

# Jen Marples Ep 227

**Jen Marples:** [00:00:00] Hello everyone and welcome to the Jen Marples Show. Today I've got a gorgeous guest and she's a friend of the Jen Marples show. You have seen her here before many, many times, it's Lizzie Bermuda in the Haha. Lizzie, hello, welcome.

**Lizzie:** Thanks for having me again, Jen.

**Jen Marples:** Again, and if you've been living under a rock, you're new to me.

**Jen Marples:** Lizzie is podcast guest numero uno number one of the Jen Markle show. So she's been around for a long time and we've been friends for a long time and we've been having this conversation a lot and we're like, you know what? Let's have this conversation so you guys can all benefit hopefully from this conversation.

**Jen Marples:** And it's about empty nesting and sending your kids away and the power. The necessity of friendships. So these are two things I know that are top of mind for so many of you. Lizzie has a great TikTok and Instagram presence, and she just has been posting about empty nesting because one of her girls is actually at a boarding school for her senior year in high school.

**Jen Marples:** So she's experiencing the full empty [00:01:00] nest a year before she was even thinking she was going to do it. So it's an interesting perspective. And so she was throwing out a lot of queries. On social media and so many responses, I've been seeing the responses, like advice people, sad people, happy. I mean, it kind of runs the

**Lizzie:** It does,

**Jen Marples:** I've done my own crying in my Cheerios posts and just talks. I'll talk to anybody who will listen at this point, the grocery store. How are you? Oh, my son is back at school. How are you? Like, I'm unhinged. And so I, we felt like. We know if we're having this conversation, we're seeing it online. we wanted to bring it to you guys, just so you know.

**Jen Marples:** If anything else, you're not alone. Always and forever. One of my goals with this podcast is to know that you are not alone. We're all dealing with all the things. And the things we're talking about today, again, are gonna be

empty nesting and the power of friendship. So, Lizzie, let's get into it. So you just did a big post about empty nesting and.[00:02:00]

**Jen Marples:** The fact that you took your daughter Ella to school a year early, like this was great. I'll let you tell the story, , so she's got this great opportunity living her best life, and now all of a sudden y'all are Auntie Nesters. Like how did it all happen?

**Jen Marples:** How's it going? And then we're gonna talk about sort of what you're seeing online and what other people are telling you.

**Lizzie:** It is so funny. So my oldest is in college, but she's studying abroad right now. Which is a whole, when you think about empty nesting and you start thinking about your child traveling alone in another country, that adds a whole other, thing to the mental load. But my youngest, yeah, she's her senior year, she's at boarding school and it was a very quick, unexpected, wonderful thing that happened at mid to end of July this summer. And so I did not get a lot of time, which I think in hindsight is probably pretty good, Jen, to think about it and to dwell on it and ruminate over [00:03:00] it and get in my feels because once she got this opportunity. It was so good. It was like, okay, we're all on Team Ella, and we don't have time as a family to get all sad and emotional because. Our job is to launch her with as much excitement and confidence as possible, and so she actually started doing this. My last summer home with you guys, and I didn't know it was gonna be the last la and she kept saying, last, last. . I'm like, Ella, stop. It's not the last honey.

**Lizzie:** It's not the last. I'm like, we're gonna do a huge mindset shift. , this is a first. This is a first for our family. This is the first time anybody in our family's gone to boarding school. This is the first time that you get to study in another state. And I'm like, let's. We're still gonna go on family vacations, we're still gonna meet up at the holidays.

