

# Ep. 72- How to Reclaim Your Mom Joy with Rachel Nielson

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## SUMMARY KEYWORDS

motherhood, feel, depression, gold, kids, podcast, mom, therapy, counseling, moms, guilt, flecks, life, journal, joy, people, moments, meds, write, meal plans

## SPEAKERS

Rachel Nielson, Brie Tucker, JoAnn Crohn

- 
- J** JoAnn Crohn 00:00  
Welcome to the no guilt mom Podcast. I am your host, JoAnn Crohn here with my amazing co-host Brie Tucker.
  - B** Brie Tucker 00:08  
Hello. Hello. But how are you?
  - J** JoAnn Crohn 00:09  
guys if you can see Brie's dance moves, they're athletic. She's like, well, the dancing brings you joy.
  - B** Brie Tucker 00:19  
Yes.
  - J** JoAnn Crohn 00:20  
And today's- Today's episode is all about finding that joy back as a mom.

**B** Brie Tucker 00:24  
Yes,

**J** JoAnn Crohn 00:24  
we have Rachel Nielson, who is the host of the 3 and 30 Takeaways for Moms podcast, which is an amazing podcast, if you haven't gotten a chance to listen to it.

**B** Brie Tucker 00:34  
Oh, my gosh, she has it. She has so many great episodes. And you know, what I love is that I feel like like YouTube, she's really good about like articulating it for people like me that are listening and sometimes miss the points. She'll say him again. I'm like, oh, there it is.

**J** JoAnn Crohn 00:47  
I need that good communication.

**B** Brie Tucker 00:50  
It's like, It's like the cliff notes version of the podcast. It's so good to enjoy the whole podcast, but then they come back and remind me that things that I kind of might have glazed over.

**J** JoAnn Crohn 00:57  
Yeah,

**B** Brie Tucker 00:57  
I need that.

**J** JoAnn Crohn 00:57  
It's awesome. Well, today in this podcast, we talk a lot about depression and anxiety and motherhood. And one thing in particular that we bring up is being on meds and getting therapy.

**B** Brie Tucker 01:08  
Yes, that gets such a bad rap.

**J** JoAnn Crohn 01:10  
It gets such a bad rap. When we were talking to Rachel, I like wrote this note on our show notes. I said, Veronica Mars depressant depression meds. And he's like, what is this? And so I had to explain. My husband and I started Veronica Mars over the past weekend. And Episode Three, it has one of the main characters on depression meds, and he stops taking them because they make him a zombie. And it's just such the wrong interpretation of what these meds actually do. Like they're not supposed to make you a zombie.

**B** Brie Tucker 01:41  
Exactly. And in many cases, they don't.

**J** JoAnn Crohn 01:44  
Yeah. And if they make you a zombie, then they're not right for you.

**B** Brie Tucker 01:48  
Right. And I think that's the tricky part about like when it comes to meds for anxiety, depression is that it's not an exact science. It's not like you know, you've got strep throat and you're gonna get antibiotics like, it's different meds affect people in different ways. That's why doctors prescribe them and ask for follow up so that they can see how it's working.

**J** JoAnn Crohn 02:06  
Exactly. So you're going to hear Rachel talk about her experience with therapy and meds and also she has some great ways you can recapture the joy in your own life. She is also the creator of a Flecks of Gold journal and she helps moms love motherhood as much as they love their children. She lives in Idaho with her family and has two kids now at age nine and Sally, age six, and we hope you enjoy our conversation with Rachel. So dinnertime, oh my gosh, I talk so much about meal planning and how much I hate meal planning very I hate it. Like getting me to sit down and like actually plan out our week because I usually plan the meals and along with my husband and kids, they tell me but I write the list. And then my husband goes to the store. But this one service is called Eat At

Home meal plans. It has completely taken away my hate of meal planning. It gives you four different meal plans you can use each week like you could pick from traditional or slow cooker or no flour, no sugar plans, and the meals are delicious. I was just looking at this week's April 26. And oh my gosh, I'm like I told Brie, I'm gonna print this out right now. And I'm gonna make this this next week because it's balsamic chicken and root veggies and slow cooker tamale sandwiches. And then there's always a dessert. And this one's tuxedo bars. And the best thing about this meal plan is super easy. I mean, the tuxedo bars are a box of cake mix and some chocolate pudding that you mix together.



