



# Transcripts for Ep 090 Why We Need to Rethink What is Self-C...

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## SUMMARY KEYWORDS

people, relationships, pandemic, protective, life, podcast, friendships, mom, care, toxic relationships, restorative, friends, feel, christine, important, book, fun, talk, year, thinking

## SPEAKERS

Christine Koh, PhD, Brie Tucker, JoAnn Crohn

- J** JoAnn Crohn 00:00  
Welcome to the no guilt mom podcast I am your host JoAnn Crohn, joined here by my jewel toned co-host Brie Tucker.
- B** Brie Tucker 00:09  
Why hello hello everybody how are you? I was shooting for friendly.
- J** JoAnn Crohn 00:12  
you're friendly too yeah
- B** Brie Tucker 00:13  
yeah no just because of the you know topic
- J** JoAnn Crohn 00:16  
oh yes yes we are talking about how moms can live better happier and simpler lives through self care but that also has to do with relationships



Brie Tucker 00:27

yes it does



JoAnn Crohn 00:28

it does. yeah and we're talking with Christine Koh who is just -okay first of all she's so delightful!



Brie Tucker 00:34

Oh my goodness Yes!



JoAnn Crohn 00:35

she is she's so fun to talk to you and just as a wealth of knowledge when it comes to- two types of self care which you're going to hear about in this episode so I'm not going to ruin those two types of self care but both are equally important but this one was a specially interesting interview because it was a redo for us because we had like catastrophe happen on her first interview.



Brie Tucker 00:55

Oh, I know right? like so we started the interview and I think we were only like a minute yeah and like nobody I don't even know if we start Yeah, we did just barely start it and then all of a sudden she just disappeared



JoAnn Crohn 01:07

She just disappeared !



Brie Tucker 01:08

and we immediately went to our past experience which is where our internet went out and actually our power went out first which we didn't realize because we we do this typically recording in the day with the daylight out so we're not you know.



JoAnn Crohn 01:20

we have no idea of power goes out.

B Brie Tucker 01:22  
and then your battery on your laptop died when yeah record on so-

J JoAnn Crohn 01:26  
we thought that it happened but that didn't happen at all!

B Brie Tucker 01:29  
no

J JoAnn Crohn 01:29  
what really happened was a tree fell outside her house on a power line and took her power out!

B Brie Tucker 01:34  
Randomly!

J JoAnn Crohn 01:35  
was just random. So random happened at that instance. So we got another chance to get on and talk with her and we think you're really going to enjoy her Christine Koh is a former music and brain scientist, turned author of minimalist parenting. She's a speaker. She's a podcaster. She has two podcasts that are phenomenal Edit Your Life and Hello Relationships. She's also a creative director and a designer. And if you go follow her on Instagram, she shares these amazing cakes that she decorates.

B Brie Tucker 01:38  
Oh my gosh. Yeah, that's just for fun!

J JoAnn Crohn 02:04  
this but yes, so she believes in the power of authentic storytelling, human connection and small actions in order to help people move the needle in their lives. And we hope you enjoy our conversation with Christine. Hey, you only have a few more days to get the pre order bonus for my book coming out for kids, Me and My Friendships, kids guide to making and

being friends. And this preorder bonus like you cannot get it anywhere else you cannot buy it. I've made a course for your kids called Really Good Friendships that you get for free just for pre ordering the book. The book is released on July 6, which is very, very exciting. So you need to go preorder it before then you can find out more information at [noguilmom.com/friendships](http://noguilmom.com/friendships) and now on the show. 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, Christine, we are so happy to have you on the podcast like I personally have known of you for a while you're like a fellow Mom 2.0 conference like attendee, so we've actually run into each other. They are very briefly, but so happy to have this conversation.



Christine Koh, PhD 03:49

I'm so delighted to be on with you. Ladies, thank you so much for having me.



JoAnn Crohn 03:53

And we had such a fun time because you know, podcast land, it's never predictable. And



Christine Koh, PhD 03:59

true.



JoAnn Crohn 04:00

Our our previous conversation was interrupted by a windstorm.



