

[intro music]

Aditi Juneja: Hello everyone, and thank you for tuning into today's episode of Self Care Sundays where we have comedian, Jay Malsky. Jay is a New York based sketch comedian, drag queen, and religious community leader. Before we get started with Jay I want to ask for your help supporting the podcast via Patreon. Patreon allows supporters of the show to donate a monthly amount to help with our costs including monthly maintenance fee and to pay our audio engineer. We'd also like to raise enough money to hire a transcription service to make our episodes more accessible to everyone. If you'd like to help us out, please check out patreon.com/selfcaresundayspodcast. That's P-A-T-R-E-O-N. Com/selfcaresundayspodcast. Thank you in advance, it's the generosity of our listeners that helps this information become accessible to so many people in the first place. Lets get started. How are you doing today, Jay?

Jay Malsky: Oh I'm doing great! Just wonderful. I just got back from vacation, so *laughing* I'm at that age where you have to build in an extra day between the end of your vacation and the start of your like work week. *laughs*

AJ: Yup, I totally feel that.

[They laugh]

JM: So today's like my Sunday of like, "Okay, I got in late Saturday night. Now I'm just, you know, I'm just getting back into the swing of things and I'll be able to go about my day-- my week uh tomorrow."

AJ: Yeah so if you could um maybe start us off by telling us what a typical day for you looks like and how self-care fits into that.

JM: Yes. So I'm uh I'm one of these comedians and actors that still has a day job which I actually am fortunate enough to really love and enjoy um and allows me the freedom to also do my art. So my typical day starts with waking up and doing some form of exercise which is like, to me, a huge part of my self care. It's the hour a day that I get to myself, that I get to think about what are the things that i'm trying to accomplish in this day. Um, there's nobody bothering me. There's no noise. Uh there's usually a lot of music -- so I guess that's not true there isn't "no noise." But um, you know it's a very me being uh an athlete or riding a bike or taking a swim or going for a run or just spending 45 minutes at the gym doing some combination of all three is um is very meditative for me. And so I really like to start my day doing that: just um just kind of centering myself, getting myself in a good place because when I go to work, and it's usually an eight-hour day uh some of which may be I'm going to an audition uh in the middle of it and I'm

trying to you know then I have to find five minutes to kind of focus myself and get myself in a mindset to do an audition. And then after work I usually have a rehearsal or a show. Sometimes both, sometimes more than one of both. And um, you know, that's-- and then I'm home and I go to sleep if I'm lucky by midnight and then I'm up again the next day kind of doing the same thing.

AJ: So how did you discover that these habits are what work for you and are important to you in kind of staying centered and grounded, feeling like you're taking good care of yourself.

JM: Um, I I think really a lot of it I realize at a young age I was very, I like compartmentalizing, I'm very organized. And so being able to block my day out um alleviates a lot of my anxiety um you know and i think doing the work that I do as a performer and a comedian is most people have so much anxiety and this is like their outlet for getting it out. This is how they do that and so I think a huge part of that is self care uh because you just -- living with anxiety is a it's one of those things that you don't get over it. You learn to cope with it and for me exercise has been a huge part of that, as well as religion. I was raised Catholic and there's just something very comforting to me about it, about the words that are in the bible that um you know and i should say the stories that are in the bible because to me they're fables. You can believe them to be historically accurate or not but to me they are they are just stories that help you live your life in a really, in the best way you want it to be lived. So for me I think my self care is learned at an early age came from my relationship with God and my belief in Jesus Christ, um that was a very a meditative thing for me, a way for me to focus and work on being my best self. Um and then as I continued to get older I think exercise played a part in that helping me uh you know i would say my Sunday at church is like kind of gets me through the week and then my exercise gets me through the day. *laughs*

AJ: Yeah I really like this idea of having both things that you do on a weekly basis um and then also on a daily basis because I think that we kind of-- we need both right and then I imagine that there are things that you do like even on a quarterly basis or like a yearly basis right to kind of like check-in.

JM: Yep!

