaurant or something and it seems like they don't like it because I'll, I'll sometimes be I was the kind of person who's like, it's fine. I'll just eat it. It's fine. And I'm like, No, I'm I'm going to make them fix it.

01:35:39:04 - 01:35:40:04

HEATHER

Yeah, well, that's good.

01:35:40:06 - 01:35:40:21

SARAH

That's good.

01:35:40:23 - 01:35:44:02

BECKY

Which, which probably makes them uncomfortable, but I'm.

01:35:44:02 - 01:35:46:06

SARAH

Like, money. Like, I don't know, something that you like.

01:35:46:07 - 01:35:47:06

SARAH

Yeah. Yeah.

01:35:47:08 - 01:35:56:22

HEATHER

We're like, feel like you're not putting the blame on you. You're like, No, I'm going to help you. I'm going to fix this. Which can be something like this is this thing is a bit about like fixing things for people when they, they need to like do.

01:35:57:02 - 01:35:57:18

BECKY

So yeah.

01:35:57:18 - 01:36:15:03

HEATHER

So yeah. Because it way like it makes me, I get like not anxious, I don't have anxiety but I get like I get really concerned for other people a lot of the times because I think this is more elegant learned behavior of like growing up and wanting to make sure everyone was like it was all even keeled. So I'm like, okay, I want everyone to be comfortable.

01:36:15:03 - 01:36:23:16

HEATHER

If everyone is in a good place and I get to be comfortable, too. And so I will be like, Oh no, we have to like, fix these things.

01:36:23:18 - 01:36:34:14

SARAH

The fixing next one, wanting someone to be having as much fun as you are. I am 1% guilty of this in the past, not so much now, but I definitely was like.

01:36:34:16 - 01:36:35:18

SARAH

Why have you come on.

01:36:35:18 - 01:36:36:16

SARAH

Let's do it. You know.

01:36:36:18 - 01:36:54:19

HEATHER

Totally me not talking about something that interests you because it my brothers. Well, yes, I am. Ask all the time. I'm asked all the time. So my therapist said, yes, you're very good at talking about trauma, but you can talk about things that also interest you.

01:36:54:21 - 01:36:56:04

SARAH

So I was like, yes.

01:36:56:06 - 01:37:02:08

HEATHER

So the other day when I was out for dinner, this is a really big thing for me. I was at my friends and I just went, Oh, I like.

01:37:02:08 - 01:37:07:17

SARAH

Rocks. And they're like, What kind of rocks? Something just.

01:37:07:22 - 01:37:13:03

HEATHER

Rocks. Like, I just collect rocks that I like. I don't know what they're called, but I really like them.

01:37:13:05 - 01:37:28:05

SARAH

And they're like, Oh, cool. See, I like rocks in the middle of skeletons. Yeah. Yes, I did. I love. I love that. It was a really big step for me, right? Oh, good. That's so cool. And my friend then



sent me rock.

01:37:28:05 - 01:37:32:12

HEATHER

Things and then she sent me Pebble of the Day, which is an Instagram account which I really enjoy.

01:37:32:14 - 01:37:36:11

SARAH

So there you go. You know.

01:37:36:13 - 01:37:38:20

SARAH

So I go, Yeah, you like, you get rewarded.

01:37:38:20 - 01:37:40:15

SARAH

Yeah, Yeah.

01:37:40:17 - 01:37:43:06

HEATHER

So, and then when I went and found rocks, I sent them.

01:37:43:08 - 01:37:45:11

SARAH

A picture of the rocks.

01:37:45:13 - 01:37:50:13

SARAH

The special things, and people remember that. Oh, my friend. That's good.

01:37:50:15 - 01:37:50:23

BECKY

Yeah.

01:37:51:02 - 01:37:59:12

SARAH

This picture. Then you got to have this, like, special connection. A thing that's like, a symbol. Because I saw a rock, and it's, like, going to be a really nice moment. So that's good that you do that.

01:37:59:13 - 01:38:00:02

SARAH

Yeah. Yeah.

01:38:00:07 - 01:38:03:02

JONATHAN

And if someone's weird about that, they shouldn't be your friend.

01:38:03:04 - 01:38:05:19

SARAH

Yeah, You just talk about rocks with your friends. I.

01:38:05:21 - 01:38:14:09

BECKY

I announced loudly at a very fancy work dinner last night that I've been watching the golden Bachelor, and everyone was like.

01:38:14:11 - 01:38:17:04

SARAH

Oh, nobody did. They don't know what it was.

01:38:17:06 - 01:38:24:12

BECKY

I think a couple of them knew what it was. Several of them did not. I was like, It's it's a reality TV show. And then the conversation with them.