Brie Tucker 03:28

Oh my gosh!



JoAnn Crohn 03:29

it's so easy. So if you hate the dinner stress and hate meal planning as much as I do, try eat at home meal plans. you can sign up at [noguilmom.com/eat-at-home](https://noguilmom.com/eat-at-home), and you can get 25% off when you use the discount code NOGUILTMOM. all one word. And now on with 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 Rachel to the no guilt mom podcast. So we're so happy to have you here because we are both avid listeners of three and 30. And like I was just like we were talking before the podcast, listening to your most recent episodes. And you have such amazing, like takeaways for moms that they could use right away. And I think that is such a valuable thing in this busy world.



Brie Tucker 04:50

Oh yeah, we need, I need things laid out.



Rachel Nielson 04:53

Thank you and I love I feel like we're very aligned because I am all about no guilt. That's like I feel like one of the pillars of three and 30 is just mom guilt does nothing for us. It really doesn't. And so I love your work as well. I've been listening to your show all morning and learning from you. And so I'm really excited to be here.

B Brie Tucker 05:13  
Yay!

J JoAnn Crohn 05:14  
Thanks! Yeah, I mean, the whole no guilt with motherhood, like, we know that guilt is bad. But at the same time, it's so hard to really get out of it. Like we don't, we can tell ourselves all day like don't feel guilty about this don't feel but actually, like moving past the point of guilt. That's where the the hard part comes in I feel.

R Rachel Nielson 05:32  
Yeah, well, I'm just having strategies for that. Because you can know that you don't want to feel something. But how? Like, yeah, like, okay, I don't want to feel mom guilt. But how do I stop feeling this way? And so having like, some strategies and tools, which I know you guys provide is really helpful to get out of that?

B Brie Tucker 05:51  
Well, and it's tricky, because it's a slippery slope there. because then you feel guilty about feeling guilty.

R Rachel Nielson 05:56  
100%

B Brie Tucker 05:57  
And then you're like, dang it. I kind of stopped feeling guilty. guilty about feeling guilty about feeling guilty.

R Rachel Nielson 06:02  
Oh, yeah. And I've been to like so much therapy in my life, and I have all these tools. And so then I feel then I shame myself for still feeling the things that I feel like I shouldn't feel any more now that I've gone to therapy. And then it's just this-

B Brie Tucker 06:15

shame monster. Man, how y'all got it!

J

JoAnn Crohn 06:18

How crazy is that though? Like when we talk about like all of the inner thoughts in our head and the things that are kind of like perpetuating our guilt, there seems to be no way to get off of it. Like no way to stop it. And I love that, like we're both aligned in the fact that like, here, here are some ways to stop it. So for those of our audience who don't know you and what you do, can you tell us a little bit about your story?

R

Rachel Nielson 06:41

Yes. So I am a former high school English teacher I taught for years before my kids were born, and I loved it, I love to teach. But I fought hard for my kids, my son is adopted, and my daughter was conceived with IVF. And so during that time, I just had convinced myself that I was gonna love every minute of motherhood, and I was so ready to give up this career that I loved because I was going to be all in. So I started staying home with these babies. And it was so hard. I felt so lost, I wasn't using my gifts anymore for teaching, and I just felt really lost is the best word to describe it. But I knew I didn't want to go back to teaching full time, just because of the time it I was an English teacher and the grading and it was just so after a few years, I decided to start my podcast as a way that I could teach but still be with my kids. And my show is 3 takeaways in 30 minutes, which really does build from my experience as a high school English teacher teaching students how to take complicated ideas, and boil them down into a thesis statement. And a lot of times the thesis statements had three points, you know, and that we would go through and we develop and so that is how I started 3 in 30. And it was one of the best decisions of my life. I love the work that I do. And I really feel like now that I'm using my gifts within my motherhood, both as part of my motherhood as well as this side thing that I'm doing sort of separate from motherhood, I'm just so much happier. And I love your tagline that you say about the best mom has a happy mom. And I'm happier, and so my family's happier. So it's great.