AJ: And I think that kind of keeps you fine tuned and like and then its not all like bottling up waiting for the one moment of release. *laughs*

JM: Yeah, exactly. Exactly! That's, that's totally true. It's funny I was um I said I just got back from vacation what I was doing is I had a triathlon I did last week, last Monday, I was in Austin, Texas. And it was an Olympic triathlon -- so great. It was so awesome, wonderful. And it's the

third one i've done, I've learned after so many years of racing that you do have to give your body a little bit of time to recover so I was, you know the rest of the week I was um I was just like visiting friends and family but I was not exercising. I gave myself a rule of like, "Do not go for a run. Do not do any of that." Because you could really injure your body and I don't want to do that. Uh and then of course I also missed out on church because I was in Texas and I just didn't get to go to church and so--

AJ: Because there are *no* churches in Texas!

JM: Well there's--

AJ: *laughs*

JM: There's no churches that are going to uh, love me. Uhhh I mean that might not be true, I was in Austin. Austin's a pretty liberal bastion. Uh it was just one of those things I, you know, I was busy preppin' for a race.

AJ: Yeah.

JM: But by the time I got to Friday and Saturday I noticed I was like having an insane amount of panic attacks and I was like, "Why am I struggling to just sit here and hang out with my friends and just like go to a Shania Twain concert?" (Which is what I did which was wonderful). Uh but I was throughout the day I was having so much anxiety and then this morning I got on my bike and rode over to church and rode back home to come do this interview and I was like "Oh! That's what it was! I missed out on the church and I missed out on the exercise and my mind and spirit were like 'what the f*** are you doing!'"

AJ: Yeah!

JM: "You're not feeding me, you're not giving me the self care I need," you know?

AJ: Yeah, I think it's also that like it's hard to be still like when you're on, I find it really hard when I'm on vacation like that there's nothing to do and really to not like you know let my mind start racing on some nitpicky thing but to actually take the time to just be like still. I think it's actually really challenging.

JM: Yeah, especially when you're not, when you're from New York and you go to a place that's not New York like Austin, Texas or uh Jensen Beach, Florida. *laughs*

AJ: Yeah!

JM: It's so still and relaxing there and it's just like, it is hard to like come down from that. From being constantly around a whole bunch of energy all day every day.

AJ: Yup. So I want to go back and ask you about two specific things that you were talking about. One is kind of anxiety of being a performer and I wanted to ask you about kind of validation and performance and how you set goals and how audiences differ and if you could talk a little bit about that.

JM: Um yeah well I would say first of all, you're never happy with your performance. *laughs* It's very rare! I've found as an artist that I'm always like, "Aw man I really screwed that up," even if people are like, "That was amazing!" And I'm like, "Nah, I screwed that one thing up and I'm never gonna forgive myself for that" *laughs*

AJ: Yeah.

JM: It's just, I don't know, I think that's kind of that's who we are. I was watching the David Letterman series uh on Netflix where he interviewed Tina Fey and he also interviewed um Jerry Seinfeld and both of them have this differing points of view in that all comedians-- Tina Fey said that all comedians are broken in some way and Jerry Seinfeld was like, "I believe everybody's broken," basically. It was like you could be a bread truck driver and be a broken person. Uh but I--I kind of agree with both of them I think there are very healthy people that I look I'm not, there are people who get addicted to so many things who feel like they can't perform unless they are on some sort of a drug. Um, and then they get addicted to the drug and they get addicted to the performance and they get addicted to pain and then they become this spiral. I uh personally have not found that. I've found that I probably have issues like everybody else. I kind of fit into the Jerry Seinfeld school of thought on that in that we're all just trying to be the best versions of ourselves and in one way I might be broken but uh in another way I'm really whole and to me that's what self care is really at the end of the day is trying to become the better version of yourself over the long haul, over a long period of your life. Um yeah so yeah I kind of accept that there are going to be shows, there are going to be performances that I really have, that I really don't think are good. Um, but that also doesn't mean that they weren't good that it's just kind of my own, it's almost like body dysmorphia for performance-- performance dysmorphia. Like I can take the time to know I did a good job, I did all I could, I had a really good time, however, there are all these things that I know I did wrong and I wish that I had done better and I can work on for next time. But to accept it and say, "I did it and say I'm moving on and I'll learn and take what I can from it," but not to beat myself up all the time about

everything, which I think I definitely did when I was first starting out. I really, I got way too in my head.

AJ: Yeah.

