

Ep 070 Transcripts for Prioritizing Your Sleep As a Mom with...

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SPEAKERS

Brie Tucker, JoAnn Crohn, Kelly Meyerson, MA, OTR

- J** JoAnn Crohn 00:00
Welcome to the No Guilt Mom Podcast. I am your host, JoAnn Crohn here with my co-host Brie Tucker.
- B** Brie Tucker 00:06
Oh, hello. Hello, buddy. How are you?
- J** JoAnn Crohn 00:08
We are hanging on today Brie, we are hanging on. Hey, today's the last day of Calm and Happy Parenting.
- B** Brie Tucker 00:14
I know, I'm So excited.
- J** JoAnn Crohn 00:16
Oh my gosh, this course guys, this has been like our biggest, gosh, words are failing me

right now. But like our biggest response ever in No Guilt Mom, because so many moms are just overwhelmed. And they know like, you might be in the situation too, you know that you should be delegating more to your family, but you just don't know how to do it. And this is the course that gives you like the step by step way on how to change your communication style so that your family actually listens. They help you and you know exactly how to deal with all the pushback. You'll be like.

B

Brie Tucker 00:50

Yes, perfect! For those people that are already on your email list. Yeah, seeing the wall of posted. Oh, yeah, we have put so much thought energy and effort into this to make sure that what we're providing is exactly what you want. And it's not putting another thing on your plate.

J

JoAnn Crohn 01:07

No, no, we show you how to take things off your plate.

B

Brie Tucker 01:11

Very important, you guys things are coming off not going on.

J

JoAnn Crohn 01:15

Here we go. Brie and I are like doing reverse swimming right now. Like grabbing something taking it off grabbing something taking it off. No, it's great. So if you have not enrolled in calm and happy parenting yet, please do so today. Because today's the very, very last day, the very last day and we're not offering it again until late 2021.

B

Brie Tucker 01:32

So jump on that. Yes, we will have the link in the show notes for you on that. Speaking of which the show notes for today. The show oh my goodness, Kelly. Kelly was amazing.

J

JoAnn Crohn 01:42

So we talked to Kelly Myerson today and she is also about taking things off your plate and prioritizing those things that give you more energy- like sleep.

B Brie Tucker 01:51
Yes, yes. She had such practical advice that I just, I'm so excited. I'm gonna tell you guys is 10 minutes, 10 minutes and some gum and you got it down.

J JoAnn Crohn 02:01
See Bree goes for gum. I'm like iced caramel macchiato from Starbucks. That is the only thing that can make me do this 10 minute tasks that Kelly talks about in the interview. But we hope you enjoy our conversation with Kelly. You want mom life to be easier. That's our goal to our mission is to raise more self sufficient and independent kids. And we're going to have fun doing it. We're going to help you delegate and step back. Each episode, we'll tackle strategies for positive discipline, making our kids more responsible and making our lives better in the process. Welcome to the no guilt mom podcast. Welcome, Kelly to the podcast. We are so so happy to have you here to talk all things about not sacrificing our sleep.

K Kelly Meyerson, MA, OTR 02:58
Absolutely. I'm here for that.

J JoAnn Crohn 03:00
Yeah, I'm excited because like we were talking a little bit before this interview started about how moms tend to sacrifice sleep first to get all the things done. And that's such a common common thing that you hear.

B Brie Tucker 03:13
Yeah, because I mean, like you, you think that the only way you're going to get more time is by either staying up super late after the kids go to bed or getting up super early before the kids get up. So it's just a cycle, a vicious cycle.

J JoAnn Crohn 03:26
It's a vicious cycle.

B Brie Tucker 03:27
I need my sleep. I'm, I mean if I don't get my sleep!



JoAnn Crohn 03:30

I am too. oh my gosh, we could go into a whole thing. But can you tell our audience a little bit about who you are and what you do?



Kelly Meyerson, MA, OTR 03:37

I certainly can. So yes, I am a sleep expert. My background is in occupational therapy. So I've been working with kids and pediatrics for the past 20 years, and I have a certification in sensory integration. So that's sort of my background. I'm a mom. So I totally relate to all of the things that moms are trying to accomplish. And I truly believe we can have very happy joyful lives and not have to sacrifice our sleep or self care, our well being in any way so that we can give our best to everyone. Because ultimately, I feel like that's what we want to do as moms we want to show up as the best mom we can for our kids. We want to be great for our spouses. We want to be able to show up at the PTA. You know looking fresh and energized to be there. We want to show her jobs and do a great job. And wouldn't it be amazing if we could do that and not have to give something up in order for it all to happen.



