

Braaains Podcast Episode 44 transcript: Atlanta, Insecure, and bipolar disorder

10:00:09:08 - 10:00:19:05

HEATHER

Welcome to Braaains, a podcast exploring the inner workings of our brains, mental health and disabilities, and how film and television portray them. Hosted by me, writer director Heather Taylor.

10:00:19:06 - 10:00:37:14

SARAH

And by me film and television editor Sarah 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.

10:00:37:16 - 10:00:42:06

SARAH

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

10:00:42:08 - 10:00:46:09

HEATHER

Welcome to Season three of Braaains. Can you believe it?

10:00:46:11 - 10:00:47:05

SARAH

Woohooo!

10:00:47:07 - 10:00:59:21

HEATHER

Today, we have the pleasure of talking with New York Times best selling author Bassey Ikpi about bipolar two disorder, how she got her diagnosis, and the representation of bipolar and depression on shows like Atlanta, Insecure, and Dave.

10:00:59:21 - 10:01:13:17

SARAH

Bassey is a Nigerian-American ex poet, current writer, constant mental health advocate, underachieving overachiever, and memoir procrastinator. Her book, I'm Telling the Truth, but I'm Lying is available in both print and audio.

10:01:13:19 - 10:01:37:21

HEATHER

A quick reminder to our listeners that this interview 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 you have any questions. A content warning. On this episode we talk about suicidal thoughts and hospitalization. And now Bassey.

10:01:37:23 - 10:01:40:17

SARAH

Bassey, thank you so much for joining us on Friends.

10:01:40:23 - 10:01:43:19

BASSEY

Thank you for having me. I'm very excited to be here. Super excited.

10:01:43:19 - 10:01:47:23

SARAH

Well, to start things off, can you just tell us a little bit about yourself?

10:01:48:01 - 10:02:01:03

BASSEY

My name is Bassey. I'm a writer and I enjoy long walks on the beach. I don't I hate the beach. I hate sand. I watch a lot of television. That's the thing about me. So much television.

10:02:01:05 - 10:02:02:13

SARAH

Came to the right place.

10:02:02:15 - 10:02:14:10

HEATHER

So before we jump into talking about television, I think the topic, you know, we're talking about today is bipolar disorder. And in your words and your perspective, what is bipolar disorder and how does it present for you?

10:02:14:11 - 10:02:39:08

BASSEY

I don't like this question. So always feel like I'm I'm being a doctor about it. But bipolar disorder is a a mood disorder characterized by high highs and lows. So there's there's spectrums. And actually just recently, I read about a third one that I cannot pronounce the of the C I was diagnosed with bipolar two disorder in 2004, 2005 around then.

10:02:39:10 - 10:02:58:01

BASSEY

And bipolar two is considered the the less severe of of the two and in the middle between the third one and I think I'm actually the third when I need to talk to my psychiatrist next week because I think I'm more of the third one. So bipolar one has mania, which is what people are familiar with when they talk about bipolar disorder.

10:02:58:01 - 10:03:24:21

BASSEY

It's the, you know, the whirlwind hurricane and the depression. Bipolar two has hypomania, which always presents as a personality defect, as in irresponsible, bad with money over talks. People like just things that are like, she's a weirdo or whatever, but it comes off as a personality thing as opposed to a mood disorder. It's a misconception that bipolar two is less severe.

10:03:24:23 - 10:03:54:02

BASSEY

It's just differently severe. I think that the depression with bipolar two is much more, I think, drastic then, because usually what gets the most attention for bipolar one is that is that is the mania because it's so out of character, whereas our mania just seems like girls save your money like that kind of a thing. I was diagnosed with rapid cycling mixed episode, Bipolar two disorder, and again, now that I've read about the third one, it's clearly the third one that I that I have.

10:03:54:03 - 10:04:21:01

BASSEY

What it is is that I can be depressed and and hypomanic at the same time. I can wake up hypomanic, go to bed depressed or vice versa. Whereas people kind of like within a year they'll have a hypomanic episode within three years or maybe have a depressive episode. I'm in and out all year long, in and out. I've had like, well, in 2012 I had my, my, my last like severe depressive episodes, but I've had like smaller ones since then.

10:04:21:03 - 10:04:44:00

BASSEY

But like, the ones are like, get me to a hospital or we got to figure something else. I haven't that hasn't been the case. I've been hospitalized twice. Should have been hospitalized three times, but I refused. It gets to a point for me where it's like I'm sick of this. Like I am so tired of this being my life and I can't go another 40 years Doing this is the way that I was thinking about.

10:04:44:00 - 10:05:03:23

BASSEY

It sounds like I'm not going to go. What happens happens. But thank God I have family and friends who do that. Just try to just just just take it like go up on your medication, go to that therapist four times a week instead of one like, let's try it. I'm like, Fine, we'll try it, but I'll show you that it's not going to work.

10:05:04:01 - 10:05:15:08

BASSEY

It works. So here I am. And I actually started writing my book during that time. So it was it was a pretty productive depression.

10:05:15:10 - 10:05:29:02

SARAH

It was productive. Can't ask for a better depression. Yeah. I mean, so how did your life change after you were diagnosed with bipolar two and after the hospitalization that you had?

10:05:29:06 - 10:05:53:03

BASSEY

When I was diagnosed, I was diagnosed under like unusual circumstances, which is that I was on tour with that poetry. And I think throughout my life I've kind of I'd learned the tricks of the trade so that when I was down, I would just kind of disappear. And when I was younger, it would mean I was just quiet and reading all the time and just it just seemed like, she's, she's, she's studying.

10:05:53:03 - 10:06:14:01

BASSEY

She's, she's, she's a reader. And then when I got back up, I would just do all the things that I didn't do when I was lower as a kid. I didn't have, like, depression. I had like sadness. And I took things really hard. And I know now that I had anxiety then I didn't I didn't know what it was called then or what it was.

10:06:14:07 - 10:06:30:02

BASSEY

So I sort of lived my life in this like cycle of up, down, up, down, up, down. And I'd learn to time it like I'm very good at timing it to this day. I'm like, I'm a week away from a thing. Let's handle it. So I was able to sort of time and like figure out what time's the year like, you know, all those kinds of things.

10:06:30:02 - 10:06:57:13

BASSEY

And again, I'd learned when I was in elementary school, middle school, high school, I would read a lot so that because I knew that when the depression hit or the sadness hit, I wouldn't be able to do anything. So by the time it hit, I had already read. I literally read my textbooks from from cover to cover during like the hypomanic stage so that when it was time to write the paper, when was time to take the exam, I already had the information.

10:06:57:15 - 10:07:19:04

BASSEY

I didn't study last night, didn't write it last night, but I got it. Of course you can't do that in in college, because in college you got you know, every professor is giving you 18 books and so my little, little trick stopped working. And I did terrible in college my first semester, I got a 0.0. Like, I was just flat.

10:07:19:04 - 10:07:44:21

BASSEY

I could not do anything. I went to the campus counselor for the first time. It was like something I don't know what, but something. And it's gotten worse since I was a kid, and I was very disappointed in the way that that went when I was Banita Jackson. I'll never forget her name, and it was just kind of like she just sat there and watched me as I was talking and didn't offer really anything and didn't really say anything, just like writing her notebook.