B

Brie Tucker 08:23

Yes!

J

JoAnn Crohn 08:23

Yeah, I can relate to a lot of what you said because I feel like my journey from teacher to like, doing what I do now is kind of been the same. You like I to quit to be with my son

when he was born. And I felt lost. And I think a lot of moms feel lost when they they quit this career that they're completely driven and in love with to go into motherhood. So like everything you just said, I'm like, yep.

B

Brie Tucker 08:49

well, it's so it's so isolating. in our society nowadays, a lot of us don't live near our family. We have friends, but there are a lot of times again, it's not where we grew up. So the friends are in a different standpoint. I know JoAnn and your story. You were the first one to have a kid out of all of your friends.

J

JoAnn Crohn 09:06

Oh, yeah.

B

Brie Tucker 09:07

So that's really again, very isolating when you don't know people and I have to say like this past year, anyone who became a new mom during the pandemic, like my heart, just I give you all of my strength and all of my positive vibes because it was like, motherhood is hard. But that was doubly hard because you were so isolated.

R

Rachel Nielson 09:26

Yes, absolutely.

J

JoAnn Crohn 09:27

So and your podcast You talk a lot about your struggle and experiencing depression. And like us here at no go mom, proponent of therapy. Can you share a little bit about like, how you really walked through that like struggle with depression and motherhood and, like dealt with it?

R

Rachel Nielson 09:46

Yeah. And I would say it's hard to say whether it's depression or anxiety, or both, you know, and, and I felt a lot of comfort when I read a book that talked about how I wish I had this statistic in front of me, but it was Something like most people who have one also experienced the other, like they're so connected that it's in some ways, almost impossible not to experience both. And I can really pin it to different phases of my life when one was

more prominent than the other. I think that I always struggled with some depression and anxiety, just undiagnosed, when I look back on my life, but it was really going through infertility that brought it all to a head. And I really struggled then, but didn't get help for it. But then after my son was born, and he's adopted, as I mentioned, I just that's like when my darkest time was when the depression was so heavy. And I think that I didn't realize that moms who had adopted could experience that I thought that was just like postpartum depression. And I, it's actually very common for women who adopt to experience this, there's so many emotions with adoption, where I was feeling, you know, a lot of grief for his birth mother, who I knew and loved. And I felt like I should be enjoying and savoring every single moment with this baby. That was this miracle that she had given us. And when I wasn't, then I was shaming myself. And it was just this really dark, dark spiral. And so that is like the period of time where I think I really experienced intense depression. And I did reach out and go to counseling, and gained a bunch of tools that helped me, I think, cope emotional resilience tools, and getting more clear on the thoughts I was having about myself and how to change those. And so that was my first kind of walk with that. And then after my daughter was born, I feel like it was a lot more anxiety, which is interesting. And she was biological, she's conceived with IVF. And so there was all the hormones and all the, you know, but lots of panic and things that weren't that I could have easily handled before felt so overwhelming that I couldn't even function, you know, with like, cleaning my kitchen, it just felt so overwhelming. And so at that point, I did actually get on an anti anxiety medication, whereas before I hadn't, I just dealt with it with therapy. And now I do both and, and self care and therapy and medication has all helped me to really be my happiest, best self. And I think I worried when I started this journey that like taking medication would make me not myself. And I have found that actually, I feel like I am more myself, I am my best self when I have these emotional mental health supports in place.

J

JoAnn Crohn 12:32

So first, when you said happiest best self, like your face just lit up. And I immediately like felt like such joy for you. Because the struggles of depression. It is horrible if you're walking through it, and you don't even realize how horrible it is until after you've passed. Because you look back and you're like, Oh my gosh, I can't believe I felt that way for so long. And I blamed myself for feeling that way. Like I should feel happy all the time when I had kids. Yes. So like, Oh, you just like hit my heart because I've gone through the same thing.