JoAnn Crohn 04:38

Totally like I am so adamant that I get enough sleep and when I hear that moms are getting this advice that they need to wake up earlier than their kids to get me time like it makes me it makes me so angry both because I don't want them to sacrifice their sleep. And if I had to do something like that, I would not be a functional person



Kelly Meyerson, MA, OTR 04:57

and I will tell you quite honestly the That is sort of how I achieve "me" time. But I will also tell you that my workday is pretty much done by four. And so what I do is I get up early, I put my time into my entrepreneurial coaching stuff. And then I start my like normal workday before everybody gets up. But then like, by four o'clock, I just know myself, I'm no longer good to the world. And I used to push until I hit like that extra adrenaline, and then I get the second wind, and then I could stay up till midnight, and then I'd crash and it just wouldn't work for me. So I relate to that. So I would never advise somebody to Okay, Rob your sleep, the beginning the end, it doesn't really matter, right? We still need to get those seven to nine juicy hours of sleep so that we're restored, so we feel good. It's good for our mental health. It's good. If you're trying to keep your weight in check. It's just there are so many benefits, and we can't even go through them all today. We sort of know that. But then what people want to know is well then how the heck do I get good sleep? Like I get it,

I'm bought in it's a human imperative. But what do I do? Oh, by the way, make it happen?

J JoAnn Crohn 06:09

I do I want to dig into this one. Because a lot of times when you know you have to wake up early, and I think I am like you I wake up naturally early and asking me to stay up later though to accomplish things and later to like, get my "me" time. That's really where I say no, like, my husband stays up till midnight. And I'm like, Nope, I'm in bed by 9:30. Like I just cannot function. But I mean Brie's, the opposite.

B Brie Tucker 06:34

Brie's sitting here all nice and quiet.

J JoAnn Crohn 06:35

Yeah.

B Brie Tucker 06:35

Just smiling, I'm like-yeah, not me. No, I have a different setup. I do much better staying up till like 11-midnight, and then sleeping until like, my sweet time is 7-7:30. I just do much better with that. And it's really funny. And Kelly, I'm kind of curious about your expertise on this with sleep. I've tried shifting it because like I just said, If I go to bed between 11 and midnight, and I get up around seven or 7:30, that's seven and a half hours, and I'm fine. But if I have to flip flop that like let's say I go to bed at like 10 and then get up, you know, at like 5:30am, it doesn't work. I'm super cranky, I'm tired, I'm dragging. I don't know what it is.

K Kelly Meyerson, MA, OTR 07:16

It's just not in your makeup. So the thing like yes, we all need that seven to nine hours of sleep, whatever that amount is, in some people, it's more like nine or 10. Like you just have to kind of know yourself. But it's a really good point that what you're saying is your sweet spot of sleep is going to bed at like 11 being able to sleep till seven, it's totally normal for us to be in a different place on that sort of 24 hours scale. If you think about it, you know, when we have our little ones, they need more sleep than we do. Right? They need to get closer to 10-12 depending on their age. And then something happens with our teenagers, right? They start wanting to stay up later. Now this is not a behavioral thing. This is like a human design thing that they start to do that they want to stay up later. And they want to

sleep later. But where they start to struggle with their sleep is because that's not the way that the schedule is designed for school. Like we're asking our teenagers to get up earlier and earlier and they're miserable, just like us when we don't get enough sleep.

B

Brie Tucker 08:20

Right! Like why is our system set up that way? I agree. Because like you look at the school system, and at least out here in Arizona, specifically where we live in Phoenix. The high school start at zero hour I think starts at like six?

J

JoAnn Crohn 08:34

I had a high school started Zero Hour.

B

Brie Tucker 08:36

I've never heard zero hour before.

J

JoAnn Crohn 08:37

Seven, 7am was our Zero Hour though. It wasn't like six.

B

Brie Tucker 08:40

I never heard of it til moved out here. And then like yeah, school starts at like, seven- 7:25 Okay, and I just have to laugh about this because I already told you guys my schedule, right? My daughter is in seventh grade and she's already getting anxious about going into high school and two years- that mom is not going to be able to get up early enough to get her to school on time.