Christine Koh, PhD 04:04

It was very dramatic. I mean, really, this is this is how pandemic life is. You never know what's around the corner.



Brie Tucker 04:10

Right? And you know what, I would even have to say that podcasting is like everything else in motherhood, you do it on the fly, you learn how to pivot like nobody's business!

**C** Christine Koh, PhD 04:18  
You totally do absolutely.

**J** JoAnn Crohn 04:21  
totally know what a pivot. So for our listeners who don't know who you are, can you tell us a little bit about you and your story?

**C** Christine Koh, PhD 04:27  
Sure, I'll try to give the quick version. I am a former music and brain scientist. I used to study neurology and music and learning and all these things. And about 15 years ago, I decided to leave academia for the internet. And I started blogging in 2006. I was an old school blogger. And that path just kind of evolved over the years to lead to a book and a couple podcasts and my role as creative director and a designer and I just like doing many, many things. And always with a creative lens to try to help people make their lives just a little bit better in some way, shape or form.

**B** Brie Tucker 05:08  
I love that.

**J** JoAnn Crohn 05:09  
So I find it so fascinating. First of all your background in neurology and music, that's like one avenue we could really go deep into. So I'm gonna stay focused.

**C** Christine Koh, PhD 05:17  
It's so weird. Yeah.

**J** JoAnn Crohn 05:19  
But I also like, I love your Instagram and your cakes. Like, tell us about your cakes.

**C** Christine Koh, PhD 05:25  
Okay, so it's so funny, because on Edit Your Life, which is one of my podcasts, we just did an episode recently about hobbies. And one of my recommendations was, everything

does not need to be a hustle. And for me, cakes are very therapeutic. You know, I'm on the internet so much. So I just find that it's very relaxing, and therapeutic to do something with my hands and something very visual. And so I love making cakes. And anytime any, anyone, if I post one, people usually say, Oh, you should start a business. And I'm like, one, I do not need any more businesses. And two, I just want this to be fun. And for me, and if I turned it into a business, then I wouldn't love doing it anymore. Plus, it takes me forever to make whatever I'm making. Because I usually don't start with a very good plan. So it is fun. And it's a special occasion situation only. But it is really, really fun. And my kids love baking, too.



JoAnn Crohn 06:15

That's so interesting what you said, when people are like, Oh, you have this talent, you should turn it into a business. Because it takes almost the fun out of it and the creativity when you then have to replicate what you're doing for other people. It's no longer just for you.



Christine Koh, PhD 06:29

Yes. And I mean, I get it. We live in a hustle culture. I mean, there are probably books and podcasts and various things all about converting to the hustle. But I really think it's important for us, especially as moms to just find little things that we just keep for ourselves. It's so important.



JoAnn Crohn 06:46

which brings us really into our topic today, which is the importance of self care, and how self care is more than just like manicures and pedicures and bubble baths. But tell us a little bit about what self care should be and what that should look like.



Christine Koh, PhD 07:03

Yes, well, I started thinking about a while I think about self care all the time, like everybody else I need it we've and I think one thing a lot of people have realized I think throughout the last challenging year plus is how we just have to carve out whatever we can get. I mean it is scraping it together and scrapping it together and just finding little pockets of time. Actually, I don't know if you know Jessica Turner, she's a fellow mom 2 person, but she talks about this in the fringe hours, like really, really maximizing those pockets of time. Anyway, so I was thinking about self care this year. And I realized that it's not just about you do something nice for yourself, and then done, boom, you're all set, I realize there's

kind of two things that need to work in tandem, and one is what I call protective self care. And then the second thing is what I call restorative self care. So it's kind of like you need to do, you know, some work to kind of protect yourself and keep yourself safe in order to like, give yourself the good stuff and like so that can sink in. So you know, one of the easiest examples I can give you is limiting social media that makes you feel crappy, would be a form of protective care, because you're putting up some boundaries. And then the restorative side of that the flip side would be leaning into a multisensory activity that makes you feel really good or, or whatever it is something that makes you feel good. So once you get those two things working in tandem, it's really, really powerful I found and the more I've talked to people about this, the more they're like, yeah, that really makes sense. It's like any deep work that you have to do in life, you have to kind of dig into the stuff that doesn't feel that great in order to make the really good stuff feel amazing.