**Lizzie:** I'm like, no, get rid of the last. Nobody's going anywhere. You're just studying somewhere else. That helped us. And then it was just like, we just kept [00:04:00] spinning it like, this is a really amazing opportunity and we, coined it as college training, like she's training for college, that she gets to go someplace where. She has the structure, she's got the, scheduling, she's got all these adults, she's got rules. There's lots of parameters and she's got tons of support, but she's on her own. And I said, this is exactly what you need before you launch into college. So we got her like all in the right mindset and that made me feel good as a mom 'cause it happened so quickly. 'cause my job was, I need to make her feel really good and confident as she goes. Across the country. Leaving her

sucked. It. Sucked ass, I'm not gonna lie, it was awful. Leaving was awful, but I was like, I'm, she's not gonna see me cry. I can save that for the car or for the plane ride home. and the whole time I just was kept just building her up, like feeding into her, like giving her stuff to, [00:05:00] Put in her little emotional suitcase so that when we were gone, she could keep taking something out. Little nugget from mom and dad. when we got home, I think I did have some moments where I walked around the house and was, completely like, what literally just happened, like we got home from a summer family vacation and then we were packing and across the country and she was done. And I was like, and then the house was empty. Literally happened in a, in a couple weeks. that was a moment also. After that I was okay. For the most part until she had her 18th birthday and it was the first time that we celebrated her 18th birthday and she wasn't with us.

**Lizzie:** And I was just rocked my world. That one rocked my world, not gonna lie. but. It's kind of like this is what you do as a mom. It's like you, grow these humans, you nurture them. You hope you've created the foundation in everything that they need to go out into the real world and succeed and, be good [00:06:00] humans.

**Lizzie:** And so now it's like we're cheering her on from afar. I'm excited for myself because I've poured so much into my children. That's exciting. So every time I, you know, the mind's a powerful thing. You know, Jen, every time I start to get, I don't know, it's like worried or fearful, stressed. I really have to be conscious to stop that and bring it back and be like, no.

**Lizzie:** Like, these are all good things. Look, you have no idea what you get to do next. That's so exciting. All these ideas that you've had percolating, you finally get to, you know, stop and just focus on those now that you're not putting it all into the girls. it is a mixed bag of emotions. but yeah, I think raising humans is a. An amazing job, an amazing gift we get. But it is tough af you know, that whole pulling away and walking away [00:07:00] is something that you aren't prepared for, you just have to go through. yeah, I mean I like to say it's very dialectical. It's, it's so beautiful and then it's, you're like, dude, this is messy af It is hard.

**Jen Marples:** You know, and you know, all of you listening and Lizzie and I have had this talk for hours. 'cause our favorite thing to do is go to go out to dinner in the city and I'll take Lizzie home and then we talk in her, her. In the driveway for like hours and I get home, I'm like, okay, what's the last minute I could possibly go to sleep and still function the next day?

**Jen Marples:** And I'm usually going to bed at one o'clock in the morning because we're talking about this kind of stuff. And I, you know, one thing I wanted to bring up, and we talked about this recently 'cause we had just come off of you taking, Ella to school, that there's this deep grief and I think no one really talks about the grief of just your kids leaving the nest.

**Jen Marples:** Because we, you know, there's all sorts of different types of grief and it's the thing that really knocked me [00:08:00] off my socks. And I think we all just feel like, 'cause everybody does it literally, everybody does it all kids. We left the Nest, all kids leave the Nest. And I'm not even one of those people who was like around doing all the things.

**Jen Marples:** Like I've always worked and I was. Stretched. And so I wasn't even like hovering over them, having them be like filling up every single minute of my life. So I think I had in my mind, oh Jen, you're so tough. Like they're gonna be free and , we're gonna have so much freedom and this and that.

**Jen Marples:** And oh my God, like I just have been crying for a year and it's really taking me by surprise. And I think one of life's cruel jokes is that. For me in particular, I didn't love having little kids. It was very stressful for me. And I just love them more now. I mean, of course the same amount of love, but just really enjoy their company.

**Jen Marples:** Like just their, their own people. And, and I'm like, oh, well that's just really cruel and now you're leaving 'cause we're, we're so good and you, you're not [00:09:00] stressing me out. Just the, I remember when I dropped my son off. You guys all heard it here. If you've been listening to the podcast. When I dropped him off for the first time a year ago, like I didn't even know what to do with myself.