01:38:24:15 - 01:38:25:22

SARAH

You said, Oh, well.

01:38:26:00 - 01:38:32:06

HEATHER

When you stated your your intention and they, you know, you now you found now you find your gold bachelor friends though.

01:38:32:07 - 01:38:34:18

SARAH

Yeah, you can. Mm hmm. About it.

01:38:34:19 - 01:38:37:17

JONATHAN

Which I guess are none of that office.

01:38:37:19 - 01:38:48:19

BECKY

Yeah. No, no, no one else was excited about it. I've heard other people, but it was just we were talking about sports and how big pickleball is right now. And I was like, Oh, they play pickleball in the Golden Bachelor.

01:38:48:21 - 01:38:51:00

SARAH

Oh, does that. That's a good that's a good segue.

01:38:51:00 - 01:38:53:13

JONATHAN

Right issue. That's good.

01:38:53:15 - 01:38:54:10

SARAH

That's a whole other.

01:38:54:15 - 01:38:56:19

BECKY

It derailed the conversation pretty quickly.

01:38:56:21 - 01:38:57:22

SARAH

Oh, well, that's.

01:38:57:22 - 01:39:00:11

BECKY

Okay, though. They moved on to another subject.

01:39:00:12 - 01:39:01:05

HEATHER

That's okay.

01:39:01:07 - 01:39:02:21

BECKY

Um, and that was fun.

01:39:03:00 - 01:39:22:20

JONATHAN

I, in the past have realized that I'm really I explain I explain things a lot to people, and I've been more aware of that. And now I try and be more cognitive of that where if I'm noticing, I'm going down like a explaining hole of like because I really like the things I like to tell people about it.

01:39:22:20 - 01:39:38:05

JONATHAN

I try and see if they have any common ground in it where instead of me being like, Hey, do you know that this does this and this, this, this, this isn't just keep going. I'm like, should this does this does that relate to you in any way? Obviously, it's not that blunt. I'm trying to be a little more subtle about it.

01:39:38:07 - 01:39:48:06

JONATHAN

Can I just try and find some, like, common ground? I'll bulldoze into a conversation with just whatever because I have no fear. I guess.

01:39:48:08 - 01:39:48:17

SARAH

Well, it's.

01:39:48:17 - 01:39:54:00

HEATHER

Your special interests. So yeah, you want to share like all of that with everybody.

01:39:54:00 - 01:40:11:11

JONATHAN

It's rewarding. Like there's a new guy in the office that I'm working at that's temp job I'm doing, and I'm slowly finding out that he is into all the stupid animated things that I'm into. And it's really great whenever he is like I'm like mentioning Dragon Ball stuff and he's like, Yo, if you watched, you watched Super. I'm like, Yeah, I watched Super eight.

01:40:11:11 - 01:40:15:15

JONATHAN

It's like, Oh yeah, You know, we would have gotten there if I didn't just throw the bone out.

01:40:15:15 - 01:40:18:06

BECKY

So as is like, is that Jonathan Yeah.

01:40:18:06 - 01:40:23:08

JONATHAN

The other job is to just.

01:40:23:10 - 01:40:26:05

BECKY

I feel like that's an important detail.

01:40:26:07 - 01:40:30:15

HEATHER

All right. Acting over responsible for your partner's mood.

01:40:30:17 - 01:40:32:05

SARAH

Oh, I'm all over that.

01:40:32:08 - 01:40:36:20

HEATHER

I've been there before. Not with not with my current husband, but.

01:40:36:22 - 01:40:38:22

SARAH

I mean, I didn't have other husbands.

01:40:38:22 - 01:40:43:05

HEATHER

This is my only husband. I had other people I dated, though.

01:40:43:07 - 01:40:49:14

SARAH

Oh, yeah. I've had definitely had moments like that. And now I'm like, I'm much better separating people.

01:40:49:15 - 01:41:08:04

BECKY

I'm. I'm the nightmare person for people who are like that because I'm very deadpan most of the time. And they're like, Are you okay? And I'm like, Yeah, like, are you sure? And I'm like, Yeah. Sarah is like, Yes, I know.

01:41:08:06 - 01:41:08:18

SARAH

Like.

01:41:08:20 - 01:41:09:18

JONATHAN

I mean what I say, but I don't.

01:41:09:18 - 01:41:10:15

HEATHER

Becky's okay.

01:41:10:17 - 01:41:16:17

SARAH

I'm fine. I know what she's okay. But that's similar to my husband too, you know? Yeah, he's just like, he's just doing his thing.

01:41:16:17 - 01:41:25:02

HEATHER

So I insisting people have some dessert because you're having dessert.