B

Brie Tucker 08:48

I think that is so true. So many of us feel like self care. I'm speaking for a lot of people. So I'm going to totally arm share this. But in my personal opinion, and in a lot of people that I'm friends with, it seems like we always think that self care should be so easy, right? Like, Oh, I should be able to do this so easily. And then you kind of get down on yourself. And there's too many other things going on. And it's because we're not really taking it seriously. We're acting like it should be as easy as breathing air. And it just it really isn't, especially in our environment right now there is so much going on. And even just to kind of like date this somewhat like we're all at a point now where there's the vaccination rollout for the pandemic, and things are on the cusp of big changes. And a lot of us have to, you know, change our mental health thought process, we have to change the way we're looking at our time, our place all these things, and we have to be protective, and be real serious about self care.

C

Christine Koh, PhD 09:43

Yeah, and even just to also add a layer of nuance to this. I think even when you think about just the restorative side when somebody says Oh, just go take a walk or you know, read a book or whatever it is. Moms I think pretty much all moms every mom I've ever met anyway. You also have Have this sort of guilt factor about, oh, well, I couldn't be doing something else. Yeah, that's in service of my family during that time. And I don't think that's martyr complex. I just think that's what being a mom is like. We just you just always have your radar up for, you know what other people need. And so it's a complicated, it's never just about the act of doing something for yourself. There are so many other things in play always.

J JoAnn Crohn 10:22  
It's so complicated and what you said about the protective self care? Like, I think that's even harder than the restorative self care. Because under that, wouldn't it be like saying no to things?

C Christine Koh, PhD 10:33  
Yes,

J JoAnn Crohn 10:34  
setting your boundaries. And

C Christine Koh, PhD 10:36  
for sure, for sure, actually, one of my big things, you know, I created a graphic about this some time back. And one of the top things the protective side was, I mean, it's a huge one. So for example, letting go of toxic relationships. And you know, the other side of that is focusing your energy on loving relationships, but letting go of toxic relationships, I mean, that's going to take some work. But once you get to the other side of it, it is unbelievably powerful, to be able to put set boundaries for yourself. And really, then give your split yourself the space to lean into the relationships that really fill you up instead of the ones that drag you down.

B Brie Tucker 11:11  
And I think that's scary, too. Because some of those toxic relationships, a lot of them have deep roots.

C Christine Koh, PhD 11:17  
Oh, yes!

B Brie Tucker 11:17  
You know?

J JoAnn Crohn 11:18



oh, yeah,

B

Brie Tucker 11:19

there are people that have been in our lives for so long. They're involved and intertwined in our lives in such a complicated way. It's scary. And it's a lot easier to be like, I'll just try to avoid the person (laughing). it doesn't work out. I've tried the avoidance. I've tried to try digging the hole and sticking my head in the sand to pretend like it didn't happen. And it doesn't work out. I wonder why.

C

Christine Koh, PhD 11:40

I know. I know. I'll send you guys a link. I recently posted a article I had an article go live on CNN that was all about friendships, and it was really about ways to repair relationships, or let them go if they're toxic. And one of the people I interviewed for the peace doctor, Mr. Franco had some just really good examples of what a not sort of loving relationship looks like and knowing when to let go and it's okay. It's actually biologically really okay.

J

JoAnn Crohn 12:08

What are like some warning signs of a toxic relationship?

C

Christine Koh, PhD 12:12

She was talking about, you know, things like if you feel bullied or in a relationship or not supported things like that, you know, there are some classic red flags and Lydia Denworth, who is another expert who has written a book all about the biological underpinnings of friendship. She was saying how really being ambivalent about friendships isn't really good. So if there's too much bad outweighing the good in a relationship, it's really best to let it go. So you know, there's some fascinating reads, and great, you know, people doing great workout in this realm, if people want to dig a little deeper.

J

JoAnn Crohn 12:45

that's awesome. Like, relationships really fascinate me, and especially the emotions that go into play in relationships. But a lot of the time, like, when we're in a toxic relationship, we tend to stuff everything down, and not really be aware of all of our emotions about the situation, how can we start being honest about our emotions, and even accepting those emotions?