**Jen Marples:** I mean, I was like sobbing on the plane. I kept it in for him, sobbing on the plane, went into his bedroom, was just like sobbing. My husband's like, what the hell? I'm like, just leave. Like just sleep. I'm like, couldn't, like, almost like sick to my stomach. I was crying so hard. And then when he left again for school this fall, after spending so many months together, I, I had a sadness.

**Jen Marples:** I knew something was coming and then one day somebody said something and there I was again, like sobbing. And we just had parents weekend a week ago as I'm recording this and I was all heavy that last morning. And again watching something, you said this Lizzie, watching them walk away.

It's a little bit different than like leaving the house and going to the airport when we're watching them walk away into their environment.

**Jen Marples:** That's their little house, their little setup, their world. That's not us. your equal [00:10:00] parts, like so proud of them and what they can do That's so deeply sad. I'm like, Jesus. Am I ever gonna get over this? And of course, you know, and all of y'all listening, like my girls are seniors in high school, same age as Ella, but my girls are here and so they're gonna be out the door.

**Jen Marples:** So I'm just crying all the time.

**Lizzie:** Yeah.

**Jen Marples:** So we're just crying all the time. So what I'm curious, Lizzie, is, you know, you've been really good about hopping on social media with your feelings. Like write in it like, hey, we talk about all the things up in here. It's like it's gray hair, it's this, it's that.

**Jen Marples:** But then you've popped on about empty nesting in kind of week one, week two. 'cause there's also the relationship with your spouse. There's the relationship with yourself. So. Tell me what you've been hearing sort of on the interwebs, like what are people sharing with you? I am so curious.

**Lizzie:** It's like you said, it really does, it covers the gamut as far as, moms getting on. 'cause all the comments [00:11:00] primarily I think have been from women that comment on my social media. I. Have just been like right there with you, or you think it's hard now wait till this, and then they move across the country or out of the country.

**Lizzie:** I'm like, no, don't say that. and then some are like, oh yeah, you missed them. Now don't, they'll be back, don't you worry. But they'll have grandkids that they're gonna drop off and you know, just, there's silly comments like that. And then there's others that are like. Oh my God, this is the best time girl.

**Lizzie:** Go celebrate, you know, you world, your oyster. Go do this, go do that. what do you like? What hobbies are you interested in? So it, it really does just like kind of cover the gamut as far as where you are. I think like I have a sister that's a couple years younger than I am and she's got three older kids as the same as we are, we're so different. And the way she processes and handles life events is so different and she's just like, life is good. And you know, she's moving and grooving and working out and traveling [00:12:00] and I'm like, did

you cry? I'm looking. I'm all Did you cry for any of them? My goodness. , I just think you have to honor what you feel we're all different.

**Lizzie:** We're all created different, and we're both empaths. We know that about each other. I think that's why we click. We feel deeply, like I feel immense joy and laughter when it happens, but man, when that grief hits or that sorrow hits, I also feel that deep down in my soul, and that's takes the wind outta me sometimes. I think you just have to let yourself. feel all the feels, whatever that is, whichever way you go, and be okay and comfortable with that and not get embarrassed, because I've got friends who are like, really? girl? Put your big girl panties on. Stop. Like, what are you fussing about?

**Lizzie:** Carry on. They're fine. And then others are like, we'll sit there, be like, do you want me to cry with you? You know what, what can I do for you? You just have to honor your feelings , we're all gonna have a different response.

**Jen Marples:** I'm glad you said that. 'cause I was literally, the year before my son left, I was crying at everybody's like [00:13:00] tiktoks and Instagrams of the moms ahead of me taking their kids to school. 'cause I just, I guess I knew deep down that that's how it was gonna be. you brought up something that I think is important and you know, I'm like a highly sensitive person, empath and.

**Jen Marples:** I love my mom, but I was like, mom, you know these, she's like, don't be so sensitive, like growing up 'cause things would impact me. I'm like, and I just think it's kind of a dangerous thing to say to people. Like, don't be so sensitive. 'cause it's actually, first of all, I think it's a superpower.