10:07:44:21 - 10:08:00:16

BASSEY

And I was like, God, I hate this. I've since learned that I need to tell a counselor slash therapist the kind of counseling slash therapy that I want. But at the time I was like, You're supposed to take the wheel. Like, you know, like, you do this. But it was like, I was like, I'm not doing this again.

10:08:00:22 - 10:08:20:00

BASSEY

Every once in a while, I'd like, stop into some things like, I don't want to do this anymore. But yeah, so I was on tour and because I didn't have the room, I had to be backstage by six. I had to be on stage. But like, I had this, like schedule. I had to be on the plane or on the train or have we got to where the next city was.

10:08:20:02 - 10:08:39:20

BASSEY

And I just couldn't keep it up. It got to the point where I would literally cry in my dressing room, stop, get on stage for 3 hours, go back to the hotel room, literally lay on the floor, cry until the next morning, and then, you know, just do it all over again. I just I cracked like there was just no way for me to sustain it.

10:08:39:20 - 10:08:58:18

BASSEY

And I started losing a lot of weight as already like kind of, you know, a smaller person. But I started losing a lot of weight. Our stage manager, Alice in Atlanta, again, I'll never forget this kind of pulled me into her hotel room, like, what's going on? You know, we're taking in your clothes a lot. You're not socialized because I wasn't really like I was out there with the people.

10:08:59:00 - 10:09:14:06

BASSEY

She's like, You know what's going on? And I was like, Nothing. I'm fine. And I've just broken up with somebody. And so I was like, People are really good at, like, understanding heartbreak. Like, she's heartbroken. That's what it is. But if you say anything else, they just kind of like, what? I don't get it. Just be happy.

10:09:14:11 - 10:09:38:03

BASSEY

So I leaned on that breakup a lot and then it got to a point. We were in Chicago, the crying that I could usually stop once my makeup was on did stop. Like it just did not stop. I, I was doing somebody told me that I was self-regulating. I didn't know we didn't know those words back then. So I was like, I would turn I would like, shake my body, like dance and all these things just to like, get whatever it was out.

10:09:38:09 - 10:09:59:13

BASSEY

And it didn't stop. Like, I just kept crying and crying and crying and I ended up in my dressing room underneath the sink because like, well, standalone sinks in the in the room. And I just crawled under there and I'm just like weeping. And the wardrobe person came in was like, What's going on? And I told Rebecca, Alice and Alice literally crawled in with me and I kind of pulled me into her lap.

10:09:59:13 - 10:10:16:18

BASSEY

It's just like, if you don't get help, you're going to die. And I did not know what that meant. So I was given a leave of absence from the tour and they were like, If you don't see somebody, you can't come back. Like, you know, you just can't. And I wanted to be back on tour. So I went and I saw four or five doctors in one day.

10:10:16:19 - 10:10:37:10

BASSEY

I know I saw three doctors and one like homeopathic lady who like, read my chakras and all that stuff. Each one I told a different part of the story. And so I walked away with like a fear of failing, fear of success. Somebody gave me anorexia. The shocker lady said that my something was misaligned. It was just like I was just telling people what they needed to hear.

10:10:37:10 - 10:10:54:21

BASSEY

And I finally got to the last one, Doctor Tiago. And by the time I got to her, it was in the evening. I was like, I'm exhausted and I want to sit here and lie to you, but I am so tired and I need help. And she just started asking me all these questions and I was answering them or trying to answer them.

10:10:54:23 - 10:11:12:12

BASSEY

And then she's like, I have an idea. But I as a therapist, I can't diagnose you with anything, so I'm going to give you I'm going to call my colleague. She called Dr. Goodman and said, you have to go right now. And she could just tell that I was up. I was about to run. I'm a runner. She's like, I called him.

10:11:12:12 - 10:11:32:14

BASSEY

He's expecting you. And she was like, very firm. I am. He's expecting you. And so I end up going within, I don't know, 15 minutes. I had a diagnosis and I told him, No, I don't. So thank you very much for for all of this. Appreciate your time. But black people don't get bipolar disorder. I'm also not crazy.

10:11:32:14 - 10:11:50:20

BASSEY

So thank you. It was one of those things where I was relieved because when he when he read off the list of symptoms, I was like, God, yes, yes, that too. Like there's a checklist. There's a checklist except for one which made me really mad. I didn't get like the hypersexualization. I was like, all this time I went around doing things and just blamed it on that.

10:11:51:02 - 10:12:11:18

BASSEY

I was like, I get that. But everything else was like, was checklist, checklist, checklist. And I was relieved. But then I was also very scared because you want a name, you want an answer, but you don't want that answer. You don't want that to be it. So I didn't tell anybody. I was I was terrified. I didn't tell anybody.

10:12:11:20 - 10:12:38:14

BASSEY

I kind of just used like the stress and all that stuff kind of excuse. And they still wouldn't let me back on tour because I had to be gone for a certain amount of time. And I still was not talking about it. There's a television show that I watched that was like, okay, you can talk about this, but I'd already been hospitalized once because I stopped taking my meds because I was told I was told by AppleCare that you take your meds, you're good, you get to live your life.

10:12:38:18 - 10:12:55:21

BASSEY

And I was like, All right, I'll take them for 30 days. Antibiotics kick that bipolar out of my system and I can have my life back. And of course, it doesn't work that way. They didn't want me back on tour. I mean, they wanted me back, but they were afraid of having me back so soon. And I was like, That's not what I signed up to.

10:12:56:02 - 10:13:15:13

BASSEY

I was told, I see a therapist. That therapist sent me to another guy. That guy said, I need to take medication. I'm taking it, took it, taking it for exactly 60 days more than I thought I would. And I just stopped taking it. And I crashed so hard. And that was my first hospitalization. It was it was a pretty bad crash.

10:13:15:13 - 10:13:36:19

BASSEY

And I write about it in the book. I was afraid to be home by myself. My roommate was out of the country. I was afraid of being outside because there are moments where I was like I had to like, you know, the train, the subway station. I had to, like, literally press my my back against like the map, the subway map, because I wasn't sure I wasn't going to just sleep in front of a train.

10:13:36:19 - 10:13:59:21

BASSEY

I wasn't sure like, I'm pretty sure I wouldn't I also wasn't confident that I you know, I mean, like, I didn't know and I remember wandering around Manhattan just trying to, like, snap myself out of it. And there was a moment when I was standing on the corner of 14th in University. It was in Union Square and Union Square when I first moved to New York was the first place I knew how to get to by myself.

10:13:59:23 - 10:14:15:05

BASSEY

I knew how to get there. So I was there a lot in the park and they had a lot of vegan restaurants around, and it's just a really cool place. And I knew to go there. I went to Union Square, but that was on the corner of 14, the university, and it was like traffic, like this car was coming.

10:14:15:05 - 10:14:31:18

BASSEY

And there was a moment when I was like, I could just I could just step into the street and be an accident. Like, my God, it was an accident for her. It was an accident. And that scared the crap out of me. And my friend saw me walking by a restaurant just kind of like she saw me inside.