Christine Koh, PhD 13:10

I think one really important thing is we all need more pauses in life, I think before we do something. So you know, just the other day I actually have a friendship that I've been it's, it's in a state of flux at the moment. And actually, I've done this with other people too, you know, I think about Oh, I should So note the word should I should send an email to check in. So what I do in a moment like that is I pause and I think, Okay, look, how is that actually making me feel? Am I am I sort of cringing and you guys can see my cringing face, the listeners cannot but am I cringing a little bit thinking about when an email comes back and like having to deal with that. That's probably a sign that things are not super healthy right now. And it doesn't mean you give up on the relationship. It just might mean you need a little bit more space before thinking of it. Thinking about doing some repair and also one thing I loved about piece of advice that Lydia Denworth gave me was that she called it I loved it, she called it shuffling the social furniture of life. So I called it shuffling the friendship furniture that sometimes it's okay, you know, relationships, whether it's friendship or something else, they evolve, and they change and it's okay to let a relationship go to a more casual level, just like you would be have a relationship that becomes like a deeper and more intimate friendship, it can go both ways.



Brie Tucker 14:27

I love that perspective. And you know, it's interesting that you bring that up, because like, right now I have two early teens, I have like a 14 and a 13 year old and it's like, we have to have that conversation a lot because they're going through that stage right now, where I feel like at that age, a lot of relationships change in many different ways. And I'm telling them, it's okay, if it changes a little bit. You don't need to be forcing it to still be there and you don't need to feel guilty about ending it. And that's a really, really good point. Like we all get so anxious about ending relationships, but we don't tend to get nearly as anxious about making deeper. And it does go both ways.



Christine Koh, PhD 15:02

It really does. And sorry to drop another name on you. But I did a an interview with Phyllis Fagel who is an educator and a journalist.



JoAnn Crohn 15:08

Yes, yes, we know her.



Brie Tucker 15:10

Know her, love her!



Christine Koh, PhD 15:11

she dropped some crazy, I don't have them right at the top of my head, but I'll send you the link, she dropped some crazy statistics about just the fluidity of friendships through middle school and how much they change and how, you know, some very small percent stay friends from, you know, freshman year to senior year or what have you. So I can send that along if that's helpful, but it just made a lot of sense. And I think it's a really important thing to translate to kids that it's not necessarily about you before, if a relationship, you know, something kind of falls to the wayside, just people are always changing.



JoAnn Crohn 15:44

Yeah. And it goes the same for adult relationships. That's what I was gonna say even myself a bit of guilt for like not keeping in touch with friends that I had 10 years ago, but 10 years ago, I was in a very different stage of life. I was in the first year, I talked with them about this career. And now I don't know how much we have in common anymore.



Brie Tucker 16:05

Yeah, yeah. And that's not to say you can't come back together later. But yeah, for sure, we need to rearrange the furniture just a little bit, rearrange



JoAnn Crohn 16:12

the furniture. And if I saw them today, I would probably give them a big hug. And we would like start chatting. But it's, even though we haven't talked for like 10 years. So yeah, I know, just Evan flow.



Brie Tucker 16:23

It's so funny. So I bring this back to us as parents and about also, as about our whole self care thought process, like we are all about providing that emotional support to our kids. We're all about helping guide them through this. But then when it comes to us, it's almost like we completely forget our advice and our knowledge.

J JoAnn Crohn 16:40  
Yeah,

B Brie Tucker 16:41  
right? It's kind of -

C Christine Koh, PhD 16:42  
it's true,

J JoAnn Crohn 16:42  
We think we have to do things a certain way.

B Brie Tucker 16:45  
Right.

J JoAnn Crohn 16:45  
So like in self care, you say there's protective self care, there's restorative self care, really paying attention to those toxic relationships in your life, allowing some relationships to let go. You briefly talked about this, pause these pauses you take. And I know you recently wrote an article in The Washington Post about how the pandemic has affected many families and about embracing a slower pace of life.

C Christine Koh, PhD 17:10  
Yeah,

J JoAnn Crohn 17:11  
how is your life changing? And how is it becoming slower since the pandemic?