**Jen Marples:** 'cause it means you're tapped in. Like you can read a room, I can read a room, I can read feelings and energy and all of that. And so to tell somebody don't be so sensitive, like you're kind of shitting on you of it's not okay to have these feelings and emotions. Like it somehow makes me feel weak or, or less than.

**Jen Marples:** And it's, I think for a lot of us, and this goes to midlife, we're swimming in new, a lot of new territory. So there's the territory of the kids leaving or we're dealing with getting kids out the door, or there's, you know, friends with kids that they're married and having babies. Like all that stuff, like all the people on Instagram are telling you like there's all that other stuff that's [00:14:00] also happening.

**Jen Marples:** And there's the jobs and careers and wellness and menopause and hormones, and there's, so much new territory that we're navigating that I just



think we need to be sensitive with how we speak to each other and go, instead of trying to say, oh, just suck it up, or, oh, , it'll get better This goes to kind of anything that you're going through. It's like, you know, just listening without any judgment and just say, you know, what do you need? Like, do you need a hug? Do you need me to cry with you? Do you need to take you outta your house and go on a walk? Or like, how can I help you? And just, do you want a solution maybe, or do you want me just to listen?

**Jen Marples:** Because I think all of us just need. Right now for myriad reasons, just a good friend to listen. That's why like you and I made it a point to go out to dinner

**Jen Marples:** 'cause we, you know, you're feeling sad. I was feeling sad. Well, the best antidote is like grabbing a friend , not to say we were not crying in our chardonnay all night at all by any means, but just to know the most important thing.

**Jen Marples:** [00:15:00] Again, it all comes back to knowing that you're not alone. And that's why we wanted to bring this, conversation to light. so my other question for you is, okay, we've talked about your own hearts and the kids. How is it with the husband? Like, how's the dynamic in the house now

**Lizzie:** Is this the

**Lizzie:** rated PG version or the rated R

**Jen Marples:** girl, you know, give it to us.

**Jen Marples:** is there hope? Is it, do you need to take a leva? Like what do we need? What's.

**Lizzie:** I have a UTI yet? Is that what you're asking? Oh my God, I was, yeah, I was actually really, to be honest, I was really. Nervous and dreading. I know that's a horrible thing to say, but a part of me was like, oh my God, when my girls say if I'm gonna be alone in the, I love my husband, but we're all gonna be in the house together. Oh my God, what am I?

**Lizzie:** He works from home and now the girl I was, kind of ruminating and, and actually really nervous. [00:16:00] But it has been such a beautiful surprise. It has been so good for us. It has been so lovely, so amazing. I was telling somebody I would go, I feel like the early days of when we were just newlyweds, Just being able to converse about things. It's not this transit. Did

you pick her up? Are you gonna go to here? Don't forget this performance. Da da, and we gotta go to buy a sports basement and don't, blah, blah, blah, blah. We're gonna be traveling here. All that. There's a lot of transactional conversations that happen when the kids are in the house and now it's like, you know. He's like, are you gonna take up golf? He's teasing me. 'cause I'm playing pickleball, you know, we're making plans, going out to dinner, having date nights, doing different things. like, I wanna have sex again. , I know we're only a month in, but it's been a really good month, I'd say for my husband and I.

**Lizzie:** Yeah.

**Lizzie:** And if you would've asked me a year ago, I'm not quite sure. I would've said that. I would've been like, [00:17:00] oh shit. I don't know.

**Jen Marples:** interesting, I. Like, I wanna ask this question. take that one to social media, Lizzie, and ask how everybody's sex lives have improved or not. I mean, it's, it's probably kind of like what happened during COVID. Like, oh, you're either going to be the guy I'm in the foxhole with, or You've got to get the fuck out,

**Lizzie:** Right, right, right.

**Jen Marples:** i's gonna be like one of those two things,

**Lizzie:** Although I have to throw a disclaimer. I'm also recently on testosterone, so that may just, I don't know. People are asking, Ooh, is it the testosterone or that you're an empty nester? Now, speaking of empty nester though, I know I just threw two things out there. Testosterone and empty nester. I just read an article about a new term. Did you see it instead of calling it the empty nester or the free birds, it was the open door using that term for your kids' living home.