10:14:31:18 - 10:14:50:10

BASSEY

She came in, She was like, Are you all right? Let's get some food. And she brought me in because again, I was deathly like, I'm a I'm an emotional not eater. So I was just very, very thin. Next day, I ended up in the hospital and the hospital was good for me in that I had nothing to do but to work on myself.

10:14:50:10 - 10:15:09:20

BASSEY

But I still wasn't ready to tell people. I still was not ready to let the world know I was comfortable with depression. For some reason, I was comfortable saying I was depressed, I had depression, I was sad. But the whole like thing I wasn't ready to do until I saw that episode of Girlfriends that's and I was like, okay, I have to.

10:15:09:22 - 10:15:29:08

BASSEY

I don't have to, but I need to. I want to I don't want anybody to watch this show and feel as disappointed as I felt. So I started like before was called a blog, was like a web journal. I started like on my website, just like everything from from beginning to end and went to bed. I was like, Well, now they know.

10:15:29:08 - 10:15:57:00

BASSEY

And I came back and a lot of people had like commented in like my mom, my sister, me and my dad and my cousin. And it's just very like, I don't want to say gratifying because I hate for anybody to have this. But more than that, I'd hate for anyone to have it and feel like they're the only person or the only one in the world who is experiencing it in this exact way or this typical or this particular way.

10:15:57:02 - 10:16:13:13

BASSEY

So that was my first hospitalization. I've only been hospitalized twice, and the second one was like very, very boring. So I was like, I'm checking myself in. No one has to drag me. I went in, I was like, I need this. I need that. I need to go up this way. I need this to happen. Like I was there for like a vacation.

10:16:13:13 - 10:16:34:06

BASSEY

I was there for five days in and out. And ever since then, I've just paid so much more attention to my moods. Like I say, I can time it. I know when to, like, sort of back away from people. I know when to say this thing is coming. So help me. If you see me online at 4 a.m. call me if you see this and that.

10:16:34:06 - 10:16:40:10

BASSEY

Ask me if I've taken my meds like I'm the person you can say, Hey, have you taken your meds? And I say, no, I didn't. Or Yes, I did.

10:16:40:12 - 10:16:52:12

SARAH

You touched on girlfriends. Can you tell us what it was about that episode? You watched that like, because I didn't realize that you hadn't told anybody. I thought you just hadn't been public about it. So. So what was that episode and why was it so impactful?

10:16:52:18 - 10:17:20:08

BASSEY

So back then, in the early two, thousands black girlfriends was the number one show in black households like it was every Tuesday. That's what if you're black, that's what you were doing.

You're watching girlfriends. let me back up a little bit. I'd seen an episode of Oprah that had Sonny Corinthos from General Hospital and Jenifer Lewis, and they were the first people of color that I had seen or heard talking about people, bipolar disorder.

10:17:20:10 - 10:17:52:07

BASSEY

And Jeffrey Lewis being a black woman, I had a strong attachment to Phyllis Hyman, who who died when I was in high school and just not really understanding why. But but but hearing the story and being able to identify with the story without having, like a diagnosis myself. So anyway, I'm sitting on the couch watching girlfriends, and they had a friend, Lynn, who was like the the fuckup of the group, like everyone else was like, successful, had their careers, had families.

10:17:52:09 - 10:18:08:04

BASSEY

And she was just like she was always living on some ice couch. She was like, in and out of like she was always in school, in and out of relationships and out of like just just the the one that was always never had any money, like the Moocher, the one that would just come in and go in like she was like that person.

10:18:08:06 - 10:18:33:00

BASSEY

She was also, like, adopted, I think, by a white family. So she was like just getting it seems like a very hippie, you know, Lisa Bonet type character. And she had found her birth mother and she was trying to figure out like, why her, why her mother gave her up for adoption. And the mother was like talking. Then she found out that I think she was really wealthy.

10:18:33:01 - 10:18:48:15

BASSEY

She came from a wealthy family. So I was like, Why am I up for adoption? Somebody told her that her mom had bipolar disorder. And I remember sort of like on the couch, like freezing like this. That is the moment. Is this going to make it easier for me to tell people because they're going to do all the heavy lifting for me?

10:18:48:17 - 10:19:15:21

BASSEY

But what happened instead was that they said this woman had bipolar disorder. They gave her the characteristics of somebody with like a developmental delay and also like at the time, multiple personality disorder. And that now did dissociative identity disorder. So they're giving her like it was like bipolar is like the the the trademark like it's Kleenex. This is a thing that people will recognize.

10:19:15:23 - 10:19:38:09

BASSEY

But what we need to do, we need to shoot it up for television. So they just gave every single thing. And I remember sitting there being so, like, disappointed. But then there was a moment when Joan, Tracee Ellis Ross character and I had been with her for 20 years because of this. Lynne was like, I'm afraid that this is this is what I am.

10:19:38:11 - 10:19:59:17

BASSEY

And again, knowing what I knew and knowing all the character, the symptoms and characteristics and having watched this show for X amount of years, I was like, Yes, Lynne, you might have bipolar disorder and Joan says to her, No, there's nothing wrong with you. You're not crazy. You're nothing like your mother. And I'm sitting on the couch like, Well, goddamn.

10:19:59:18 - 10:20:00:11

SARAH

Yeah, this.

10:20:00:11 - 10:20:25:09

BASSEY

Was the moment. Like, you always want to help me out. And they just didn't. And I was so heartbroken and so disappointed and so, like, concerned. I was concerned about the person who didn't have a diagnosis, who was watching this, knowing something was wrong and having absolutely no connection to what they were showing. Because there was also this thing of like, I don't have that.

10:20:25:09 - 10:20:42:06

BASSEY

So I'm fine that that I thought was going to happen as well. And so I started writing about it because I don't want to be alone. So it's a very selfish thing, but I don't want anybody else to feel alone as well. So I would I would I would talk about it all the time on stage before I left the stage.

10:20:42:06 - 10:20:53:23

BASSEY

I have this whole conversation with the audience. If you feel something, go check it out type of thing. And then that's it. From there, I somehow became an advocate and spit on in pop.

10:20:53:23 - 10:21:13:19

SARAH

And ever since, I don't know, you know, your reaction to not getting the answers you wanted or not having it be a thing. Were you like, Hey, watch this episode? And they can explain how I'm feeling is exactly why we started Brain because we would watch so much stuff and be like, What the fuck is he doing? Yeah, and it would be so disappointing.

10:21:13:19 - 10:21:20:18

SARAH

But, but we've also discovered through doing this podcast that there's some great examples of things that are done well, especially now.

10:21:20:18 - 10:21:32:09

HEATHER

Yeah, and we love to focus on the things that are people who are doing it well to encourage others to also do it well. You came to us with so many amazing examples. Thank you. I was like, But I've.

10:21:32:09 - 10:21:33:01

BASSEY

Been waiting to talk.

10:21:33:01 - 10:21:35:14

SARAH

About this. I'm like, Let's go anyway.

10:21:35:16 - 10:21:54:03

HEATHER

But I think the one that you we'll talk about a few things, but the one show that you really brought out and you wanted to talk about, which I, I think we should, is talk about Atlanta and the depiction of a character experience, oppression that you don't really notice. So let's talk about that and what signs were missed and how did that reflect on your own experiences?