01:41:25:04 - 01:41:29:00

JONATHAN

Sorry, Mom.

01:41:29:02 - 01:41:45:14

BECKY

I'm always like, if you get dessert, I'll have. I'll have one or two bites. And she never she she still forgets, though, when I say one or two bites, I mean one or two bites, I have one or two and then I'm done. And she's like, I have to eat the rest of myself. Well, I told you, I told you how much is going to, you.

01:41:45:15 - 01:41:47:14

SARAH

Know, boundaries and expectations.

01:41:47:18 - 01:41:50:05

HEATHER

Yeah, Becky's a good battery setter.

01:41:50:07 - 01:41:51:03

SARAH

She's the.

01:41:51:05 - 01:41:52:17

JONATHAN

Expectations setting.

01:41:52:17 - 01:41:53:05

BECKY

Thank you.

01:41:53:06 - 01:41:55:21

JONATHAN

This is my boundary to bites.

01:41:55:23 - 01:42:06:05

SARAH

I think I encourage people to like. Do you want go get a treat or do you want to like, as, like part of an active like part of doing something? It's like, let's go get a coffee, let's go get a treat. But if they don't want one, I'm not forcing.

01:42:06:05 - 01:42:19:00

HEATHER

Yeah, we're feeders in general I think as in our love languages food. But eat. Yeah. And give other people food. Like I don't really want a thing and then they'll come on like, well, I saw this thing and here are the five things I bought for you because I saw them and I associate.

01:42:19:01 - 01:42:20:08

SARAH

I do do that a lot actually.

01:42:20:08 - 01:42:21:20

HEATHER

Yeah, but that's different than this.

01:42:21:22 - 01:42:22:17

JONATHAN

It's super sweet.

01:42:22:21 - 01:42:43:14

BECKY

I think that, well, that comes from our family because we're, you know, I think it's kind of like Ukrainian German background and they're, they're famous for needing to feed everybody all the time. So Grandma was like that should always send you home with a bag of food. Mom is like that. She always wants to, like, get your snacks that you like if you come over.

01:42:43:16 - 01:42:49:00

JONATHAN

Oh, yeah. And like, the countless times that you're getting, like, you're going to like, dollarama or.

01:42:49:00 - 01:42:51:16

BECKY

Like, Oh, yeah, I bring, I bring Jonathan's snacks all the time.

01:42:51:16 - 01:42:52:09

HEATHER

Yeah, we all do it.

01:42:52:12 - 01:43:00:13

JONATHAN

And you're just like, Yo, I'm at, I'm at Dollarama. You want anything? And I'm like, Oh, I can use this. And vice versa. I'm like, Oh, I'm at Pizza Pizza. You want anything?

01:43:00:15 - 01:43:04:12

BECKY

You know, sometimes I just bring it because I know what what chips he likes. That's true. You know?

01:43:04:16 - 01:43:06:06

JONATHAN

Sweet chili heat Doritos.

01:43:06:06 - 01:43:09:21

HEATHER

Are the best. I can eat them right now. You do have them so I can eat them.

01:43:09:23 - 01:43:13:02

SARAH

Right? Yeah. Really? Oh, yeah. You know.

01:43:13:04 - 01:43:32:11

HEATHER

I like it. I don't like kettle chips. And I actually bought kettle chips one day. I like plain ruffles. Sometimes I have a promise. It's very tasty. And I was like, sad because I picked the I this man was standing around the chips and it was making me really annoyed and I just like, grabbed and had to go out of there because he kept pacing in front of the chips and on the phone I was like, What are you doing?

01:43:32:11 - 01:43:43:01

HEATHER

Just describe those chips. Why is it different? I don't know. And then I grabbed it, got reading, Kettle on it, and I was very sad as I ate the hardest chips known to man like diamond, just.

01:43:43:03 - 01:43:44:18

SARAH

Chips, kettle chips.

01:43:44:19 - 01:43:46:17

HEATHER

Also the worst.



01:43:46:19 - 01:43:48:11

JONATHAN

And so I'll eat them.

01:43:48:16 - 01:43:59:05

HEATHER

I then my cousin went out and came back with she's like, Oh, I bought us all pieces of cake and you get the nondairy cake. And I also got you ruffles because you were sad.

01:43:59:05 - 01:44:01:08

SARAH

And I was like, Oh.

01:44:01:09 - 01:44:02:11

HEATHER

That's love, right?

01:44:02:13 - 01:44:03:19

BECKY

Love is that's really is.

01:44:03:23 - 01:44:04:06

SARAH

Yeah.

01:44:04:07 - 01:44:05:04

BECKY

Yeah.