**Lizzie:** I actually liked that the open door.

**Jen Marples:** Well, according to like my cousin who has, her youngest is our girl's age, and then she has two college graduated [00:18:00] sons who've been in the workforce who are living back at home and one in college. She's like, oh, Jen, careful what you wish for. They come back. It's like, oh, okay, well, we'll do another podcast on that a few years.

**Jen Marples:** Because I'm like, that's also not my goal because I don't think it's, I mean, but you know, they're trying to save money to get to the next whatever. But I was like, oh, that's really interesting. But now they're really big and they're



set in their ways and she's like, there's shit everywhere. So she actually wants them out.

**Jen Marples:** So before where she was crying about it, now she's like, when are we gonna have enough money saved to go get our apartment downtown in

**Lizzie:** Right.

**Jen Marples:** is that happening? Like. So that happens. I was gonna ask you about the testosterone. That's interesting. there's probably a confluence of things. And when I saw you for dinner, had I gone to Mammoth yet or was I about to go?

**Jen Marples:** So I went away. We have a family cabin in Mammoth. And my son had been back at school already and my husband was like, he could just stay. I was like stressed about a lot of stuff. He is like, let's [00:19:00] just you and I for Labor Day go to our cabin. 'cause , there's a lot of travel you can't do until these kids are all out the door.

**Jen Marples:** They're working in sports and the whole nine yards. It's like, okay. Because we haven't been up there alone in 21 years. This is to your point of like feeling like the dating years again, 21 years since we were alone in this cabin. I'm like, okay, let's do it. The first night I rolled in, cried. Where are my kids because I'm used to them being there.

**Jen Marples:** Like sobbed second day cried. I was like, Jesus Christ, woman. Like, get over yourself. Like, come on. Eventually like got myself out of it. And I went hiking and he was working on some caot projects, like spent some quality time by myself. And then, we had a, like a fun night read between the lines and I was like, okay, well, okay, so maybe.

**Jen Marples:** Maybe this can be part of our life again, because

**Jen Marples:** we have so many constraints. And when you do have kids in the house, I mean, come on, let's you know, We have thin walls, California house thin walls. Like we, I do not have like [00:20:00] a 10,000 square foot mansion where there's his and her quarters and like soundproof walls and whatever.

**Jen Marples:** But it's like, okay. But it helped me process something, but also gave me hope

**Jen Marples:** that we could roll again as that couple that we were like in our twenties when we first fell in love,

**Lizzie:** Yeah.

**Jen Marples:** I don't think you can experience that. And it's not like these kids aren't gonna be tapping into us.

**Jen Marples:** 'cause you get, we get all the texts and the, oh I the class and this. I need a suit for that. You know, we're still in communication with them, but when they're not in our four walls or we're just kind of alone, you can really tap back into I think who you were, which is who you've always been. But we've also been putting everybody else first.

**Jen Marples:** What can we leave everybody with? well, first of all, we talked about the importance of friendships and I think Lizzie's working on something sort of behind the scenes to bring women together. And I've got a couple of things brewing. You guys all know about some of the events I'm actually attending the next couple weeks.

**Jen Marples:** Also, I'm planning some stuff. My advice to all of you, [00:21:00] wherever you are in the world, is lean in on friends. Lean in on going to events and stretching yourself. I've been saying this since the dawning of time, and you might meet your new best friend like at a book signing for somebody because you just happen to be like going through the exact same thing.

**Jen Marples:** Open yourself up to it. Then all these new doors are gonna open up and then it's gonna help fill you up in a different way. Like, we're still gonna be sad about these transitions. And I know they're, temporary. Was that from Moonstruck? Everything is temporary, you know, like, rationally, we know it's temporary, but.