JM: And I think that's a really-- because that's also the thing about a lot of some of the-- I was just in a show that was a lot of improv, improvised based and I felt like there were times we would do a show and I was-- one thing was said, somebody else said, that I took it to be like, I just took it one way and I felt so in my head. I was so in my head and I felt like I could not perform. I could not get the words out of my mouth, I could not do the job that I was supposed to do. And I think, to me, those are moments that I just have to like breathe and say, "You have a job to do, you're gonna be fine," like you have almost like a mini anxiety attack right there on stage and you're just like, "Okay but I just can't bail on this. I can't just give up," you know? So finding ways to kind of alleviate that, that voice of doubt, and that voice-- it's only in your head, you know?

AJ: Yeah

JM: And you are still an active person in the world and you have an obligation to be present.

AJ: So I think that, I think that's actually really interesting because a lot of our guests um in Season 1 were thinking more broadly about self care and less about specific habits, talked a lot about the importance of being present and I found that as something really useful in my life.

JM: Mhmm.

AJ: Um, and it does sound like improv is very stressful and it's all about being present. So, what do you do, how do you practice, how do you hone those skills to be present so that you can be responsive and sharp and ideally funny when stuff comes your way?

JM: Yeah um I think well the first rule of improv is, "yes, and" uh but I really kind of think that that isn't necessarily the most important rule. Because, yes, you do kind of have to listen to what somebody's saying and respond and be positive about it and accept their reality. Uh but those are kind of the training wheels that you put on. I think to really ride the bike of improv, uh as a performer, is listening. And knowing that the answer is not-- this is what I tend to do and whether it's improv or solo show, anything, or a sketch show-- for me knowing that I can get distracted by the audience responding one way, or not responding one way um or one of my fellow actors kind of dropping something... Just any-- there are a million outside forces that affect what you're trying to do and for me just remembering that the answer is in the person

I'm on stage with and what they're saying to me in that moment. So I think I've definitely trained my brain to be like, when I have a moment of self doubt to be like, "Stop listening to the voice in your head and listen to the person that is talking to you right now," because that's where the answer lies. The question you're supposed to answer, the thing you're supposed to say next, um, that's where it lies. Not with the audience, not with the voice in your head telling you you suck, it's the other person on stage trying to make art. *laughs*

AJ: Yeah um so kind of shifting gears from the art and the improv statement, we were also taking a little bit earlier about religion and how that's an important self care practice for you. Um I'd love to know, kind of in vein of the joke about Austin [Texas], how do you navigate membership and exclusion as a Catholic gay man?

JM: Yeah, it is very difficult. Uh and I think that a great word is conflict because there are times where I read a piece of news or I read something that The Pope says, and this Pope has been great, very very um, definitely making a lot of changes in the world but then every once in a while he'll say something and I'm like, "What? What!? What are you doing? What are you saying?" Or even you know our Archbishop in New York, who of course like a week before the election was like, "Well you have to vote for the candidate that's pro-life," and I'm like "Are you kidding me? Just because Donald Trump says he's pro-life now that's who all Catholics have to vote for are you kidding me?" It's like, there's more to life than abortion you know, how about, you know I could go on forever and that's the thing, it gets in your head. You're just like what are you, it's so funny saying this it's so similar to being on stage and getting distracted by the voice in your head or getting distracted by the audience. For me it's the same thing. It's about what happens for me when I am at church with my community of people that choose to celebrate God's love and the word of Christ at Saint Francis Desales on the Upper East Side and its group of people. It's this group of people that I find God, it's this group of people that centers me and I feel good and fills me with joy and helps me be the best person I can be throughout the rest of my week. Um it's very much for me, it's the community of people that you can celebrate with. And that's one element of it, now that I'm saying it outloud. The other element of it is just like your relationship with God which is, you know, your prayers, the meditative moments that you spend talking to the good part of yourself. It's for me, I think my exercise is a form of prayer. When I go on a bike for 45 minutes and I'm just talking to myself, for me that's talking to God. Me telling myself, "These are the things you have to do today. How are you going to be, how are you going to do that, how are you going to do all of these things well and how are you going to all of these things uh being a good person?" Or if you're having a fight with a friend and you're like I wanna meet my friend but this person is really irritating me right now and I need to say that it's okay for me to separate this and just like take a pause and take a moment of our friendship for my own well being, how are these-- having dialogue with yourself is to me a form of prayer. And dialoguing with God is really a form of prayer. So yeah, anyway,

that was a long winded way of saying that there's a lot of conflict in the institution of Catholicism in itself but there's, if you weed through it, and remember why you were, what your relationship with God does for you, you'll be fine. That's the stuff to hold on to.