R

Rachel Nielson 13:03

Yeah, and it is amazing to look back and reflect on I'm a completely different person. now than I was before I started therapy before I started all of this, I mean, my son is almost 10.



So it's been about a 10 year journey. And I'm like, I think I carried around so much. Like the only way I can describe it is self-loathing, which is horrible, like that self loathing like loathing yourself. But that is how I felt on a day to day basis. And now I almost never feel that because I've gained these tools where I don't talk like that to myself anymore. And so great to be able to look back and be like, Wow, I've come a long way, I still have my struggles. But I've come a long way with all of this.

B

Brie Tucker 13:46

What I feel like sharing these stories does is it helps normalize the mental health aspects that so many of us struggle with and deal with on a daily basis. Some of us are fortunate enough to recognize when we're in it, that we are not ourselves, and that we need to or that we would like to go back to being ourselves. So like we seek out things like therapy or again, like I also love the whole thing about using medication. I'm a big proponent of it shouldn't be so negatively stigmatized. There's so many people that are had that same thought process like I don't want to be on medication because it's gonna make me a zombie. That doesn't happen to everybody. And it, Yes, medication is something that takes a while to figure out what's the right fit and what's going to be the right work for you. But in many cases, it does help you be the person that you want to be your true self and I wish that there wasn't such a stigma about it. I understand about this, like I've struggled with my first bout of depression came when I was in high school, and I've probably been through three or four treatable episodes of depression and then right now I'm dealing with some some anxiety. Again, like you said, like there was so much going on. I'm like, Why can I not even function on a daily basis? And then immediately I'm like, okay, we're gonna start doing therapy. We're going to start looking into medication so that we can get this under control. So I can go back to being me.

R

Rachel Nielson 15:01

Yeah.

B

Brie Tucker 15:02

And the feeling once you get to that point where you're able to reflect back, like you were saying, You don't realize how deep you're in it, when you're in it. It's so nice when you can look back and be like, Wow, I've grown so much.

R

Rachel Nielson 15:13

Yes, yes, absolutely.

J

JoAnn Crohn 15:14

And something you said is about, you know, the thoughts that you're telling yourself, and just like your podcast, so you have 3 in 30, we asked you for three takeaways about how mothers can really start reclaiming that joy as a mother. And one of those is the thoughts. So you have this this journal Flecks of Gold, and that has to do with one of your first takeaways. So can you introduce us to that?

R

Rachel Nielson 15:39

Yeah. So one way to reclaim your joy as a mother is to focus on your flecks of gold and look for your flecks of gold. And first I'll tell you about this concept. And then I'll tell you about the journal that I created for it. But yeah, that's what I was gonna ask, am I yeah, that's a flexible. My it was actually in that period, right after my son was born when I was so down, that I heard a sermon where the speaker talked about the story of a man in the California Gold Rush, who was struck out to California thinking that he was going to just easily find all the gold and be rich. And day after day, he kept dipping his pan on the river. And all he was pulling out was rocks, just rocks and rocks and rocks. And he was so discouraged, and he was ready to go home, when an elderly prospector came by. And the young man said to him, there's no gold here. And the elderly prospector said there is you just have to know where to look for it. And he cracked open a rock and showed him all these little flecks of gold. And the young miner said, No, I want big nuggets of gold, like what's in your pouch that's hanging from your belt, because he could see that it was weighty. And the prospector opened it up and showed him that it was just the accumulation of 1000s of flecks of gold. So this sermon, I heard this and it was actually it wasn't about motherhood, the sermon was about a completely different topic. But just that story, stayed with me that I needed to start looking for the flecks of gold in my motherhood and that everything felt really rocky and hard with my son. He was really lucky. That that if I could accumulate little golden moments with him and focus on those that that would become weighty, and would give me you know, try, we can treasure to me. And so I just started looking for him and just writing down a golden moment every day like the his first laugh for the feeling the weight of him against me after he fell asleep when I was rocking him. And I felt really calm and peaceful. And as a former English teacher, I'm like trying to use all the sensory details I possibly can. Because there is research in positive psychology that shows that when you remember your best moments, and you remember the sensations associated with them, to your brain, it's almost like you're reliving them. And so remembering them and writing them down, it's like gives you that second burst of joy as if you're reliving it, you know. And so I started to just try to write those down and change my mindset around my motherhood. And it really pulled me out of this dark place I was in. And so then years and years later, I mean, that was when my son was an infant. And it was just last year that I created the journal. So for years, I've