01:44:05:06 - 01:44:25:23

SARAH

Kathleen Smith not only had the the list of things that intensity can look like, but she also has a counter acting really counter behavior to do so, letting people manage their emotions. So that's very good. The one to counter just sharing your interests is expressing what you like while being open to what others like. So that's. Yes.

01:44:26:01 - 01:44:27:09

SARAH

Mhm. Mm.

01:44:27:12 - 01:44:28:08

JONATHAN

Okay.

01:44:28:10 - 01:44:34:17

BECKY

I've been working on trying to ask questions when people are talking about what they like.

01:44:34:17 - 01:44:36:08

HEATHER

And that's a good one.

01:44:36:10 - 01:44:40:15

BECKY

Too to help them like explain it more and to show that I'm interested. Yeah.

01:44:40:17 - 01:44:46:21

HEATHER

Well there's a good one here saying managing your own anxiety rather than trying to quickly fix others distress.

01:44:46:23 - 01:44:56:02

SARAH

I find that that that's so relevant because I think I'll it'll be my idea that I'm almost like putting on to somebody else.

01:44:56:07 - 01:44:57:00

SARAH

Mm hmm.

01:44:57:02 - 01:45:02:00

SARAH

So they may not actually be feeling the anxiousness that I think they are. I'm just kind.

01:45:02:00 - 01:45:02:10

SARAH

Of like.

01:45:02:14 - 01:45:05:12

SARAH

What's that word? Projecting my. Yeah, projecting.

01:45:05:16 - 01:45:06:18

JONATHAN

Thing.

01:45:06:20 - 01:45:26:06

HEATHER

So just to end this, this moment of this conversation, because we have one last thing, too, to talk about The things that I really took from this. This is to draw quotes and we'll put the link to this article so you can read the rest of it. There was more things to read, but it's one of the greatest gifts we can, our family and friends is the freedom to experience life with less relationship pressure.

01:45:26:08 - 01:45:34:10

HEATHER

Look for opportunities to ride the ride of being together without fixing so good.

01:45:34:12 - 01:45:35:14

SARAH

Yes, I love it.

01:45:35:16 - 01:45:40:04

JONATHAN

Deep, very deep, profound and sounds sick.

01:45:40:06 - 01:45:43:23

SARAH

Sick man. Sick bro.

01:45:44:00 - 01:45:45:07

HEATHER

The last one this is the last.

01:45:45:07 - 01:45:46:14

SARAH

Was one.

01:45:46:16 - 01:45:48:05

JONATHAN

Lightning round, last topic.

01:45:48:07 - 01:45:56:23

SARAH

Having an escape route, a quiet place for creating alone time. This is so good. So we're going to play a clip from Steph from Heights.

01:45:57:01 - 01:46:42:16

MOM

Hello Brains podcast. It's Steph from Psychosomatic. Yeah, I love this question that you've asked. So advice for protecting your mental health over the holidays. From my experience, I often go back to my home town over Christmas and always schedule way too much social time in and end up burnt out and overwhelmed. So my big advice is don't put too much pressure on yourself to see everybody and do everything because you also want to be able to enjoy yourself and make time for you and doing things that fill your cup as well.

01:46:42:18 - 01:47:10:00

MOM

So for me it's making sure I don't schedule more than like one or max to catch ups in one day. And if you've got a big family Christmas organized, excuse yourself to just chill out somewhere, wherever you can go for a walk, to make sure that you are also looking after yourself and helping yourself regulate, especially if things are not as harmonious in your family as I could be.

01:47:10:02 - 01:47:13:02

MOM

And that's my advice. Good luck.

01:47:13:04 - 01:47:18:10

HEATHER

Now, Becky brought this up earlier, so I feel like I, I wanted to say more on it, but then I was like, I'm going to wait.

01:47:18:15 - 01:47:19:14

BECKY

Oh, we're getting there.

01:47:19:17 - 01:47:22:10

HEATHER

I know. Because we're near the end that it would be there.

01:47:22:12 - 01:47:42:07

SARAH

Pete, when he said talking autistic family members could also be neurodivergent people or anyone really don't insist that people have to be around all the time sensory overload. They can go at any time without judgment to decompress with no reaction, just let them go. Holidays are sensory overwhelm, communication, overwhelm and social overwhelm.

01:47:42:09 - 01:48:00:14

HEATHER

So that's and so Pete, he's autistic and he has a book about being autistic and he has really great tips. You should follow my online. And then my friend Celeste, who's wonderful, said to

me, she's like doing the Globe and Mail giant crossword, but not sharing as sharing can be stressful.

01:48:00:16 - 01:48:02:04

SARAH

And I was like, Yes.