10:21:54:05 - 10:22:13:20

BASSEY

What was interesting is that all the signs were missed because during the run of the show you have these other characters that had more immediate issues like Ern was was, you know, he dropped out of school and he's, you know, has no money and he's depressed about that or depressed like like this thing is making him sad, this thing, you know?

10:22:13:22 - 10:22:33:21

BASSEY

So you're watching him very. You see it. You see the arc van. Also, she's a Urnes daughter's mom. And you see her go through these stages where she's like, kind of lost, doesn't really know herself, and she kind of like, runs away to Europe. And leaves are like this. All these things that are obvious, you see. there's that, there's that.

10:22:33:23 - 10:22:57:20

BASSEY

We have paper boy who is trying to deal with with fame and like keeping himself himself and also dealing with the loss of his mother in like so again we see it and Atlanta does this beautiful job of using like Afro surrealism to like depicts what's going on emotionally. But you're watching the show. You're like, this is so weird.

10:22:57:20 - 10:23:18:22

BASSEY

This an invisible, invisible car. Weird like all these weird things are happening on the show. And then you got Darius, who is the fan favorite. Darius is hilarious. Darius is a stoner. Daddies just loves weed and doing weird things. There's an episode in season two, Tony Perkins, where he goes to to buy this colored piano from this person of color.

10:23:18:22 - 10:23:22:08

BASSEY

Nicole Like that was a michael Jackson thing. So freaking fast.

10:23:22:10 - 10:23:24:15

SARAH

So freaky, that episode. Yeah.

10:23:24:17 - 10:23:41:08

BASSEY

so I watched it a million times. I literally bought that episode from iTunes, like I bought it. I own that. So if anything ever happens, I can watch it. Yeah. So you see that and you're like, This is so weird. Like, this is so out of character for Darius. Like, he's actually met somebody weirder than him. He's so scared.

10:23:41:10 - 10:24:03:21

BASSEY

And of course, you're not, like, laughing when he's scared, but it's such a good episode. So you get to the finale, the series finale, and the one person you don't worry about, you don't worry about him at all. You don't, You don't. He's fine. Darius is the one that's giving advice to everybody else. He's so calm. He's so, you know, he's the the yoga master.

10:24:03:21 - 10:24:22:14

BASSEY

Like, he's just like, very shaman. Like. And then you realize that he was the one you're supposed to be worrying about the entire time. The entire time he was the person that you were supposed to be like, Hey, what's going on with Darius? And people would say that, but they mentioned it. Like also when I was serious as opposed to like, is he okay kind of way?

10:24:22:19 - 10:24:40:21

BASSEY

And I literally just watched it again because I've seen it a dozen times. But I wanted to make sure that I wasn't like making it bigger than it was, but watching it and seeing that he had created this entire world for himself. So all of the weirdness that we were seeing could have been him trying to cope with all this stuff.

10:24:40:23 - 10:25:04:23

BASSEY

And when you go back and look at it, cause I went and did an entire rewatch and you see him become a real person. And when you when you see that he's dealing with this unimaginable grief like his brother, his entire family is gone and you see these little subtle things. His brother is dead. It's not actually he's not actually there.

10:25:04:23 - 10:25:24:15

BASSEY

And then when he picks up the the the picture, the frame, you hear his brother talking to him and all of a sudden it's black. It's not like you don't see him anymore. He doesn't respond. But but but Darius is speaking to him like he's responding and he's like, How's mom? How's Dad? And I was like, his entire family is gone.

10:25:24:18 - 10:25:39:20

BASSEY

And then there's a part So there's a part where he says, We first hug his brother. He says, I don't want to stay here or something like that. And it was like, you want to be or something like that. And it's just like, if you want me to stay, I'll stay isn't And I don't want you, I don't want you here.

10:25:39:21 - 10:25:41:13

BASSEY

Go outside. Be with your friends.

10:25:41:13 - 10:25:47:03

SARAH

Yeah, So good, so good.

10:25:47:03 - 10:26:06:18

BASSEY

And I'm just sitting here like, my God, We should have been right about Darius the entire time. And even the scene where he's in the car with. He gets in the car. This is what I picked up today. That was his anxiety. All of that. That London was a was a personification of his anxiety, all the stuff.

10:26:06:20 - 10:26:24:16

BASSEY

Because when she was running away, she was like, this is all your fault in like anxiety, you know, like it was just so much about that episode. Just put so much into perspective, not just about that character or the show, but just the way that you can't tell these stories straight because if you do, you have to shoot it up.

10:26:24:16 - 10:26:44:19

BASSEY

You got to make all this stuff up in order to like get people interested in it. So it's important for it to be real. It's important for it to be depicted in a way that mirrors or mimics what it actually feels like to go through something like that. So going back again, going back to Teddy Perkins episode, that's Darius.

10:26:44:21 - 10:27:07:18

BASSEY

Like, that's the person. And I remember watching the Teddy Perkins episode. I was like, That's traumatic. Like this guy with some PTSD. Next episode, he better be not better, but next episode he's going to be fucked up. Next episode, he's barely in it. He's in one scene where somebody says, We're living in a simulation, and Darius goes into a whole Darius thing, and I'm like, Darius, I thought.

10:27:07:18 - 10:27:25:13

BASSEY

I thought something was wrong. But then again, going back to the finale, you were like, That's areas. The guy who was so scared. And now I'm just remembering not to cry when he's like, he's chained up to the chair and he's like, talking to him like, it doesn't have to be this way. Like, really, like connecting with him and then going again to the to the series finale.

10:27:25:13 - 10:27:31:06

BASSEY

You're like, Holy crap, We should have been worried about theories the entire time. Yeah, he's the one we should have been concerned about.

10:27:31:11 - 10:27:33:06

HEATHER

I'm getting serious. Yeah.

10:27:33:08 - 10:27:51:14

BASSEY

Right. It was just so perfectly done and it wasn't telegraphed. We didn't know was a show about any of the stuff that we were watching. When the show first came out. It was a it was about a guy who manages his cousin's rap career. And I was like, I watch it, but I'm not going to like it. It makes, you know, becomes like this complete, like.

10:27:51:16 - 10:28:14:20

SARAH

So good, so good. Yeah. No, I'm curious. So I've had bouts of depression in my life. And I found in the finale of Atlanta those moments when he woke up from the tank and you thought, okay, I'm out. Okay, I'm clear. And then you're like, No, we're not there yet. And you wake up again. Like, did that resonate for you when you you know, when you made the connection, like, wait a minute.

10:28:14:20 - 10:28:24:07

SARAH

Darius is dealing with depression. He's dealing with something more than just being like a stoner. Yeah. Did you feel that connection of, like, Yeah, actual feeling?

10:28:24:09 - 10:28:45:16

BASSEY

Yes, it was. So again, it made it visceral. Yeah. You know, you felt what you saw, what he was feeling or what he was meant to feel. The part where he, where he, he was upside down in the tank where after he saw his brother and like you're not it's you stay positive here, you know, just tip over.

10:28:45:16 - 10:29:06:22

BASSEY

So his head first I'm like, my God, we're losing him. Like, I was so scared that we're going to end with Darius not being with us anymore. I was terrified. I loved that character from beginning. But yeah, it was all of that. Like all the like the, the weirdness that he was hearing, the Judge Judy Touchpoint, where it's like, I need to remember that I'm a real person.