K

Kelly Meyerson, MA, OTR 08:59

Yeah, yeah.

B

Brie Tucker 09:00

Like it's so rough. But yeah, I mean it and then so again, high school starts at like seven around seven-ish in the morning out here and then the elementary begins about eight and then Middle School begins at like, nine. I know not where not where your daughter goes. But most of the middle schools out here start around nine-9:30 and it's just blows my

mind.

J JoAnn Crohn 09:21
It's crazy.

B Brie Tucker 09:22
So I don't know why they do that.

K Kelly Meyerson, MA, OTR 09:24
it well. It's not designed it's designed for efficiency. Not for like the well being of the people involved in it right?

J JoAnn Crohn 09:32
For bus schedules. it's bus schedules.

B Brie Tucker 09:36
Yeah, we don't have the elementary start early? Because we all know that your kindergarteners getting up at like 5am

K Kelly Meyerson, MA, OTR 09:42
it's so true right?

B Brie Tucker 09:43
So let them go to school that early then I just I don't get why they just don't do elementary middle and high school but yeah, whatever. I'm I'm off my soapbox. I will step down now.

K Kelly Meyerson, MA, OTR 09:53
I'm on it with you. I feel you I feel like it's not I mean that has totally been one of the benefits of being home and virtual school and like it doesn't necessarily need to start that early, or kids aren't really necessarily expected to be there that early, they can sleep a little bit more. I know for me personally, being able to sleep a little bit more on the days I

don't have to commute feels like a dream. Like, it's amazing. I feel like a whole person because I can't get enough sleep.

J

JoAnn Crohn 10:20

Yeah. But there are times in our lives where we do need to adjust our sleep schedules, like for work and stuff. And isn't there a way that if you're not naturally a morning person, but say you get a job where you do have to be there a little bit earlier like that you could adjust your sleep schedule and eventually be okay with it?

K

Kelly Meyerson, MA, OTR 10:41

Totally you could you could you just have to get into that routine. So you'd have to even though it's more naturally, I mean, think about people who work overnights, right? So they have to sleep during the day, and they have to be working at night. So you can shift and adapt to it. So what you want to be able to give yourself is more sleep opportunity. And you have to think about the activities that you're doing leading up to sleep so that you're prepared in your restful. So I know you two are probably like gung ho high energy women. So like, if you were to just kind of stop working and go to bed, it would be a while before your mind wound down Right? So yeah,

J

JoAnn Crohn 11:19

yeah,

K

Kelly Meyerson, MA, OTR 11:20

yeah, those are the people that I feel like are by people that are the busy brain people. So like, if you're a busy brain, you can just lay in bed and go to bed, you have to have that wine downtime. So giving yourself like even 30 minutes before bed, sitting down and journaling all of the things that are on your mind away from your bed. So don't do it in your bed, do it like in a chair on the couch someplace comfortable and quiet, have a nice cup of tea, and write down all those things on your mind. Because sometimes it's not the anxiety provoking things that are on our mind. It's the creative things, it's the ideas, it's the concepts we want to fulfill. And we haven't stopped enough during the day and been still to allow those to come out. So our body gets used to us while you're going to be still when you lay down to go to sleep. So I'm going to download all this stuff for you at that time. So that's one thing that's really helpful. Um, stopping the screen time too, which I know is like such a pain point for so many people because they wind down with TV or your cell phone or whatever it is that works for you. But it really that two to three hours before bed is

where you can give your eyes a chance to adjust to lower light and sort of reduce that intensity for yourself so that your body starts to be prepared for sleep, we naturally know how to feel sleepy, we just do a lot to work against it. And because our bodies were designed to respond to the environment prior to electricity and LED lighting, you know, if we don't allow those things to naturally occur for us, and we keep fighting against them. It's really interruptive to our sleep.



JoAnn Crohn 13:02

That's interesting. And I've heard that before that, you know stop the bright lights before bed. I have not heard about the journaling all your ideas. And I'm totally going to try that because I'm a busy minded person as well.



Brie Tucker 13:15

And you're big on the brain dumping and



JoAnn Crohn 13:17

yeah,



Brie Tucker 13:17

and you're good at that



JoAnn Crohn 13:18

the brain dumping, it's good. What, something that works for me for sleep is I always read before bed. And that's the thing that I'm like, I'm reading it. I'm like, I get those jerky reactions where I'm like falling asleep and like the book almost falls and I'm like, Okay, that's good. I'm sleepy. I can go to sleep now. But if I try to wind down with like, you're watching Captain America Winter Soldier last night, the other night. I couldn't go to sleep for two hours after finishing that movie



Brie Tucker 13:44

because it just kept you like so awake?