thought about flecks of gold. I've taught it to other women this concept. But last year, I decided to actually develop a journal called the Flecks of gold journal. And there's just a space for each day for you to write down one of your flecks of gold. And one of my favorite aspects of the journal is that it's a three year journal. And so it's kind of hard. I hope people can picture what I mean by this, but the date is at the top, but then not the year, just the day. And then it has three years. So you write your fleck of gold for that year that you're in. So like I'd write for 2021. And then you go through the book, and then the next year, you come back and you add a second memory for that year on that same day. So it's kind of like a time hop, for your favorite golden moments for your best memory. So as you write your memory for April 7 2022, you will also be reading your memory from April 7 of 2021. So you're reliving that memory again reading it. And so it's just this like positive little shot in the arm for moms and so many different ways to remind us that even in the hardest rockiest times, there are the golden moments that we're experiencing and focusing on those.

**B** Brie Tucker 19:24  
I love that right?

**J** JoAnn Crohn 19:25  
Yeah. And I also love that your journal you say is heirloom quality. So you can like give this to your kids as like something that they can keep with them and read one of the things you mentioned was your writing every time that you feel really, really good. So I think that leads really well into your next takeaway. What's your next takeaway?

**R** Rachel Nielson 19:43  
Yeah, so my second takeaway is to pay attention to times when you feel most like yourself. And this is to help yourself get out of a depression or a funk or to just reclaim your joy. Notice when in those moments when you feel most like yourself, and then make sure that you do whatever that was more often. And this is going to be so individualized for every different woman, what makes them feel like themselves. And for me, I really feel centered and calm and like myself when I have alone time and when I am working. And that was something that was in very short supply during the pandemic. And I didn't feel like myself. And so there would be sometimes be moments where I just felt like frazzled and stressed. And then I would get a moment to do my work and to be alone. And I would feel this, like relief, this almost like this release of like, there you are, like, we're gonna be okay. And I realized that I needed to figure out a way to get more of that even in distance learning kids being home, like I had to figure it out. And for some women, it might be

totally different, where they feel most like themselves, when they're surrounded by people with their friends, or when they, you know, they really love those times cooking with their kids or being at the playground with them, or whatever it is, like noticing those little sparks of joy that come to you, and then figuring out a way to work them in more often as a mom. As your unique motherhood.



JoAnn Crohn 21:17

That's so interesting that you bring up those times where you feel most like yourself, because I was just talking with my husband this past weekend, because we went away without the kid. And I mentioned something were like, Oh, my gosh, when I'm away, I remember almost who I am outside of being a mother.



Rachel Nielson 21:32

Yes.



JoAnn Crohn 21:32

And his response was like, Well, why aren't you just who you are all the time? And I didn't know what to say to that. And I like-



Brie Tucker 21:39

Is it that easy? Because I don't find it that easy.



JoAnn Crohn 21:41

I don't find it that easy. I like that, you know, the going away. And just hearing like someone else say that out loud. That's a pretty normal thing.



Rachel Nielson 21:49

Yeah, well, and of course, you're always who you are all the time, and you bring the best of yourself to your children and all of your relationships. But I think noticing that that really made you feel centered. And like that means you need to do that more often. I've had that exact thought when I've been on little getaways with my husband. I'm like, why don't I schedule this more? Why don't we do this more? And I think it's because of guilt. Because we think we're undeserving, or we're too busy. Or that, you know, I can't get a babysitter to do that, that often. I you know, we have all these excuses. But if you recognize that it's

gonna make you the best version of yourself, figure out a way to fit it in and do it.



Brie Tucker 22:28

I think that it's a big point that, you know, we talked about with our no go mom mindset, like you need to find what is important about you outside of being a mom. And I and I think that we do it so much for everybody else in our lives.