Kennedy's last line will be around the 19:23 point when JM says: "That's the stuff to hold onto."

Sophie:

Sophie's first line will be AJ saying: "Yeah, for you, was there ever a time when religion was a negative or challenging force in your life?"

JM: (pauses) hmmm, uh, I will say that as a, I was openly gay since I was in high school and I went to a Catholic high school, I was very supported uh by the priests at my Catholic school, uh so I always had a very very positive uh relationship with my church and my sexuality, if that makes sense. Um ya know the priest in my high school ran my gay support group. It was fascinating, it was wonderful. Um that has kind of continued throughout my life. Everywhere I've been Ive been able to find an inclusive, um queer affirming Catholic Church, um which is is, I feel really lucky to have found that. But I also have found that when I tell people that I'm Catholic just out in the real world, I have faced more uh animosity and more uh more people being like "How Can you do that! How dare you! How can you be a Catholic!" than I have for being a gay person (laughs) for saying that I'm gay. I feel like I've received more hate for being a Catholic than I have for being a queer person, uh which is fascinating to me. Um and it is hard, and it is hard and I also in those moments I can take a step back and realize, ya know, the institution of catholicism has, has hurt so many people. They have hurt so many people in every way they by, ya know, by excommunicating gay people and trans people. By um, and I explained some of those stores which are very sad uh by the whole the the sex abuse scandal, uh with the priests uh being inappropriate and molesting children just, ya know, you, those are real things that happened and those are and there are people that have been hurt by that and there's I'm- by me being, having a positive experience with Catholicism doesn't in any way negate the negative hurtful relationship that those people have had with the church , um and they have every right to feel that way. It's just interesting to me that they, a lot of, in those moments I try and say listen I understand that but I had a positive experience and it is very difficult for people to uh hear my story, uh who have been hurt by the Catholic Church, it's, and I understand that.

AJ: Do you think it invalidates their pain somehow to hear you're story?

JM: It's possible and ya know what now what that you say that's definitely something that i should kind of keep in the back of my head. Because I of course in those moments I dont go, I dont go, ya know, um dont go wild and I'm like "Well let me tell you about my story!" I try to be, even if somebody's being aggressive with me, I always try to like lower my voice and just try and listen to them and I, I definitely don't think like I I try and evangelize my religion with force. I just, I just share my story. And if my story can if any way be positive for somebody else and help them um reconcile their pain in their life and uh or

or just open up their mind a little bit in a way that they didn't realize they were closed off then, then that's, that's, ya know that all I can do. That's really all I can do.

AJ: Yeah, I think that's, I think that's right but it, I think it, and it's hard like why should someone, one person's positive experience, ya know, negate someone's negative experience but I guess it's challenging.

JM: Oh of course it's challenging and they have every right to feel that way, ya know, enough the thing is I also have a respect for a lot of other religions. There are, there's a lot of, I don't think the Catholic church is like this in my experience, but a lot of evangelical christians believe that they are, ya know, it's their way or the highway, they are the only people getting into heaven, everybody else is going to hell and I don't ascribe to that I think that we're all human beings and we're just trying to find our way through this world. Um and it's like Pope Francis said, I don't know, there was this great uh video that I just saw where he was, a little boy was trying to ask him a question, um he was so nervous about it so he whispered it into the Pope's ear and the Pope said I know, with his permission I'd like to uh share share his question which was that, ya know, he was baptized, he was like 8 years old, he was baptized, his father had all of his children baptized but his father was an atheist and he just died. And he was crying and he was saying, ya know, Pope Francis does, is, will my father be in heaven. And it was so beautiful to watch Pope Francis's response to this, which was not just a simple yes or no but he took the time in the moment to restate the child's question and say that your father obviously raised you to be a good person, he raised you to be kind and to be able to share your, your feelings and emotions in a public space, your father was a good man and I cannot imagine God in judgment day looking at your father who has raised wonderful children, who has been a good man saying he doesn't belong in heaven, even though he was an atheist. It was, it was so powerful and it's that kind of, it's that, it's those kinds of answers that we need to be finding. It's, it's almost finding questions to the questions, ya know?