C Christine Koh, PhD 17:15  
Well, you know, it's it's so interesting. I i in Massachusetts anyway, I was in the very, very last stage of eligibility for a vaccine. So I, I was thinking a lot about how my mental

runway for what was possible was just on a very different timeline for other people. And I was also really, quite frankly, a hermit, for most of the most of the pandemic. I haven't been in a grocery store since like January. So I think I've been much more cautious than probably a lot of people. But I think everybody's journey through this, they're going to do what they have to do. I also I was part of my mom's caregiving solution. So there were there were distinct reasons why that was really important to me. So I feel like right now I'm a little bit like the person digging in their heels, while everybody around me is really excited to make plans. And on the one hand, I want to be with them, but I'm just not ready yet. So I think, the big challenge in front of everybody, because everybody's going to be on a different, somewhere different on that scale of like ready to run out the door. And like, right, like a cat climb, like trying to hang inside the door, is to really check in with yourself, pause and say, What am I comfortable with? Like what matters to me? And how can I best honor that? I mean, one really immediate example is, I'm finally fully vaccinated. But I have a kid who's under 12. And they're not and this is a situation so many families are in so I just can't feel like I can fully celebrate on while one of my little cubs is unprotected still. So it's all about really just taking it moment to moment and trying to put the brakes on if things feel like they're moving too fast for me.

J

JoAnn Crohn 18:57

And I think the pandemic is also really let us see the benefits of not doing so much all the time. Like when all those activities and the kids activities. And for me, it was like the driving back and forth to dance, the driving to Cub Scouts, all the things. when that was all taken away- I felt like oh my gosh, my brain works better.

C

Christine Koh, PhD 19:16

You have more more degrees of freedom literally literally the the image that I when I was talking to people about for that article. One of the things that somebody was saying was that pre pandemic, their lives and their calendar were just calibrated down to the minute and I really made me think of like calendar Tetris like trying to fit every little thing into well, that might be dating me referencing Tetris the game but anyway.

J

JoAnn Crohn 19:41

Oh, I did it. I had a little like a cassette player that had Tetris on top. So

C

Christine Koh, PhD 19:47

yeah, great.



Brie Tucker 19:48

My Roku has Tetris. Yeah, that is still relevant if you ask me. Yes, out there.



Christine Koh, PhD 19:52

Okay. Okay, good. Good, good, good. So yeah, but just this idea of like, trying to jam every little thing to fit And just being on the run all day long until you're exhausted. And I think that was the real eye opening thing for a lot of people was like, Wow, there is a different way to do this. And there's got to be some happy medium. And I think people are really working to try to find that that piece really resonated with people, I think, because there was a lot of fear about already feeling like the world was moving too fast for them going back in.



JoAnn Crohn 20:24

Yeah, cuz I think that if you're not conscious of it, that it's very easy to get back in that routine of doing way too much. And all of a sudden, your schedules filled up again. And you're like, How did this happen? And it was so great before Brie's a little different than me Brie's, an extrovert is like "Let me out of the house!"



Brie Tucker 20:43

I'll admit, like the first concert that was like scheduled anywhere near me, I'm like, I don't care how much it costs I've gone going.



Christine Koh, PhD 20:51

Well, that's an important thing to note, too, because, you know, in a family system, and I think about family systems all the time, because my husband's a therapist, and he introduced me to the concept, but everybody's going to be different, you know, like I in our house, we have one super extrovert, and then three of us were kind of like somewhere in between extroverted introvert. And the idea of the family system is that any action that one person takes is going to impact the rest of the family system in some way. So I just want to encourage people to think about that as you're kind of re entering life and figuring out what feels comfortable is that there are a lot of feelings that are going to be in play for what feels comfortable, and who wants to do what and so you know, everybody's going to need to like probably give a little to help people find their way in this in this after times. As we've been calling it.

**J** JoAnn Crohn 21:43  
definitely. I like being thought of as a family system too, because it's easier to explain, especially to my 12 year old that if she decides to take 10 hours of dance a week, it affects the whole family. It's not just her

**C** Christine Koh, PhD 21:57  
oh my gosh, yes! I talk all the time about how much I hate driving like- I hate the car.