JoAnn Crohn 22:40

You know what, that's really interesting, because I look at my kids, and I'm like, oh, like you are getting kind of antsy. This always seems to help you when you're antsy, and I suggest they do that. And then I back off, and I give them the time to do that. Well, I think and tell me like, if you think this might be the issue, too, but since we do that, so as moms that we kind of expect other people to give us that space as well. Like our family members -



23:05

(Over talking)



Brie Tucker 23:07

Yeah, we don't always say it. We're just like, come on. I do it for you. You should know I need too!



Rachel Nielson 23:13

I mean, wouldn't it be so nice, if someone said to you, you seem you seem stressed and overwhelmed. I think you need to go lay down and read a book. I mean, hallelujah! But -



JoAnn Crohn 23:22

I think you need to go into girls weekend.



Rachel Nielson 23:25

Very few of us have people, once you become a mom, you don't have anyone mothering you. And so you kind of need to mother yourself and be like you're hungry, and you need to sit down and eat a snack and rest and the things we would do for our kids.

B Brie Tucker 23:39  
Yeah,

J JoAnn Crohn 23:40  
yeah. And that that actually brings us into your third takeaway. What is your third takeaway?

R Rachel Nielson 23:44  
Yeah, I mean, you're good. You're good at these transitions. Like, I see where she's going with this. She's heading right into my third takeaway, you're good. I'll tell you. So my third takeaway is to ask for support, not permission. And this is one of my favorite sayings that I heard from Sarah Dean, who also has a podcast The Shameless Mom Academy.

J JoAnn Crohn 24:03  
Oh, yes. She's coming on!

R Rachel Nielson 24:05  
Oh, really? Yeah, amazing. And when I heard her say this, it's one of those things like I listened to a lot of podcasts. But like, every once while you hear something that you're like, Oh, that's sticking with me. You know, I heard her say it on the show. And it's just stayed with me ask for support, not permission. So once you figured out what those things are, that make you fully you, really you it's okay to go to the people in your life and say, This is what I need. How can we make it happen? So you're not saying, can I? Or if we could make it happen? It's like no, how, how are we going to make it happen? And again, asking for that support instead of permission. And you can get really creative with this with how you get your needs met, depending on your how much like flexibility there is within budgets within schedules within work as a family or if you know, with your friends or however you want to do it to figure out how To get those needs met, if it's that you need more alone time and you need more quiet work time, then go to your partner if you have one and say, how can we make this happen. And I really believe that you can get creative and figure out how to get your needs met. And one example I have of this is when, you know, I've gone through these different periods of time where I kind of told you where I can see like, that was a hard time for me emotionally mentally. One was after my son was born, one was after my daughter was born. And then I'd say another really low point was when they were about four and one. And they both just needed so much for me. And it

was hands on all the time. They're both super spirited, and I was just in a dark place again, and I was talking to my husband about it. And he said, Well, do you need to go start going to counseling again. And I thought about it. And I realized that I love counseling, and at certain seasons of my life, that's what I need. But I realized that at that season in my life, what I needed and wanted was just more hands on help and more time away, at least a couple hours away every week to write and to just be myself. And so I actually said to him, I don't think I need to go back to counseling. But what if we took the money that we would have spent on counseling, and we used it to hire someone to come and help me a couple hours a week, and it made it helped me to feel more like, quote, justified, which I don't think moms necessarily need to justify having some help and some self care. But it did make me feel better about us using allocating that those funds from our budget, because we would have paid for me to go to counseling if that's what I really needed. And so instead, at that moment in my life, we decided to use we did like a straight exchange where it was like, the amount I would have paid for counseling, we used for someone to come and help me a couple hours a week, and it was exactly what I needed at that time. So sometimes you have to get a little bit creative. And I know that there are people listening who probably don't even have that amount of flexibility within their budget. But there's other things that you can do with asking a friend for support and doing a kid swap or you know, love that is thinking outside the box and how you can get those needs met.