JoAnn Crohn 13:46

I was so like, amped up.



Kelly Meyerson, MA, OTR 13:47

Yeah, too much adrenaline, right? Because you get invested in this story and it's action. And it's like, yeah, and your brainwaves, your brainwaves are being really stimulated by what's on the screen. So they've done studies of kids playing video games. And in the studies, they hooked them up, told the monitors to look at their brainwaves, and although they were sitting and then they're very quiet and looked peaceful, that's not what they were experiencing in terms of their brainwaves. They were in like high beta stress state. Okay, so we have like five areas for brainwaves. So high beta is like your stress and defense. And then all the way down at the bottom is delta for sleep. So like you said, if you're in this state of high beta from all the adrenaline from all the intensity and activity of your day and you try to lay down you're sort of like, Okay, well here I am, whereas we can't do it. Now you need to help your body step down. So if you think I love to operate from sort of what was the natural human design and then Okay, so how do I make that happen in this world in this life, right? So we would awaken because the light would hit our eyes and we would wake up It's time to wake up. And then as the light started to go down, we would start to feel sleepy. And we have what's called sleep pressure that make us feel sleepy and we would go to bed. So now we have lights all the time, stimulation all the time activity all the time. I mean, you could literally with everything we have out there between social media, Clubhouse, like 24 hours a day, you could have access to being connected to people. So it's also honoring yourself in the disconnect and taking that time to be by yourself. So like, the example you gave of reading a book is such a great one for so many different reasons. One, if you're reading an actual book, you're not looking at a screen, you're reading from a book, you probably have some lower lights, and you're giving yourself a chance to wind down from all of the activity of the day stories are a great way to sort of light up a different part of your brain. You're thinking about the storyline in the book, and you're sort of freeing your brain as you would in a dream state. So that's a great way to kind of chill out.



JoAnn Crohn 16:04

And I really like ebooks, but I use a Kindle that doesn't have a backlight. Because that's the only thing that I that will not keep me up.



Kelly Meyerson, MA, OTR 16:12

Yeah, yeah. And the other thing we do is we keep our cell phones next to our bedside

table, which is sort of like if you're having trouble sleeping, then you're like, Oh, well here is this whole entry into a world of distraction. And the problem with that is the worst time of day to be getting that light into your eyes is between 11pm and 4am. So that's going to be the most disruptive. So I advocate for putting it across the room. So that like you would have to literally get out of bed and go get it and bring it back to scroll, which I'm sure some people would do. But you can sort of set that intention and discipline for yourself.



JoAnn Crohn 16:52

I see that also with teenagers who have cell phones, like my daughter is 12. And she does have a cell phone, but we have a charging station downstairs that the cell phone has to go into at night. Because I'm like I'm a sleep geek. I've read this sleep books and I'm like, you cannot have the blue light. You don't understand this happens. This happens. And then you can't go to sleep.



Kelly Meyerson, MA, OTR 17:14

Yeah,



JoAnn Crohn 17:15

it's worked for us that way.



Kelly Meyerson, MA, OTR 17:17

Yeah,



Brie Tucker 17:18

I'm real big to on like I like to have my bed is in my bedroom is definitely very much my sanctuary. Like I've got my calming colors in the room that helps settle me. I like my aromatherapy. So I have my lavender oil mix that I do at night, it's like a little bit lavender, lemongrass, cedarwood. And I put that on and I have my lavender lotion. And it just honestly like I can lay down in my bed and be asleep like head on pillow. Within about 10-15 minutes.



JoAnn Crohn 17:47

That's amazing.

B

Brie Tucker 17:47

I am a gifted person sleeper. I'm one of those people that can fall asleep, almost anywhere, almost anywhere when I'm there. And like I'm doing what you said Kelly, like I'm I'm not letting myself like what I do have time to right brain is busy. And I also have to be able to fall asleep at the time that I'm actually tired. Like, because if I lay down and it's not time to sleep, like I can't fall asleep, but then 10 minutes, but when it's the right environment. Yeah, I can certainly do that. For sure.