01:48:02:06 - 01:48:22:19

HEATHER

I like doing it alone and feel like it is relaxing. It makes you feel good about yourself and fills the empty time as well as helps you escape the busy time. She also just said, as a side note, loves cookies in moderation and loves snow. So all those things. So doing the things you enjoy, cookies and snow, and then the giant crossword from the Globe and Mail.

01:48:23:00 - 01:48:27:10

HEATHER

So I thought that was just a lovely little thing about creating your own space.

01:48:27:12 - 01:48:30:05

SARAH

Yeah, and it's like a tradition.

01:48:30:07 - 01:48:56:16

HEATHER

Yeah. I really advocate for. I want to say two things. I advocate for us actually creating those quiet spaces. I know that when I go to our family in Boston, there's no quiet space and it can be hard for some of our family members who need that space without the hectic ness. And sometimes just like trying to escape, it can be fine to an extent, but then sometimes it gets really stressful because there isn't that space and I just really think we should have more of that just in general in our world.

01:48:56:16 - 01:49:16:13

HEATHER

Just have a space where people can chill out. They're now calling it like quiet spaces. I know that I was allowed. I basically went to a conference as part of the disability screen office and I like doing anything. I'm like, I would like quiet space. And they gave me a hotel room. And then one day I was in a hotel that I could just go chill in the hotel by myself.

01:49:16:13 - 01:49:17:14

JONATHAN

It's awesome.

01:49:17:16 - 01:49:31:05

HEATHER

And it was actually amazing. I plugged in my phone, I chilled. I thought later it would be awkward if other people got the same room because it did stay like quiet room on it and it was a hotel room. So I'm like, It could be awkward if more than one person came, But I was alone and it was really, really awesome.

01:49:31:07 - 01:50:06:00

BECKY

It's something that I'm I'm kind of like working on with my grandparents on my dad's side because my sibling, Amelia, will, basically spends all their time on on their phone and they're listening. They're part of the conversation. That's just that's like what they need to be present in that space without being overwhelmed with anxiety. Right? And so my grandparents, of course, being in their eighties are like, I understand, like, you know, she's put her phone away and like, well, like this is what they need to to be here.

01:50:06:00 - 01:50:09:05

BECKY

So, you know, like it's okay.

01:50:09:07 - 01:50:35:22

HEATHER

Yeah. Accepting people as they come and what they need to be comfortable in a very overwhelming time because it's a lot. What I love about when we would have holidays together, specifically we celebrate Christmas and Christmas Day in the morning. You're allowed to open your stockings on your own in the morning and we all up our would open our stockings and then we'd have breakfast together and then open like, you know, we'd open presents or we'd have breakfast.

01:50:35:22 - 01:50:38:03

BECKY

Depends on how on how hungry we were. Yes.

01:50:38:03 - 01:50:55:13

HEATHER

So we'd have like because, we'd have very like, we'd have our own traditions that we would follow on the holidays. So we would have like Chris Johnson, hot chocolate whipped cream, and later it was coffee or whatever. And then we would until it was like time to get dinner ready and do things like that, we would just have our own time.

01:50:55:15 - 01:51:11:18

HEATHER

There was no pressures. We didn't have to like, engage with anyone. We could engage with the things that we got. I would most with I'd read a book, we put on movies, we would really chill

and there's no expectation for communication and I think I don't know if it's because all of us.

01:51:11:20 - 01:51:12:22

SARAH

Basically like.

01:51:13:00 - 01:51:15:05

HEATHER

Anxiety slash Neurodivergent.

01:51:15:07 - 01:51:15:10

SARAH

Yeah.

01:51:15:12 - 01:51:16:19

HEATHER

Family that we.

01:51:16:19 - 01:51:20:13

BECKY

Understand that that was a lot of stimulation and now we need a little bit of quiet.

01:51:20:19 - 01:51:27:02

HEATHER

Yeah but we would all do it like I, I would disengage you would all disengage in some capacity.

01:51:27:02 - 01:51:33:14

BECKY

So it was usually around the time I'd like go sit in my room until dinner time and just have some quiet time and then come back down.

01:51:33:19 - 01:51:35:11

JONATHAN

Yeah. I'd be playing with my toys.

01:51:35:15 - 01:51:48:16

BECKY

Yeah. Yeah. And like, as an adult, I'll, you know, I don't need as much alone time, so I, you know, I'll do something quiet. Like if we're watching a movie or, like, sit and watch a movie with everyone. I know a lot of families, like, pack the Day, they're like, Oh, we're going to do this. We got to do that.

01:51:48:16 - 01:51:56:06

BECKY

But yeah, a lot of the time we kind of just didn't. We just had our like it was a slow day. We kind of took our time. Yeah, Yeah.