10:29:07:00 - 10:29:07:08

SARAH

10:29:07:10 - 10:29:17:11

BASSEY

Based on something outside of me. So real. That's so. I need to remember I'm a person outside of this thing that. That that that's taken over me in some way.

10:29:17:13 - 10:29:35:10

SARAH

my gosh. That's so impactful here. And you say, Wow. Yeah. You have to remember your person outside of that story. That is. That's good. Sorry. Who the feels, anyway? Yeah, yeah.

10:29:35:12 - 10:29:39:04

BASSEY

Yeah. I loved it very into shows that do stuff like that. I really.

10:29:39:04 - 10:30:01:16

HEATHER

Do. And I think it's it's so helpful because a lot of times what happens is in a show you're like, you deal with it like episode of the week, like the one episode, like you were saying, like with girlfriends, we're like, you're fine. And you just find out about this and then it goes away. Or it's like, I remember this from like Riverdale had Betty Cooper was had ADHD and took took pills in the pilot and never did again.

10:30:01:18 - 10:30:03:22

HEATHER

So like, I mean, does she.

10:30:03:23 - 10:30:06:11

SARAH

Know what should be more what's happening.

10:30:06:13 - 10:30:22:04

HEATHER

That episode of the week thing versus like what the reality is of the people in your life and what they may be experiencing that they may not be telling you about? Yeah, you have to like, look further into like the people around you and what they're experiencing.

10:30:22:04 - 10:30:38:11

BASSEY

Totally. When I was writing my book on the things I kept in my mind is like, every person you bump into that's rude to you. The lady at work who just doesn't speak to you, you're like, she's the worst. Or, you know, all kinds of things. You don't know what people are actually going through in the way that they're learning to deal with it.

10:30:38:11 - 10:30:57:19

BASSEY

I think that one of the issues when it comes to mental illness, no matter which one is it, if people don't like you, they can't empathize. And so it's easy for people and I go through this all the time. It's easy for people to like, bossy, I feel you. But like the Kanye, he's crazy. Z that like Kanye, fuck that guy.

10:30:57:21 - 10:31:18:14

BASSEY

He's choosing to be like this. I'm like, okay, if you if you get it here because you like me and because I'm a I'm a I'm a lot quieter with my and I and I, I'm a lot more self aware in a way. You got to understand like I will explain to you I it's textbook every time he does something I see

exactly what the what I'm like, it's about 4:00.

10:31:18:14 - 10:31:38:03

BASSEY

It's coming. Like I see the, like the trajectory. I see it every single time it comes up right before an album. I feel like, he only does that right before an album because he's trying to sell album or he stops taking his meds because he thinks it makes him more creative. Therefore, by the time the album comes around, he's he's spike like, Come on, people, like, let's talk about it.

10:31:38:03 - 10:32:06:05

BASSEY

But like, that's the thing. Like people think that you're only allowed compassion if they like you. They understand if your thing doesn't make it difficult for other people to live. And that makes it very lonely because you don't want to you don't want to inflict yourself on people. That's something I had to learn for myself. So when shows do that and show that they're still like part of the framework, I was watching something else and I saw the person take pills and it wasn't a big deal.

10:32:06:05 - 10:32:20:20

BASSEY

They just took the pills and then put them away. So yeah. So when, when, when a character just like you just go in the bathroom, takes the pills, comes back out like, Hey, so what were you saying? Like, it just that kind of it was Nate from an Insecure who did that. Just it's just part of the conversation.

10:32:20:22 - 10:32:38:09

BASSEY

It's just part of the conversation. It's just part of what you're doing every day and then learning to be self-aware about it within a television show with other people. And it's not just loss, is not. Jessie Spano Hi, all caffeine for that one episode like it is. Yeah. Yeah. You know, it's a it's a whole thing.

10:32:38:09 - 10:32:40:07

SARAH

So let's talk about Insecure.

10:32:40:12 - 10:32:41:02

BASSEY

I love that show.

10:32:41:02 - 10:32:45:03

SARAH

To the end of season three, it was it was like Nate or.

10:32:45:04 - 10:32:51:10

BASSEY

Team Lawrence over here. You Team Lawrence. Team Lawrence. From the beginning, Lawrence was depressed.

10:32:51:10 - 10:32:54:10

SARAH

And you're right. He was No, you totally was depressed. That's fair.

10:32:54:10 - 10:32:58:12

BASSEY

He was depressed. And it was like he was a loser. He didn't like he was depressed. How dare.

10:32:58:12 - 10:33:04:13

SARAH

You? You're right. Well, certainly it was like also Gray Boo.

10:33:04:15 - 10:33:06:20

HEATHER

okay. Out of this, I'm neutral.

10:33:06:21 - 10:33:07:17

BASSEY

It's all in Lawrence.

10:33:07:17 - 10:33:08:07

SARAH

Okay, that's fair.

10:33:08:07 - 10:33:09:05

BASSEY

All the way, I take it.

10:33:09:05 - 10:33:29:12

SARAH

I'll take it. I'm team insecure. That's what. I'll just go. I'll just go down that road anyway. So. Yes, Team No. Yeah. Not team any dude. Team Issa. Okay, so talk to us about the storyline of Nate. You know what was good about how they, you know, they talked about it and showed his bipolar on screen.

10:33:29:14 - 10:33:45:20

BASSEY

Again, I am the bipolar whisperer. So I had all kinds of like he's got bipolar, he's got by public. No, he doesn't. You want everything to be. No, he's got it. And then when when I was validated, I was like, hell yeah. Because all the things that you think are like, he's so spontaneous. he just likes to break into houses and go swimming.

10:33:46:01 - 10:34:04:09

BASSEY

he likes to have sex on a Ferris wheel like all this. He just pops up places and he disappears and it was like, he's just so flaky. He's the worst. He is the worst because he's not Lawrence But he's not the worst because of his of his behavior. Yeah. So they're things like that, but they kind of like sprinkled in when he kind of just disappeared.

10:34:04:09 - 10:34:25:23

BASSEY

And even even the episode when he when he disappears. And so, like, is like where he like even that was a good depiction of that kind of like, anxiety, like frantic, like I need to know what's going on. And then when he disappeared, I was like, okay, I know the disappearance. I know when you you don't know enough about yourself or the other person to say this thing is going on.

10:34:25:23 - 10:34:52:06

BASSEY

So you just go wait until it comes back or until you can come back to him. And I and I also recognized how difficult it is for people when you do that. And they depicted that very well. You can't just disappear from somebody's life and expect them not to be affected by it. They did a really good job in a different way from Darius, his character, where they were very upfront about it, but they also were very good at making sure that the symptoms felt real life.

10:34:52:09 - 10:35:09:01

BASSEY

They didn't feel like like put on. And then there was an episode in the in the last season that was just him was like, you know, you could have had Lawrence But anyway, but it was it was a good episode because it showed like his relationship with his family and his cousin's wife didn't really like him that much.

10:35:09:01 - 10:35:29:04

BASSEY

And and it was because he had acted very erratically when he was living with them. And, you know, all those things that you feel like you're in a vacuum, but your symptoms don't exist in a vacuum. Other people are affected by it. And I thought that was a really good thing to show. And then but that really got me, even though, again, Team Lawrence, I was like, I like make go away and wait for you to go.