K

Kelly Meyerson, MA, OTR 18:13

That's such a great point, too. I love what you just shared because you know, although your routine differs a little bit from Joanne's what you're talking about is creating a sacred sleep space for yourself. And you've created a routine that is triggering to your body sort of like Pavlov right? The bell and right.

B

Brie Tucker 18:33

That's exactly what I based it off of.

K

Kelly Meyerson, MA, OTR 18:35

It's entrainment. It works.

B

Brie Tucker 18:39

It does.

K

Kelly Meyerson, MA, OTR 18:40

it works. And so you're you've trained yourself that when these things occur, and you've set up the environment to sort of feel the way you want it to feel. And so that's like another helpful hint that I teach people that if your bedroom is full of laundry baskets of like partially folded laundry, and all the tchotchkes and you haven't dusted in a while and there's a lot of stuff under your bed. I can sort of feel like the visceral feeling of like the walls creeping on upon you like how are you supposed to feel ready to go to sleep? How are you supposed to feel calm and restful and like it's a respite from the world. And honestly, I feel like it should be. And never more than in the past year have I felt that like our houses became the place where we were doing school and work simultaneously and stuck with our families more than we ever have been before. And so having our bedrooms

be sanctuaries at the end of the day became like an imperative for us that we really set that up for ourselves and kept it that way.



JoAnn Crohn 19:48

I think that's a great tip to have your bedroom be that sanctuary from all of the stress and all of the noise and everything like it's hard sometimes because I've always I mean I haven't always worked from home. For the past six years, I've worked from home. And I remember when I was a teacher in the classroom, I would so look forward to coming home. And I would just feel this relaxation as soon as I walked in the door, but then changing to working from home, that doesn't happen. Like it doesn't happen. And I've been working to set up an intentional like space like this office, where I close the door, and I just don't come in here. It doesn't work very well, because of then busy brains. And like all the creative ideas that you get, you're like, Oh, I just need to go write this down. I need to go do this really fast. And it prevents that relaxation from happening.



Kelly Meyerson, MA, OTR 20:35

Yeah. And I mean, I think what also happened for me is all of a sudden, all of the projects that were unfinished at home, were looking at me all day long.



Brie Tucker 20:44

Right! Like they were they were slapping you in the face, like you tried to walk by and they were like, Oh, no, you will pay attention to me because I am right in front of you. And there's no escaping it.



JoAnn Crohn 20:53

Yeah,



Kelly Meyerson, MA, OTR 20:54

yeah, it's hard. It's Yeah. So the decluttering became like the way to sort of deal with that kind of stress. So bedrooms first, all the closets. You know, whatever your favorite way to do it. If you're into get organized with the home edit, or you're into Marie Kondo. I've done stuff from both of them love them both. And I think that's huge. Because you feel the stress in spaces, even from the things that you don't say. So like the closets I took this summer, and I like reorganized five closets, and it felt so amazing. You know, like, you really just feel like the energy is totally different.

J JoAnn Crohn 21:35
It always does feel amazing. When you declutter. It's the, it's, it's the getting the like,

B Brie Tucker 21:41
getting to that point.

J JoAnn Crohn 21:42
declutter in the first place, because I have my closet right now is in very dire, very dire need of an edit and decluttering. And I have not taken that step to do it yet.

B Brie Tucker 21:55
Same here.

J JoAnn Crohn 21:55
Yeah,

B Brie Tucker 21:56
Oh totally the same here.

K Kelly Meyerson, MA, OTR 21:57
So tell me like, this is what I want to know. So what do you, what do you hear what is the message you're getting in your head, when you look at the area that you haven't decluttered that you want to.

J JoAnn Crohn 22:09
I have so much other stuff to do, I want to relax right now. And I do not want to do this.

K Kelly Meyerson, MA, OTR 22:14
Yeah, I don't want to do it. I love that. So we have these repeated messages in our brain that we've picked up over time, those tapes that just keep playing that tell us either we're not worthy, or we're not good enough, or we can't do that, or I don't want to or whatever