JoAnn Crohn 27:05

I love that. the asking for support is so so hard when you're in that cycle of guilt. But like I know, it's asking for support and not permission, but you almost need permission to ask for support of that. You need a lot of people saying that to you. And



Rachel Nielson 27:19

yes



JoAnn Crohn 27:20

hearing that over and over again. It is okay to ask for support. It is okay.



Brie Tucker 27:23

Right. It's okay. And you deserve it.

R Rachel Nielson 27:26  
Yes.

B Brie Tucker 27:26  
Right. You deserve it just as much as everybody else.

R Rachel Nielson 27:28  
Yeah, well, and a happy mom is a good mom. So not only do you deserve it, but your family does, too. And for a lot of women, I think they almost have to see it through that lens in order to give themselves permission.

J JoAnn Crohn 27:40  
Yes

R Rachel Nielson 27:40  
Like they're like, this will be good for my kids. I'll be happier. I'll be a better mom. And so it's okay for me to do it. And so think of it that way. If that's what helps you to feel better about it.

J JoAnn Crohn 27:49  
Yeah, I like actually, in the episode of yours I was just listening to you this morning, you mentioned that therapy isn't just for you, therapy makes you stronger. And then you can give more to your family and it makes you your family stronger. And

R Rachel Nielson 28:02  
yes, amen.

J JoAnn Crohn 28:02  
I love seeing that. Like that is what happens. That is exactly what happens when I've gone into therapy. And I've seen others because you get such an understanding of yourself that you're able to give back more to your kids.



B Brie Tucker 28:15  
Yeah,

R Rachel Nielson 28:16  
yeah.

B Brie Tucker 28:16  
Amazing what they can do.

J JoAnn Crohn 28:17  
Yeah. Well, thank you so much, Rachel, this has been an absolute pleasure having you on.  
Thank you for joining us, and we'll talk to you soon.

R Rachel Nielson 28:24  
Yes, thank you so much!

J JoAnn Crohn 28:28  
I love talking to Rachel because so much of what she said about first depression and anxiety and being a mom, I experienced as well.

B Brie Tucker 28:37  
Oh, yeah. 100%.

J JoAnn Crohn 28:38  
Yeah.

B Brie Tucker 28:38  
And sometimes it's really hard when you're going through all that trying to remember, the positive.



JoAnn Crohn 28:43

it is. it's very hard, and I love that she has her Flecks of Gold journal.



Brie Tucker 28:47

I know! I'm so excited!



JoAnn Crohn 28:48

It's so true. It's one of those and I can't remember the name of the theory right now. But it's the one where once you like think of something you notice it all the time in your life. Like if you are shopping for a Toyota, then you see all the Toyota is on the road.



Brie Tucker 29:00

right.



JoAnn Crohn 29:01

like the same with gratitude. And I think that just having this journal, and writing down those things that make you happy each day, you're more likely to see all the happy in your life.



Brie Tucker 29:10

I love that mindset. And on top of that, though, my major excitement is that I really think that the fact that it's heirloom quality, and you can give it to your kids as a gift. I would like probably break down in my tears in tears If my mom gave me something like really. So I was telling her that we're doing like an opposite version, not opposite version, but we're doing something similar ish for my parents where they're writing something and then it's gonna be bound into a book. So I am actually getting the Flecks of Gold journal and I can't wait to start writing in it and to be able to share with my kids, especially because we're in the teenager. Yeah, we just started the teenage years. And I really need to find those flecks of gold.



JoAnn Crohn 29:46

Oh, yeah, that's a happy.

**B** Brie Tucker 29:49  
Yeah, they're gonna need to hear them.

**J** JoAnn Crohn 29:50  
Yes, they totally do. So if you are interested in the Flecks of Gold journal, it is beautiful. By the way, we have a link in our show notes and you can use the discount code NOGUILTMOM all one word and get 10% off, which is excellent.

**B** Brie Tucker 30:04  
Awesome. It's a great gift for Mother's Day. I'm excited for that.

**J** JoAnn Crohn 30:07  
Yeah. So remember the best mom's a happy mom take care of you and we will see you next time.

**B** Brie Tucker 30:14  
Thanks so much for stopping by.