**B** Brie Tucker 22:04  
I am there with you like anytime we do anything. My first question is How long is the drive? Like- how much of a commitment is this?

**J** JoAnn Crohn 22:12  
I hate driving as well, so much that like my daughter had to change dance studios because her old one closed down the pandemic. And she wanted to go somewhere like 15 or 20 minutes away from our house. When there's one up the street. That's five minutes, and I'm like, nope. we're going to this one.

**B** Brie Tucker 22:28  
Well, she didn't think about the fact that one drive to that dance studio is 40 minutes in the car for you.

**C** Christine Koh, PhD 22:34  
Yeah, no, it's a lot. It's a lot. It's a lot, though, I will say one thing. So one like happy medium. This is a really good example setting me up for a really good happy medium example. Because so we haven't done a lot. But there have been a couple things like my teenager getting driving hours to get her license. And then my younger one had a like abbreviated, spring soccer season or sometime during the pandemic. And, you know, again, I hate driving, but I decided I told myself, you know what I'm going to do, I'm going to use these hours in the car, to connect with friends, or like so I call somebody I explicitly tell myself, okay, I'm not going to work. I'm going to do something that connects me to other humans. So during Oh was fall when my daughter was playing soccer, and I wrote postcards to voters and letters in my car. And then yeah, and then during, because it was election season. And then in the spring, when I was in the car for the driving hours, I would

just I would schedule a call with a friend and say, Hey, I'm going to be sitting in my car for like an hour at 10 o'clock on Saturday. Do you want to talk and catch up? Great. And it ended up just being a way to, I mean, that was a form of self care, strengthening the relationships I cared about during those little windows of time. And then I felt less resentful for being in the car. So ya know? there you go.



Brie Tucker 23:52

I like that. That's a good idea.



JoAnn Crohn 23:54

I like that. He's it. One thing I use in the car is I listen to a lot of podcasts.



Christine Koh, PhD 23:59

That's great.



JoAnn Crohn 24:00

That's my podcast time.



Christine Koh, PhD 24:01

Yes.



Brie Tucker 24:01

My audio book time to podcast, and audio book.



JoAnn Crohn 24:04

Yeah.



Christine Koh, PhD 24:05

Lovely.





JoAnn Crohn 24:05

What's coming up for you, Christine, that you're excited about?



Christine Koh, PhD 24:08

Oh, wow. Well, I have found myself in the unusual position of doing a lot of writing. It's so funny. You know, I wrote this whole newsletter essay at the beginning of the year about how, you know, people talk about intentions all the time, like I want to set an intention to do X, Y, or Z. But a lot of people don't talk about the sort of work behind it and all the attention you have to give to something that you really want to make happen. And so I had to get a little vulnerable at the beginning of the year because I had decided that one thing I wanted to do this year, I didn't want to do anything new. I had enough projects happening. But one thing I wanted to do was write a major media byline and I had no idea how to do that. And so I had to being vulnerable part was asking some colleagues and friends how do I do this exactly? Like how do I pitch an article idea? I had No idea. But thanks to the good advice of the people I had connected with, I submitted my first piece to The Washington Post. And now I'm kind of in their parenting pipeline writers. I wrote a post for CNN, in the wake of the atrocity incident Atlanta, the Asian hate crimes. And they reached out to me actually asked me to write something. And now I'm in their pipeline for their lifestyle writing. Like, there's just a lot of stuff coming down the pike. So that's exciting. Like I, as I said, at the very beginning of our episode, all I've ever wanted to do I know it sounds a little lofty, and I hope it doesn't sound too cheesy as I just I just want to like, help people kind of move the needle for themselves in really small ways. And I think that one thing I've heard repeatedly from people this year is that my writing helps them feel seen and helps them feel less alone, and then helps them figure out what to do next. And that just, that's everything I want wrapped up right there. So that's what I'm going to be doing more of this year.



JoAnn Crohn 26:00

That's like the big virtual hug.



Brie Tucker 26:02

Yeah. warm and fuzzy.