it is. So you know, it gets to be like an emotional thing. So I love to like hijack your emotional brain and get yourself back into your body. So where you're feeling good. So using your senses to do that. So Brie was talking about before, you know, when she wants to feel tired and ready for bed, she's got her lavender, her lemongrass, you know, she's putting together her lotion is putting her in that zone. She's embodying that preparation for sleep. So you can do that for things like decluttering, too. And this works so well for me, because for years, I was like, worried that somebody was going to call "Hoarders" and be like, we have somebody who's like, ready to be in that zone. We've got to stop her before she gets there. So I totally speak from personal experience. So what I do is I have to use each of my senses to get me into the place where it just becomes so joy filled to declutter that I can't help but do it. So whether it's, you know, diffusing essential oils, or a candle that you like, putting on your favorite jams, maybe from when you were younger, that nobody else wants to listen to you in your house, but you, you know, getting into some Yeah, write some code, make everyone else listen to it. Anyway. So yes, that's your right, as a mom, I'm like 90 to 80 Station all the time in the car. Sorry, kids. Totally Love it. Yeah. So put those put your favorite jams on, like, set yourself up for success and joy, so that you're gonna really have fun with it. And I think also doing all the preparation ahead of time. So like, you've set up for the donation where you're going to take it or they're going to come pick it up at your house, like however you're doing it. You have your bins, you have everything organized and set up ready to go. So that you don't make the mistake of getting into it without the preparation so that you're not going to be successful.

B

Brie Tucker 24:22

I've been there and we there's nothing worse than when you're getting knee deep into it. And then you're like, you turn you look around and you're like oh crap. I did not plan for this. Wow! It's midnight. Okay, yeah, I'm gonna fall asleep in my mess because I can't crawl out of the mess now at this point. Yeah.

K

Kelly Meyerson, MA, OTR 24:40

yeah. Don't do that to yourself. So like, let's say you're somebody like you just don't even have time to prepare. Like setting up the donation is overwhelming. You're gonna take one thing, take your nightstand, okay, set a timer for 10 minutes. grab a cup of hot coffee or wine or a piece of gum like whatever like flavor you Enjoy, your music. You've got like a scented candle, you're dancing around, and at the end of 10 minutes, you're going to stop. Like, whatever 10 minutes looks like because what you're doing is you're retraining your brain to recognize pleasure with decluttering. So, yes, it this is how it works. So it's your reticular activating system, which is like in the base of your brain, like in your brainstem. So your reticular activating system notices things. So it's like if you you decide you want

an orange SUV, and you want your like in the market for the orange SUV, and all the sudden everywhere you drive, you're like, there's an orange SUV and there's an orange SUV. That's your reticular activating system at work. So what you're doing is you're bringing in all this sensation and joy, you're doing this activity, you're ending at 10 minutes, so you feel successful, and you can come back and do another 10 minutes. But you're retraining your brain to see those opportunities to declutter as fun and joy filled.



JoAnn Crohn 24:51

Okay, I'm gonna try this. I'm still gonna try this! If not just to like, I'm a little bit ornery. And I'm like, Oh, yeah. reticular activating system I'm going to show you! No! But I think it'll work though. But part of me does say that.



Brie Tucker 26:17

But I, so for me, and you know, my big issue is time. I'm huge. I'm, I always feel like my time is slipping away from me and that everything is overwhelming. So I love that this is 10 minutes.



JoAnn Crohn 26:28

Yeah,



Brie Tucker 26:28

because I feel like no matter how crazy my day is, I could find 10 minutes to jam out and do this for myself. And decluttering would be "me" time because it's focusing on what I want to do. And even if, even if I don't want to clean, all the things you're saying or things that I want to do, I want my favorite gum, I want my iced coffee, and I want my candle and I want my jams. So right there. It's a great way to take that prioritizing and and giving yourself some me time while being productive and not feeling like my time was robbed from me.



JoAnn Crohn 27:01

Yeah,



Brie Tucker 27:02

I love it!



JoAnn Crohn 27:02

I think I can get on board. If an iced caramel macchiato is future.



Kelly Meyerson, MA, OTR 27:06

Yeah,



JoAnn Crohn 27:06

for decluttering. I think I could do that.



Brie Tucker 27:08

Oh my gosh. And it's all like tremendous self care, right? with like a good outcome. And then your job after that is whatever you achieved in that 10 minutes, then you're in maintenance mode. Okay, so like, let's say you did your nightstand in 10 minutes was plenty of time to get it into like a decent state, then your job is every day, you want to tend and tidy that space that you've done. So just taking a minute before you leave your bedroom in the morning, anytime you come in and out. Am I maintaining that space in a way that honors the work that I put in, and as you add more spaces, then you keep your tending and tidying practice. Because what that does is you don't end up having, you know, these spaces that you're continuously decluttering. And then they collect all the clutter and they get bad again, and then you come back again. But if it's us, like if it's like for example, like my mail center, like I worked so hard at getting my mail center where the mail gets dumped, you know, having the baskets that we put for the stuff that has to be shredded and organizing it. Yeah, everyone's while it gets a little crazy. Then I'm like, Okay, I need to take a few minutes and just go over it again and honor the work that I did originally to get it set up really nice.