10:35:29:06 - 10:35:50:05

BASSEY

But when he said, This is not good for me, this is not this kind of back and forth, this confrontation. I'm trying to stay healthy. This is not healthy for me. And he left. That is, he didn't have like a breakdown. They didn't show like the really dramatic choice of having him be like wild and cry and fighting.

10:35:50:05 - 10:36:09:18

BASSEY

LAWRENCE They did it so well and so quietly. That's what I love about these shows. They do it so quietly that you don't even realize what they're doing until you have to think about it, until somebody says, Did you see the way that? And then there's a conversation that's built, and I think that's much better again, like then and the episode of the week where they're not talking about again.

10:36:09:18 - 10:36:20:23

BASSEY

Yeah, but when you're able to look back and say, this thing and that thing and this thing and that thing, it just it does something. It does something. my God, Same show with Tiffany.

10:36:21:01 - 10:36:27:02

SARAH

Who had had That was that was so well done. So well done. yeah.

10:36:27:04 - 10:36:34:15

BASSEY

My favorite episode doesn't have anything to do with mental health, but it kind of does. I'm going to make it so I can talk about it.

10:36:34:17 - 10:36:35:18

HEATHER

It's okay.

10:36:35:20 - 10:36:56:01

BASSEY

Low key. Happy the episode where. No, it actually does. When? When, when. I'm making smart watch. Okay, so Isa and Lawrence, are they reconnect and they're at dinner and they're talking about like, how she's like, you didn't make me feel like you want anything to do with me. And he basically says, I was depressed. I was going.

10:36:56:04 - 10:37:12:23

BASSEY

He didn't say that he's depressed, but he basically said that he was depressed. I've been saying

he's depressed in season one, Episode one. But, you know, they want to call him a loser. I knew what was going on. But just like that thing where again, your mental health affects other people and you don't see how it affects other people until they tell you.

10:37:13:01 - 10:37:27:12

BASSEY

And they don't know to tell you because they don't know what they're looking at at the same time. So having watching them have that conversation where he's explaining to her what's going on, she's understanding and explaining to him how it was from her side perfectly towards perfect.

10:37:27:13 - 10:37:30:13

SARAH

Okay, you're you're making me change my tune.

10:37:30:15 - 10:37:34:19

BASSEY

You have to watch it again. From the lens of him struggling with depression.

10:37:34:19 - 10:37:39:02

SARAH

I should have clocked that. I did clock, but I didn't. I might have just said, you're too.

10:37:39:05 - 10:37:40:14

BASSEY

Wrapped up with me. He's just too.

10:37:40:14 - 10:37:47:03

SARAH

Wrapped up with his beautiful eyes. Anyway, sorry. He's got some gorgeous eyes.

10:37:47:05 - 10:37:53:04

BASSEY

He wants that. His eyes are much better. He's got two of them. They're great.

10:37:53:06 - 10:37:54:11

SARAH

You're right.

10:37:54:12 - 10:38:00:05

HEATHER

The other show that you flagged in terms of bipolar disorder specifically was Dave and Carter.

10:38:00:07 - 10:38:01:14

BASSEY

I gave you a lot of names.

10:38:01:14 - 10:38:18:18

HEATHER

I know there's other shows which I'm like, I just want to talk. Well, we can just talk to you for 5 hours, right? Yeah, that's fine. But just speaking specifically about bipolar disorder, you're saying that like Dave did a good job of betraying Gater, like his manic episode in the, the first season finale. So, like, how did you feel?

10:38:18:18 - 10:38:21:13

HEATHER

Like it represented bipolar disorder?

10:38:21:15 - 10:38:35:03

BASSEY

Well, they mentioned it early in the season and he said it so like this I have bipolar disorder. Like it was very like cash. I have a cold, I have the flu. Like he was very, you know, about it. But when you watch him, you see yeah, he does like the way that he kind of just looked at the world.

10:38:35:03 - 10:38:50:20

BASSEY

He's very centric already as an artist and as a rapper and as, you know, like sort of this camp, they always give them like this carefree, kind of like I come and go when I please type of thing. And then you look and you're like, he comes and goes like, that's yeah, that's part of it. It's all part of it.

10:38:50:20 - 10:39:17:04

BASSEY

I didn't rewatch the entire season. I just watched that last episode. But what I loved about the last episode was that his mania was irritability, he was irritable, he was just like he was paranoid. He was taking everything personally. He just the thing with his with his with his mother signing the house over to his sister and how like knowing like I have a younger sister who is the responsible one, like she knows all the info about our parents and all that stuff.

10:39:17:04 - 10:39:36:20

BASSEY

I, I cannot be trusted and I know that, but it's still difficult to to, to know that. Like, pretend like at least act like I'm part of this. So seeing that and knowing exactly what that looks like and why it looks like that and but also seeing how frustrated he was and how upsetting that he had just taken his meds and then he comes out and like it's like another reminder.

10:39:37:01 - 10:39:53:22

BASSEY

Yeah, you're still not all the way. Okay? Even though you're doing everything you're supposed to do. And that's part of it, too. That I think is important. When you look at symptoms, it's easy to be like, No, no, no, until you see like a real life correlation because people like one of the symptoms is paranoia. And for me, I was like, I don't think anyone's trying to kill me.

10:39:53:22 - 10:40:12:13

BASSEY

Like I'm not being hunted. That's the way I thought paranoia was. But we look at it as like, somebody is mad at me. Yeah, somebody in the world is upset with me. They a period where they usually don't in their text messages they are hissed. That's that's paranoia. But people don't consider it that. So it's easy to like look at these symptoms.

10:40:12:15 - 10:40:28:06

BASSEY

And so I love these shows. It's easy to look the symptoms and not relate until you see them. Do you see the way they present So you see Gator irritable. You see him like all of a sudden the friend that was this friend all season is not his friend anymore. This family doesn't think he's responsible. So he's going to start selling.

10:40:28:06 - 10:40:53:21

BASSEY

He's going to make more money. He's going to sell random things in order to make money, because that's going to make him look responsible, like all these different things. He's coming at his friend as opposed to talking to him again. The irritability for me was just the agitation in the way that it showed up, because I'm always very aware of the fact that these things look like you're just being a jerk, like you're just being like, selfish or arrogant or all these different things when it's like so much more going on.

10:40:53:21 - 10:41:11:00

BASSEY

But what I loved the most about it is when it looked like Dave, he didn't care. Like he was just like, What's wrong with you? Like, actually me tell you what's wrong with what I'm mad about. And then that last shot when you see because they they mentioned that Gator's name is Dave and you kind of forget it.

10:41:11:02 - 10:41:28:05

BASSEY

And then when you see the Dave and you like, got to watch a little dicky concert, And then it's gator that comes up as like, they listened. He got this thing like he wanted to be validated. He wanted to be seen, he wanted to be acknowledged. And sometimes that's all it takes, is that look, Is that I get it.

10:41:28:09 - 10:41:42:23

BASSEY

What can I do? Like, how do I make this and that? In that instance, it's a big concert on stage thing. But in real life, what is that like? How do I how do I see you? How do I make it better? How do I. How do I make it easier? Not better? How do I make it easier?