01:51:56:08 - 01:52:10:10

HEATHER

So being with people that respect that time and that creating that space can be really important. All the things you talked about before, about boundaries and expectations and everything to allow ourselves to, to communicate that need is really important.

01:52:10:12 - 01:52:30:02

JONATHAN

Mm hmm. It's like communicating what we want and then. And being accepting of that, you know, it'd be very easy for any of us, like if we very different family, if Becky was like, I don't wanna do that. We were like, Oh, my God, I can't believe it. You don't love us. You know, it takes two to tango.

01:52:30:04 - 01:52:32:02

JONATHAN

Yeah, it's like, So.

01:52:32:04 - 01:52:36:05

BECKY

Some families are like that, so let's go. It's tough for a lot of people. Yeah.

01:52:36:11 - 01:52:52:14

JONATHAN

So it's good that, you know, we can set what we need for the holidays and then. Right. Cool. All right, it sounds good. And. And then the just getting to honestly spending time with each other in ways that are our best for everybody.

01:52:52:19 - 01:52:53:12

HEATHER

Yeah, exactly.

01:52:53:12 - 01:53:02:03

JONATHAN

We're not we're not just like, you know, we got to do all the Christmas activities, you know? No, especially now they're older and it's just like, let's just hang out, man. I mean.

01:53:02:03 - 01:53:02:11

HEATHER

Yeah.



01:53:02:16 - 01:53:03:21

SARAH

Eat food and hang out.

01:53:03:23 - 01:53:25:04

HEATHER

Yeah, we do videos. We watch movies before on line. When we're in different places, we often have a call and just do a group like Facebook call together and just like, check in and have this moment together. And I think with again, no expectations and we're not always in the same place now on Christmas, but we always find time to like, chat with each other and have that moment together.

01:53:25:04 - 01:53:27:10

HEATHER

And I think that's really special.

01:53:27:12 - 01:53:38:01

JONATHAN

And as I'm getting older, I realize that all those moments get farther and farther in between. So I'm going to take them as they come. Yes. Which happened to be around the holidays. Oh.

01:53:38:03 - 01:53:39:00

SARAH

Sick.

01:53:39:02 - 01:53:46:01

SARAH

Can I ask one quick fire, fire and response of okay, favorite holiday tradition?

01:53:46:03 - 01:53:51:03

HEATHER

Well, when we were really little, my favorite thing was driving around and looking at all the Christmas lights.

01:53:51:05 - 01:53:53:17

SARAH

Heather, Mom talks about that. What?

01:53:53:18 - 01:53:56:02

HEATHER

Oh, okay.

01:53:56:04 - 01:53:59:15

MOM

Some of our traditions was making hot chocolate and driving.

01:53:59:15 - 01:54:00:20

SARAH

Around.

01:54:00:22 - 01:54:08:06

MOM

Looking at the Christmas lights and all the more affluent neighborhoods, and that was fun.

01:54:08:08 - 01:54:26:03

HEATHER

That's my favorite memory because what we would do is we would drive around in the car, look at all the fancy Christmas lights, and then we'd go home and we'd have hot chocolate with whipped cream from McCann, which was very special because we only got whipped cream in a can at Christmas. And you get one can when the Cavs got done, it's that's it.

01:54:26:08 - 01:54:27:18

HEATHER

So it was like so special.

01:54:27:21 - 01:54:34:06

SARAH

I only buy whipped cream in a can around the holidays as well. Now Jonathan.

01:54:34:08 - 01:54:36:06

JONATHAN

I really enjoyed, uh.

01:54:36:12 - 01:54:38:11

SARAH

Carolyn Yeah.

01:54:38:12 - 01:54:54:13

JONATHAN

Within the circles. Yeah. I love when we were in New York that one year and we were in head this apartment and we were all like, you know, singing carols together. And one of your friends is like, So is this. This isn't a bit. You guys should seriously do this legitimately.

01:54:54:13 - 01:54:57:00

SARAH

Like, for real? Well, yeah, I.

01:54:57:00 - 01:54:58:22

BECKY

Thought this only happened on TV.

01:54:59:00 - 01:54:59:21

SARAH

Like, I didn't know people.

01:54:59:21 - 01:55:02:20

BECKY

Actually did this, but it was just in movies.

01:55:02:22 - 01:55:03:13

SARAH

Yeah.

01:55:03:15 - 01:55:18:03

JONATHAN

So you get to hang out and Simeon's fun, fun time, you know? I love that. Probably we'll do that in a while because it's just like COVID and we all live in different places now. But you know, maybe I'll have to work on my piano skills. Yeah, that back rolling.