AJ: Yeah

JM: Because that, that is what religion is. If we look at it from a historical perspective, religion is just the question to, "Why the hell are we here?!" "What are we doing?!" and it is easy to kind of put rules into place because it helps people survive, it gives people boundaries, boundaries are good, it teaches us how to live. But, ya know, you get to a certain point where the rules are excluding people, and you're using the rules to condemn people and put judgement on people and hate people. And that is not at all what I think the answers to the questions are. I think the answers to the questions should always be rooted in love and kindness and um so I mean I'm so thankful for Pope Francis, because even though he might say or do things that I, in my mind I'm still like okay those are a little backwards, those aren't, ya know that's not what we should be saying or doing. I do think that he is asking us to ask questions, which no pope in a long time has done that. Mostly Popes have just been there to say well here are the rules, here's what it is. Um but yeah, I don't know.

AJ: Do you think that um, I mean obviously your identity ties into your habits with regards to religion, but I wonder if you think that um your identities tie into what types of self care practices, whether that's exercise or, ya know, vacations, like whether they tie into other habits that you've done or how you've formed habits?

JM: Uh what, what do you mean by identity? Do you mean...

AJ: I mean like you are white, you are a man, you are gay. Like we have all kinds of identities

JM: Yeah, well yeah, I just didn't know if you meant one specifically

AJ: No

JM: I think that of course they do. I mean for me, um for me being a Catholic, is, I, from a young age I learned that prayer was meditative. Um my religion allowed me to study other religions, ya know, um that, ya know, I've I've studied Buddhism and I've learned about the art of meditation there and and my exercise, my mother used to take me to yoga classes when we were, when I was 12 and I thin all of that countines in my day to day and to me it all intersects. So there is most, most shows that I do, especially if they're really um shows that I really feel strongly about that I really really really want to perform well in um I say a prayer. I just go off in a corner very quickly and I say a prayer of ya know kind of, "God give me strength um give me the ability to do this well, to perform well," I pray to people, my grand, both of my grandfathers died one of my cousins who was one of my best friends who was also and actress died when she was 33 and so I, I think think of them, I pray to them uh before I go on stage because I think it's just for me, it gives me a little bit of strength. It helps me focus um to be able to feel like those people and their energies are with me, uh on stage that I think that that helps me to really do well. So for me the idea of exercise and and my religion and my performance, they all tie into together. They all um, a lot of times if I have show I go for a run or if I have a lot of anxiety I will just be like I need some time to get the other part of my day, to really think about what I need to do know and I need to get some energy out this way. So to me it all, it all is one. It's all trying to find those good things uh in any moment.

AJ: Yeah um, that makes, that makes all the sense um in the world. I'd love to talk a little bit about um, we didn't really talk a ton about drag, and I'm not sure how familiar our listeners are with even what it means to be a drag queen so could you just tell us for a second?

JM: (laughs) Ya know I feel like I should caveat this with like I always called myself a drag comedian but when religious rite got a hold of me uh over the last three years they they kept slapping that label of drag queen on me as like it was an insult so since then I'm like call me a drag queen I love it. Um if if the religious right hates it, I love it um but so for me a lot of my drag that I do is performance based it's characters that I play um and ya know I've done, so I don't do drag, you're never gonna see me in Rupaul's Drag Race and I guess never say never but uh I I don't do drag like that. Um but I do drag, I do ya know, comedy um play characters that are women um and I do a lot of impressions. I do Celine Dion, I do Cher, um and I always do something, its very character based like when Cher, when Trump got elected CHer was tweeting so much, she still does but she really hates Trump and her tweets are bonkers and wonderful and so I would do this act where I would do this character with Cher just trying to sing, If I Could Turn Back Time, but after every few lines she would just break down and she'd be like, "I wanna share some of my tweets with you, I really wrote this" and I would like project it up or just read the tweet out so um uh it was just very funny

AJ: It sounds very funny! I just like listening (laughs)

JM: I wish I could like remember, I haven't done it in so long but it's definitely in my character reel um so check out my character reel on jaymalsky.com uh for that but for me, sorry I don't even remember what the question was, I know you just asked me about drag.