10:41:43:02 - 10:41:50:09

BASSEY

Yeah, because I think people try to how do I make it better and never the right things, like how do I help you? Where do I stand?

10:41:50:13 - 10:41:51:06

SARAH

10:41:51:08 - 10:42:08:19

BASSEY

For you to, like, see that I'm still here. Like, where? Where do you want me? I can be behind the door and, like, crack it. Like, where do you want me to be? And I think that was such a really great visualization of Where do you want me to be? I'm not where you need me to be. I haven't been there this entire episode, but I see it now.

10:42:08:19 - 10:42:24:12

BASSEY

Like, where? Where do you need me to be? He didn't get pissed off because he was yelling at him. He was like, My friend needs something. That's what I. I was so disappointed in in girlfriends about. It's like there's a way to do it. Yeah. You know, like, you know what to say. And this is my friend and I am now going to be there for him.

10:42:24:12 - 10:42:42:10

BASSEY

You just. You just be there and you see the connection between when he thought nobody was there for him, when he thought he was alone, when we thought that like nobody was trusting him and it was blowing him off, you saw all of that. So you see, like the depiction of him being brought back up is just I thought was just it just.

10:42:42:13 - 10:42:48:00

BASSEY

And then to see, like The Daily Show is called Dave, and then all of a sudden knowing the entire season was about Gator.

10:42:48:02 - 10:42:49:01

HEATHER

Yeah.

10:42:49:03 - 10:42:57:12

BASSEY

I love Surprise. Yes. Like, fool me. Yeah, like, fool me, like, make me like, ooh, make me want to watch it four times because it's so good.

10:42:57:14 - 10:43:22:23

HEATHER

Yes. I think there is becoming so many better examples of this. And and I think the things that we're talking about are, showing more of the subtlety of it or the different manifestations that things can have. But on the other side, we haven't talked about this, but like, what are some of the, you know, kind of going outside of telling stories, things that can be seen in television that are not good depictions, but what are kind of the maybe the common stigmas that you've experienced then people like, bipolar disorder, then.

10:43:23:00 - 10:43:24:03

SARAH

X.

10:43:24:05 - 10:43:47:11

BASSEY

I think it's it's using bipolar as the trademark. Yeah. And then giving it all these other things. I think that mood swings are part of it, but the mood swings are like minute to minute. You know, they and I guess it's economy of time maybe, but it makes people think that it's just that like at 5:00 she was fine.

10:43:47:11 - 10:44:06:15

BASSEY

Now at 6:00 and she's this at 7:00 this will happen to and like again, I have rapid cycling. So that happens in a way, but it doesn't happen in a way that other people would notice. It's it happens in a way that I know this and I know I don't like it when the whole point is just to get somebody into a hospital.

10:44:06:17 - 10:44:28:10

BASSEY

Like, you don't hear anything about this bipolar at all. And then they're diagnosed at, like, minute five and then half an hour into the show, they're in the hospital now. It's just all about that. And then I don't like depictions of the hospital, too. I don't think that I don't think that that they're Disney World, but I don't think people place enough emphasis on how important it is for you to be there.

10:44:28:12 - 10:44:45:13

BASSEY

One of the regrets I have in my book is that I didn't place enough emphasis on how important it was for me to be there because I was too focused on realism, I guess on my experience at that time and not like I left and I realized I need to be there. I was just talking about the time in there and I think people walked away like, yes, hospitals suck.

10:44:45:13 - 10:45:04:06

BASSEY

And I'm like, No, no, hospitals are great. Like, if you need to be in a hospital, be in a hospital. So a lot of like the psych ward depictions or the behavioral health unit depictions are I just think are designed to scare people. These shows don't make people feel safe about the way that they feel, whether they have a diagnosis or not.

10:45:04:06 - 10:45:43:17

BASSEY

They don't feel safe with those emotions because they're going to isolate people. They're going to they're not going to be able to have relationships. And I mean, I personally I get triggered too easily by relationships. So that's not my world. But I don't think it's a universal thing. I think that you shouldn't let that be the reason why in a lot of these relationships on shows, they ended because this person was this and and it just I don't like that the polar opposite of that is making it too accessible so that you've got people self diagnosing and then thinking that was less television, more like tick tock and and stuff like that where it's like

10:45:43:19 - 10:46:05:16

BASSEY

this and this is a trauma response. I'm like, for you, it is. And maybe for her, too, but it should be presented as a universal because now what you're doing is encouraging people to self-diagnose, take the diagnosis, do absolutely nothing with it, and then get on and start misrepresenting this thing that way that they just kind of gave themselves.

10:46:05:16 - 10:46:28:03

BASSEY

Yeah, I think that's really dangerous. I think that's actually more dangerous than television and movies because these are real life people, so it's much easier to identify with them and see yourself because it's like it's literally somebody's in their bedroom like, like me. One of the reasons I stop calling myself a mental health advocate and became became and I start saying mental wellness or meant like just something else.

10:46:28:03 - 10:46:47:15

BASSEY

Because for me, it's the it's it's life beyond the diagnosis. Like usually you get diagnosed and you just stop you. That becomes your personality. You just only see yourself through that lens.

What does it look like to live with it? Like, what is your every day? Like, what is it to just take your meds and go about your business or take your meds and still have a shitty day?

10:46:47:16 - 10:47:08:07

BASSEY

Or, you know, forget to take your meds or, you know, like these are all like very normal, everyday type shit. And it's not just this sort of living in this thing. And there are certain things I know that I personally cannot do. Don't give me a Fortune 500 company. It will fail immediately because I it's not my temperament.

10:47:08:11 - 10:47:29:06

BASSEY

That's not the way my brain works. And a lot of that is because of my diagnosis. So I already know not to do that. I'm not going to put myself in that position. So people trying to put themselves in positions that don't align with their diagnosis, I can't believe another word to say it and then feeling like failures because that person had this thing and they did it.

10:47:29:08 - 10:47:37:19

BASSEY

How come I can't do it? It presents difficulty for you, so you got to find a different way to do it. You can still do it if you want to, you know, but it has to be done a different way.

10:47:37:19 - 10:47:43:12

SARAH

I'd love to know where people can find out more about you and follow you and like where they can find your book.

10:47:43:14 - 10:48:01:07

BASSEY

I am Sea World on all platforms Twitter, Facebook, Instagram, TikTok, and my book. I'm telling the Truth. What I'm saying is available wherever books are purchased. And if you deem me, I also amazing.

10:48:01:09 - 10:48:10:00

SARAH

I've been listening to the book and she sounds lovely. It's Bessie records it. So if you want to listen to her lovely voice, then you should listen to the book.

10:48:10:01 - 10:48:10:09

BASSEY

It's on.

10:48:10:09 - 10:48:11:07

SARAH

Audible. Yes.

10:48:11:09 - 10:48:30:13

HEATHER

It's amazing. I could sing it to. Well, we just want to say thank you so much for coming in and joining us and talking so much about everything on television. Just the tip of the iceberg of some of the shows that are doing a really good job with representation. So just thank you so much for coming on and also sharing your story with us.