01:55:18:05 - 01:55:30:18

BECKY

What is my favorite? I like the the fun foods that we eat when we're all holidaying together. I really like I like the breakfast crisp since they always taste better on Christmas morning for some reason.

01:55:30:20 - 01:55:32:01

SARAH

Yeah.

01:55:32:03 - 01:55:36:00

BECKY

Roman hit them in the oven to make the breakfast some good.

01:55:36:02 - 01:55:36:21

HEATHER

And then we have Chinese.

01:55:36:21 - 01:55:38:09

BECKY

We would make grandma's buns.

01:55:38:11 - 01:55:40:05

SARAH

Oh, yes, that was Ponce.

01:55:40:07 - 01:55:48:19

BECKY

I don't know if you remember, Heather, the time that, uh, we. We wrestled over the last bun, and I ate it while you were on top.

01:55:48:19 - 01:55:51:16

SARAH

Oh, yeah. Trying to wrestle it.

01:55:51:18 - 01:55:53:21

HEATHER

You're saying I'm like, Oh, yes, I remember that. And I was so mad.

01:55:53:21 - 01:55:54:21

SARAH

Because.

01:55:54:23 - 01:55:55:16

HEATHER

You're like.

01:55:55:18 - 01:56:00:09

BECKY

I should be the last. But then you were like, No, I was going to eat it. And then I looked and you were like, I'm so to eat.

01:56:00:09 - 01:56:09:20

SARAH

It, you just put it in your mouth. We really like food in our family's power play.

01:56:09:22 - 01:56:31:08

SARAH

I think my favorite, well, I guess tradition I've taken to my family as well is to have Chinese food on Christmas Eve and watch a movie. Yeah. Do that with my my little unit. And we have we've kind of made it a thing where Christmas Eve is our special, like, just just us thing. But I just my favorite one of my favorite memories is when little, little Jonathan was just the little babe.

01:56:31:12 - 01:56:37:05

SARAH

I would wake up super early and like going wake him up because he just wouldn't wait. He just sleep in and I loved.

01:56:37:06 - 01:56:55:16

BECKY

Yeah, the whole reason why we we have the stocking tradition where you can open the stocking on your own. Well, so that mom wouldn't have to get out of bed at six in the morning when we got up all excited. And then we all expect Jonathan to, like, get up and be excited. And now, now one in his life, was he up early?

01:56:55:16 - 01:56:56:04

SARAH

Always had two.

01:56:56:04 - 01:56:57:01

JONATHAN

That's not true.

01:56:57:02 - 01:57:00:17

SARAH

There's one year when you came downstairs to my room, I remember that. But it was still late.

01:57:00:18 - 01:57:02:23

HEATHER

But you were always grumpy too. You're like, Oh.

01:57:03:00 - 01:57:03:05

SARAH

Yeah.

01:57:03:05 - 01:57:03:18

HEATHER

You did not want to.

01:57:03:18 - 01:57:12:18

JONATHAN

Get out. When I was like a little kid, I was always like, I slept in bed when I got into like pre-teen areas and I was like, I was like, I'm up, man. But when you were like, I want to see my prince.

01:57:12:23 - 01:57:16:15

SARAH

Jonathan, I loved waking you up Like that was so I thought that was so fun.

01:57:16:18 - 01:57:19:01

JONATHAN

Anyway, I don't remember.

01:57:19:04 - 01:57:20:09

SARAH

Don't want to open presents.

01:57:20:09 - 01:57:21:03

BECKY

And he's like, No.

01:57:21:03 - 01:57:23:00

SARAH

I'm sleeping.

01:57:23:02 - 01:57:24:03

JONATHAN

My priorities straight.

01:57:24:07 - 01:57:25:21

SARAH

Right? I'm paying for.

01:57:25:22 - 01:57:30:23

HEATHER

It. And that was really important. You, you toddler Jonathan should be a lesson to us. Oh.

01:57:31:01 - 01:57:31:20

SARAH

Yeah.

01:57:31:22 - 01:57:36:10

JONATHAN

Sleep is important lesson to me. God.

01:57:36:12 - 01:57:53:12

HEATHER

All right. Well, I think we're going to end off today with a message, a final message from Leah, who we heard from earlier. And she's just going to talk a little bit about, you know, keeping those

happy memories alive and finding joy in the little things every day. And so, Leah, I'll let you take us out.

01:57:53:14 - 01:58:19:10

MOM

The holiday season can bring a layer of busy times for a family. Maybe expectations, commitments you want. Sometimes you don't want that have to attend. I also work on keeping happy memories alive, specifically with those who are no longer with us. For example, last year I bought a new smaller tree and I decorated in purple and gold. I can feel this person who loved Christmas that is no longer with us.