JoAnn Crohn 28:29

Yeah. Okay. So what you're saying is like, we need to declutter our spaces, so that we can go and feel relaxed in it. And just being relaxed and getting that rejuvenation, it gives us the energy to give back to other people and sleep.



Brie Tucker 28:46

And I love how like the whole like in the decluttering- take a bite sized piece, take a 10 minute. 10 minutes can help retrain your brain. I love that.



JoAnn Crohn 28:54

I love it. Thank you, Kelly, so much for joining us today. This has been so great. I have like a bunch of things I'm going to try like oh my gosh, coffee and decluttering. Gonna do that. And just have a wonderful day.



Kelly Meyerson, MA, OTR 29:06

Thank you guys.



JoAnn Crohn 29:10

Okay, so I think I need to go to Starbucks and get myself a drink and set my timer for 10 minutes to declutter my closet.



Brie Tucker 29:17

I am going to do the exact same thing because I will admit, like, like I mentioned in the episode I worked really hard. I bought my house two years ago. And I made sure that when I was moving in that that room was everything that I needed it to be to decompress and I feel like the room is but my my master closet. Oh heck no.



JoAnn Crohn 29:37

No! you know what?



Brie Tucker 29:38

Capital H, heck no!



JoAnn Crohn 29:39

I used to be so adamant about the benefits of you know, feeling good about your wardrobe. Like I had a class, Outfit Mastery, which was like if you were if you've been following no girl mom way back in the day, you might remember Outfit Mastery, but it was all about taking out the clothes that like no longer serve you and you don't feel good about making sure your closet is filled. Those things that light you up and right now my closet. Well first of all, we switch seasons and I really need to take out the warm clothes because you can't do that here.

- B** Brie Tucker 30:09
Okay which I think is hilarious because Phoenix we have two seasons.
- J** JoAnn Crohn 30:12
Yeah.
- B** Brie Tucker 30:14
When we're moving into the second season which yo- for those that it's hitting the as we're recording like,
- J** JoAnn Crohn 30:19
yeah,
- B** Brie Tucker 30:19
we've already moved into the second season and I'm like, Nooooo! it's already hot! (fake crying)
- J** JoAnn Crohn 30:24
it's already hot. You have to go to shorts and dresses and like
- B** Brie Tucker 30:27
yeah,
- J** JoAnn Crohn 30:27
tank tops.
- B** Brie Tucker 30:28
And it's funny too, because Lani has told us the same thing in our episode with Lani Inlander about your wardrobe like but and Kelly doesn't just talk about the closet, but when she said things that are cluttered, you and I both immediately went to our master closets.



JoAnn Crohn 30:41

Oh, yeah.



Brie Tucker 30:41

Are causing us stress.



JoAnn Crohn 30:44

They're causing me so much stress. I don't even want to go in there. I see all my shoes and I'm one of those people who like the shoe rack is way at the end of the closet. So I'm like, and we take off and we toss.



Brie Tucker 30:55

At least you have a shoe rack, man.



JoAnn Crohn 30:56

No, it's not a rack. It's on the floor.



Brie Tucker 30:58

Oh, okay. That's our issue.



JoAnn Crohn 31:00

That's why I just toss.



Brie Tucker 31:01

Mine is the same. like we have no shoe rack we have nowhere to put shoes. So it's just like you go into my closet and you trip over shoes and (cough) Brie's handbags. I have so many purses being that. I'm like, not really that big into purses. Like Yeah, seriously. I've had two purses this year. But I've got probably 10 in my closet.



JoAnn Crohn 31:18

Time to declutter.



Brie Tucker 31:19
declutter.



JoAnn Crohn 31:19
Time to get your gum and declutter.



Brie Tucker 31:22
I'm going to have to. So...oh my goodness!



JoAnn Crohn 31:25
Remember that the best mom is a happy mom, take care of you. And we'll talk to you later.



Brie Tucker 31:30
Thanks for stopping by.