10:48:30:15 - 10:48:48:19

BASSEY

Thank you for having me and I really appreciate this podcast. Like I said when she emailed me, this is this is this is my life. Like, I've been waiting. Like, thanks for finding me. No, but this is a fantastic thing. I think that it's really important that people have places to to have these conversations because I think that people sort of devalue.

10:48:48:20 - 10:49:03:23

BASSEY

Like it's really cool for writers to be like, I don't watch television, I just read encyclopedias. Television is great and when it's able to do this and people are able to like, come together and have a conversation, I think it's fantastic. So I'm really grateful that you guys exist. So thank you for having me.

10:49:04:02 - 10:49:08:19

HEATHER

Thank you.

10:49:08:21 - 10:49:17:16

SARAH

I love chatting with Bassey, and I also love that we're back for season one, so it's to cheer. It's good to be loud. It's good to be proud.

10:49:17:18 - 10:49:35:12

HEATHER

Yes. I've learned from my sessions with my therapist that I have problems expressing joy specifically, as in like, I don't share what things make me feel full of joy except with people that I trust very closely. But I'm really open to talking about trauma.

10:49:35:13 - 10:49:36:23

SARAH

That sounds familiar.

10:49:37:04 - 10:49:39:20

HEATHER

I'm I'm joyful about our podcast.

10:49:39:23 - 10:49:57:05

SARAH

I'm joyful about my guests. I'm joyful about chatting with Bassey and and like, there are many moments in that interview where I was, like, goosebumps, tears in the eyes. Yeah. She's bringing so much important work to the world, and I think she's just a treasure. And I'm glad that we got to connect with her and talk about some of my favorite shows.

10:49:57:07 - 10:50:03:00

SARAH

my goodness. We could have we. While we did go on for a very long time. We love her and we want to talk to her forever and ever and ever.

10:50:03:00 - 10:50:15:07

HEATHER

So thank it's so much fun when you connect with someone. It's such a yeah, it just feels like every time we interview someone on our podcast, we're like, they're our friends for life. Like, because I just want lots of friends.

10:50:15:09 - 10:50:31:21

SARAH

Well, no, because we share. I think we're lucky that we get to do this, this job and we like, learn about somebody's lived experience, but we often, like anybody, I think we can see ourselves in a lot of different people's stories, which is why we love to do what we do with our film and television work. Yes. And then we just we have a connection.

10:50:31:21 - 10:50:35:20

SARAH

And that's just part of being human. And I think it's pretty frickin awesome.

10:50:35:20 - 10:51:00:11

HEATHER

So I agreed. Agreed. Something that isn't freaking awesome is that I think what is awesome is I got to spend some time in Los Angeles, which was amazing. I had lots of amazing meetings. I thought I would be able to have a relaxed approach to meetings, and I 100% did not. But I did get to enjoy the sunshine and I my arms are tanned and I feel happy just from just walking outside.

10:51:00:12 - 10:51:16:05

HEATHER

And then I returned to New York, where I am part of the year, and it was for those in Celsius, it was like, I don't know, four degrees. It was like 40 degrees Fahrenheit. And I was like, What is happening? I reject.

10:51:16:07 - 10:51:16:14

SARAH

This.

10:51:16:14 - 10:51:34:05

HEATHER

Weather. This is not where I want to be. So I'm trying to come to terms with it and our heat is broken in our house, so we have no heat and it's cool. And I just returned from from being in like the sunshine all the time and like, literally being like, walking on the beach in Santa monica and Venice.

10:51:34:05 - 10:51:38:06

HEATHER

And then I return home to Queens and it's so cold.

10:51:38:06 - 10:51:44:19

SARAH

What am I doing here? Well, you get the best of both worlds. That's true. So I think you win in the end.

10:51:44:21 - 10:51:52:07

HEATHER

I do win in the end. I am grateful for that. But I can still feel sad about cold weather.

10:51:52:09 - 10:51:54:02

SARAH

Your body is still allowed to feel.

10:51:54:05 - 10:51:58:04

HEATHER

My body is still human, even though I want to be a robot. Bang, bang, bang.

10:51:58:05 - 10:52:21:15

SARAH

So I've been following Lauren Groves and her work with her, her practice and at Ignite counseling and wellness, and they are now doing a Reclaiming Body Trust retreat, which is something we talked about in our episode about Cheryl and Fat Representation. And so for people local to Alberta or Mara, local to Amazon on April 27th and May 4th, they'll be doing this this Body Trust workshop.

10:52:21:15 - 10:52:38:03

SARAH

And I think it's just fantastic that it's coming back. And if you're in the area and you're interested in doing some of this work, I highly recommend checking it out. So Ignite Counseling and Wellness is her company and she will be putting on this, I think, wonderful retreat. So, okay, Lauren, good job.

10:52:38:03 - 10:52:53:22

HEATHER

Lauren. I mean, I'm excited. That's exciting. I think that if anyone who feel who listened to that episode and was really inspired by it and wants to attend those, there you are, There is a workshop that will be local to you If you are in Edmonton, Alberta. If you attend, let us know. Let us know how it is.

10:52:54:00 - 10:53:13:17

HEATHER

So I was going to the airport on Monday night and I saw the I was on my phone in the back as you as you do. And then the driver's like, Look up, look up. And they opened up his roof like of the car, like, open it up. And I could see what looked like, well, it looked like a missile.

10:53:13:17 - 10:53:33:07

HEATHER

I was like, what? Like I was like, is there a war happening? Guy? It was a little freaky. I went on Citizen App. No one said anything. And I'm like, What's going on? And so I took lots of pictures of it, but I'm like, It looks like like a rocket ship. Like, like when a rocket goes and you see things coming off of it and the way that the stream behind it was dissipating.

10:53:33:07 - 10:53:48:07

HEATHER

I was like, this isn't it's not a plane. It's not a plane. I took lots of pictures of it thinking, I need to figure out what this is. And then I saw later on Twitter someone mentioned it was a Falcon nine rocket launch. So I got to see the Falcon nine rocket launch, not knowing what it is. And guess what?

10:53:48:07 - 10:54:12:06

HEATHER

It's kind of scary when you don't know what's in the sky. Number one, it made me think about the new film Civil War that's coming out about the war in America, Civil War in America. But space innovation, hurrah. That's the thing that I prefer. So yeah. So Falcon nine rocket launch from Los Angeles, so near Los Angeles. And I just thought that was really cool thing to witness.

10:54:12:07 - 10:54:25:20

SARAH

What a great way to start Season three. So excited. Thank you for listening and being here with us. We love brains, Braaains is hosted and produced by Heather and Sarah Taylor. It's mixing mastered by Tony Bowe, and our theme song is by our little brother Dev.

10:54:25:22 - 10:54:44:20

HEATHER

If you like what you hear rate and reviews and tell your friends to tune in, you can reach us on Instagram, TikTok or Twitter at Braaains Podcast spelt B, R, Triple A, I and S Podcast. You can also go to our website range podcast dot com where you can contact us, subscribe and find out a little bit more about who we are and what we do.

10:54:44:22 - 10:54:46:11

HEATHER

Until next time. I'm your host Heather

10:54:46:11 - 10:54:48:23

SARAH

and I'm your host, Sarah. BYE!!