01:58:19:12 - 01:58:43:12

MOM

I feel them here in my heart, in my memories, in my soul. Purple was their favorite color. It brings me joy. I remember the times with them versus being sad that they are no longer with us. If I look for the joy, if I look to be positive, I look for the fun. I'll find it. You find what you're looking for, what is important to you.

01:58:43:14 - 01:59:18:13

MOM

Our mental health is challenged when our actions don't align with our belief system. There is so much pressure to buy, consume, overspend, overindulge, overcommit, overdo. I figured out what is important to me. It's my family, my friends, time together, such as a walk. And when I really think about it, the biggest. Yeah, probably simplest thing I do to protect my mental health is to find joy in the little things every day.

01:59:18:15 - 01:59:25:14

SARAH

Oh, I'm so excited that we like to chat with Becky and Jonathan, having the siblings together on the pod. So fun. Amazing.

01:59:25:19 - 01:59:38:00

HEATHER

And it's just nice to hear, like, everyone's different takes. And I felt like a lot of the people, everyone was kind of saying a lot of the same things. And it's so nice to hear how other people are doing it to maybe help yourself during the holidays.

01:59:38:00 - 01:59:49:06

SARAH

Coming home. And thanks to Heather for doing all the research and funny sorts of cool tips and tricks. She's the best. So if you ever need anything research base. Yes, she's the lady.

01:59:49:06 - 01:59:49:19

HEATHER  
I'm here for.

01:59:49:19 - 01:59:52:07

SARAH  
It for always.

01:59:52:09 - 02:00:15:06

HEATHER  
Since this is our last episode of 2023, I just want to say how grateful I am not just for the obvious listeners and friends and family who who submitted things for us to talk about today. But just for everyone who listened throughout the whole year, we've had more and more people listening on our Spotify Unwrapped, which is just a very small portion of the people who listened.

02:00:15:07 - 02:00:38:03

HEATHER  
It had grown so much and I was so surprised and overwhelmed, and it was just amazing to hear people listening because sometimes when you're recording this, you're like, I hope someone gets something from this conversation. And we're just grateful that people have written in and and told us about how some of these conversations have changed our lives. And I think that's really why we're doing what we're doing is part of it.

02:00:38:03 - 02:00:45:07

HEATHER  
And and I'm just hopeful and happy that these conversations do mean something to people out there in the world.

02:00:45:09 - 02:01:03:18

SARAH  
A big thanks to all of our guests that we've had on in the last season for all of the seasons. I learn something new every episode. I take a little something with me from every conversation we have, and it makes me a better person. And I think like I didn't expect I didn't expect to learn and grow so much, but by doing this podcast.

02:01:03:18 - 02:01:17:16

SARAH  
So thank you, Heather, for doing this with me. Thank you to our guests and our listeners for coming on the ride with us. And I can't wait for next season. And the more things we get to unpack and learn about and discover, I'm so excited.

02:01:17:16 - 02:01:38:10

HEATHER



Yeah. And if there is something, if you're listening, you're like, Wow, I wish they would do an episode on X, whatever thing. Let us know. You can, you can send us a voice, you can send us a text message or just go on to our website to the contact button and let us know because we do this for yes, we learn, we do this for you.

02:01:38:10 - 02:01:54:21

HEATHER

So we really want to know what's important for you. We have a bunch of guests already lined up that we're excited that we could have fit in this year. I'm just excited to have those conversations. But really we're always open to to more. And so please let us know if there's something that you'd like us to talk about.

02:01:54:21 - 02:02:12:15

HEATHER

We've had people reach out, actually, Erin, earlier this year had reached out to us and said, Hey, I'd love to be on your podcast. And we said, We'd love you on our podcast. And she's not only a fan and we're a fan of her, but she often sends us things that she's doing in the community to help for disability advocacy that we continue to share.

02:02:12:17 - 02:02:25:06

HEATHER

So it's so wonderful when you get to connect with people that way through this and continue to to grow together as we learn and just like share in how we can create better and better spaces for all of us.

02:02:25:10 - 02:02:29:06

SARAH

Everybody, I hope you all have a wonderful, happy holiday. You'll hear from us in the New Year.

02:02:29:06 - 02:02:43:13

HEATHER

Yes. So thank you for listening to today's episode of Braaaains. The Holiday Edition Braaaains is hosted and produced by Heather and Sarah Taylor, mixed and mastered by Tony Bao. And our theme song is by our Little Brother and today's guest Deppisch.

02:02:43:18 - 02:02:59:22

SARAH

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02:03:00:04 - 02:03:06:10

SARAH

Until next time. I'm your host, Sarah And I'm your host, Heather, BYE!