Christine Koh, PhD 26:04

I am the virtual hugger. So!

**J** JoAnn Crohn 26:07  
yes, so that is excellent. That is very exciting. And we're definitely gonna keep an eye out for feature pieces you have been it's been wonderful talking with you. Thank you so much for coming on.

**C** Christine Koh, PhD 26:18  
Thank you. This is a delight. And you both were so gracious admits my earlier windstorm, electrical outings.

**J** JoAnn Crohn 26:26  
We understand! We have been there, we have a there. Thank you.

**B** Brie Tucker 26:32  
Oh, my goodness. Okay. First of all, like you already said, Christine, is a delight to talk to. But I have to say I was a little intimidated. I mean, that woman has a lot of balls that she is juggling up in that air, and she manages to make it seem from a distance. So easy.

**J** JoAnn Crohn 26:48  
She's very impressive.

**B** Brie Tucker 26:49  
right? But then when you talk to her, she's like, Oh, yeah, it's you got to do a lot of things like in terms of like boundaries. And then she told us about something that I did not know that there were two different kinds of self care.

**J** JoAnn Crohn 27:00  
Yeah, we're protective and restorative.

**B** Brie Tucker 27:02  
you know. And when she describes it, that makes so much sense. So for starters, I'm just gonna throw this out there that we do have a download for this, the productive care versus the restorative care. So we have that in our show notes. Just click on that. And you

can get a download where she has the two columns of it. And there was one in each of them that really spoke to me. Yeah. In the protective care, we talked about, like letting go of toxic relationships.

**J** JoAnn Crohn 27:25  
Mm hmm.

**B** Brie Tucker 27:25  
And I feel like that on like, so many levels is such a big deal.

**J** JoAnn Crohn 27:29  
Yeah.

**B** Brie Tucker 27:29  
Like letting go of the people that when you talk to them, they weigh you like, weigh you down.

**J** JoAnn Crohn 27:33  
They weigh you down. They're work. Yes, yeah. It's an interesting thing talking about with kids, too, because I've talked about this with my daughter, there are just there are some friendships that feel like work. And I think that's another way to describe toxic relationships. It's like, the friends who you go to, and you constantly feel like you're protecting yourself against them and their comments.

**B** Brie Tucker 27:53  
Yes.

**J** JoAnn Crohn 27:54  
And that's a hard thing to realize, because we've been taught to be really nice people, and to be very accommodating. But when you have somebody who isn't in the best, like mental state themselves, you know, kind of like not taking care of themselves. And they're pushing that on to other people. It's exhausting. And it can be really hard to take and so letting go of those toxic relationships, or at least, you know, putting a little protective

buffer for yourself between them.

**B** Brie Tucker 28:21  
Yeah,

**J** JoAnn Crohn 28:22  
because sometimes you can't let go of them completely. Sometimes their family sometimes they're like friends of your like your kids friend, like moms and parents of your kids friends. But putting that like buffer and just protecting yourself against it.

**B** Brie Tucker 28:34  
Oh, for sure. That's, that's super important. And then that restorative care one that I thought was really interesting was the multi sensory activities that feel good.

**J** JoAnn Crohn 28:41  
Yeah.

**B** Brie Tucker 28:42  
Like, I'm really big on like, smell.

**J** JoAnn Crohn 28:44  
Oh, really?

**B** Brie Tucker 28:45  
Like, I'd have like the smell to them. Yes, I'm not wearing it today, but I really do. I have my diffuser necklace. And then just like activities, like when I'm out doing stuff on the water, sound of the water.

**J** JoAnn Crohn 28:58  
It's very relaxing, very chill, very relaxed in the water. I noticed after after our kayaking, I was very relaxed for the first part. But then, after I went move the cars I'm like, like really

tight afterwards, and it was hard to get back into it.



**Brie Tucker** 29:10

Yeah, yeah. So that was a great conversation with Christine absolutely loved it just Oh, so much fun.



**JoAnn Crohn** 29:16

Yeah, and we have more info for you in our show notes. But until next time, remember the best mom's a happy mom take care of you. And we will see you later.



**Brie Tucker** 29:26

Thanks for stopping by.