AJ: Just just kinda like if you could just explain what drag was

JM: Oh yeah, so yeah and there and I think we're at a wonderful place in our society uh especially in New York and in the common scene where for years I think drag was like this very specific things that you lip synced to artists and you gave a performance and you, you're job was to look beautiful and to look uh uh as much like a woman as possible and that still exists and that's still there and it's wonderful, it's so entertaining. I love going to drag brunch, believe me I'm like fascinated by uh queens that can do drag brunch. Uh but I think now we definitely kind of as an any art does uh it evolves and there are drag queens that are comedians, that just do comedy sets um there are comedians, uh drag comedians that do online stuff only. Basically, ya know, there's a great uh friend of mine, Chris Burns does a lot with betches, that uh I think it's a mainy and instagram website and he does so many drag characters there and its not, its not drag in the sense that what you find in Rupaul's Drag Race but I think there are so many people reinventing what it means to be a drag queen and reinventing what it means to be gender- to have gender, ya know, because thats what I really think it's becoming, its an explanation of one's gender and how they can express themselves, um which I think is really really cool.

AJ: In line with that kind of self expression, do you think that drag is a form of self care for people? Do you think that changes how people practice self care?

JM: Absolutely because I if we're kind of, if we go according to what I believe self care is, which is self care is is the long term practice of becoming the best version of yourself, then I think when you discover that moment where you like uh being a drag queen and that you can perform this way, you can bring joy to other people's lives by uh by excuse me, by other people's lives by performing and by putting on a wig, and heels and makeup and and doing what you find funny, sharing what you find funny and interesting and entertaining about the world. That to me is a moment of self care.

AJ: MmmHmmm

JM: Because you are, you are becoming a better version of yourself. I mean I definitely feel like that. I mean I have the privilege of going through this world as a, a white man, I understand that and I recognize that all the time. Uh but for me I, putting on, putting makeup on and making myself feel beautiful in that way uh is, it just it does, it fills me with such joy. It really truly does. Um and I, I don't know if I identified exactly why, I don't know if I can put a final answer on why it makes me happy to do it. I can philosophize why it does because I can see joy on peoples faces, I can hear their laughter when I perform um but I also look in the mirror and I think "Uh gosh great cheekbones, uh God gave you great cheekbones and

let's highlight them!" Uh all of those things I think are in pursuit of that best self, which I think again my kind of definition of it is uh self care is trying to become your best self.

AJ: Yeah I, I love that. Um so as a final question, what's a self care habit that you're working on developing?

JM: Let me say something small, I am trying... oh no here's a good one, here's a good one, um I started doing the Keto diet about four or five months ago and I love it so much. It really has changed my relationship with food uh it's amazing. So um of course doing this triathlon that I did on Monday, I was just spending so much energy that I needed carbs way more than the diet allowed so um I went off of it for a little bit, but to kind of come back from vacation and my and the finishing that triathlon, getting back to a more balanced kind of exercise routine uh I'm also excited to get back on the Keto diet because it really does make me feel so much better, it's changed my relationship with food and how I feel throughout the day. So that is something very very specific in terms of self care that I'm going to be like working on for the rest of the summer because, you know, I want to have a beach body. I'm going to be spending a lot of time on Far Island and I wanna look decent. I wanna not hate the way I look (laughs)

AJ: Fair, I think we should all not want to hate the way we look.

JM: I mean, I mean that's a good place to end, let's try not to hate the way we look!

AJ: Yeah um okay so, I just to thank you so much for being on the podcast and to thank our listeners for listening to another episode of Self Care Sunday's. Before we wrap up here, I want to offer a special shout-out to our patrons on Patreon. Their generosity makes our show possible and are a huge reason why you're hearing this episode today. We are especially grateful for the support of our super contributors:

Vicky B.

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Jay thank you so much for coming on the episode, it was great having you here. Where can our audience find you on social media?

JM: They can find me on Instagram and Twitter at just simply JayMalsky. I really should get something better, I should be more funny about that and get a good handle, but I like JayMalsky so that's where we are there. Um and if you wanna see any of my shows um my calendar is up to date on JayMalsky.com

AJ: Great. Um I'd like to thank the person who made our show art - Leah Horowitz and the amazing artists who made our show music 4WheelCity.

On behalf of our producer Jess Talwar, our communications interns Kennedy Freeman and Sophie Gomez, our audio engineer Cato Zane, and myself thank you for tuning in. We'll see you next week when we discuss self care with Black Feminism scholar and Bitch Media editor in chief, Evette Dionne. You won't want to miss it!