**Jen Marples:** In the meantime, lean in. I've been personally leaning in and making times for dinners and coffees and even Zoom dates, and I'm usually the one who has my head down and doesn't look up, but . I need it too. , we need our deep girlfriend relationships

**Lizzie:** Yeah. And, and for women out there, there's. Everybody's talking about the, the longevity studies that seem to be everywhere these days. The, thing that increases your life and promotes longevity the most [00:22:00] is community, is making sure you have community and yeah, I did a, bit of a women's retreat a

couple weekends ago where I only knew the host and I was like, this is out of my comfort zone.

**Lizzie:** I'm just gonna go for it. Fabulous. Fabulous time, fabulous time. Walked away with some new friendships. , but yeah, lean on your friends and for those, you know, I think Jen, I think we're pretty lucky because we live in San Francisco, we're in a major city. There's always an event, there's things to go to, and then you get people that might leave comments , or write in and say, yeah, but what happens if you live in. I don't know, Mississippi or somewhere else across the or out rural area where they're just, there aren't events, there aren't book signings, there aren't women convening together, going online and finding your community. Also, I have had. So many beautiful friendships start online, slipping into somebody's dms. [00:23:00] And I think maybe twice now I've said, Hey, let's grab coffee or let's do a Zoom. And the person was like, yeah, and never made it. And it just kind of blew me off. And I was like, okay, that happens. That was like, no biggie, move on to the next person. But most people are really, really. Like, let's talk, let's grab a coffee, let's zoom or something. And it's a great way to meet people, I think, especially as we go through this new stage of life.

**Jen Marples:** It's a whole new stage, but it's, I also do think , it is very exciting and it's holding Chip Conley. I just love the way Chip Conley writes and he's been on the podcast. Everybody follow him on LinkedIn. He writes beautifully. It's like he writes about everything I'm thinking and , one of his last posts was about holding this tension of.

**Jen Marples:** Sort of what was, , and what's to be we've talked about it here too, that I call it like the duality, where you can be so sad over here crying in your Cheerios about kids or some things with [00:24:00] your parents or what have you, but then truly be so excited over here. It is possible to hold those two things at once and you don't have, somebody said this to me?

**Jen Marples:** They're like, it's okay to feel this way, but just don't pitch your tent. don't pitch your tent in the grief, you know, kind of like pitch your tent in the middle so you can like, kind of go back and forth because that's, just first of all life and it's certainly a lot of what we're going through.

**Jen Marples:** The good news is I think the happiest age is 70, so we've got, I mean, hopefully I don't wanna get to 70 anytime soon, but like, hey. It was 70. Oh, somebody had wrote, written a substack about Kim Gordon, who was the, singer for Sonic Youth. And she was like photographed in these killer outfits at the Chateau Marmont.

**Jen Marples:** And like, of course she was like a rock star. And of course she's gonna look amazing, but I'm like, okay, Kim Gordon can be happy.

**Jen Marples:** 70. Like, I'm gonna do it. I'm gonna go like, put that on my vision board. So.

**Lizzie:** and I keep reminding myself too, like that these are the good old days. I'm like, these are the good old days. I know. [00:25:00] 15 years from now, God willing that I'm still breathing, then I'm gonna be like, oh, remember those, you know, like these are the good old right now. We are living in the good old days.

**Jen Marples:** Hello, you're gonna, you and me are gonna be hundred year anniversary karaoke party.

**Jen Marples:** I'm holding us accountable to a hundredth birthday

**Lizzie:** Although I swear I'm like the only Filipino that cannot sing karaoke, so I hate to break it too. You Jen

**Lizzie:** cannot carry

**Jen Marples:** either. We'll just do it. We'll videotape it , oh my God, I'm so glad you came on today to talk about this. 'cause I already feel better about all of it.

**Jen Marples:** And so this is the power of. Girlfriends and talking it out, and it goes to my original mission of like, when we come together and share our deepest truth, we feel more connected and less alone. , you're listening to this, and what's gonna be the date that this drops is gonna be October 2nd. So we're gonna be in October and so there are a bunch of things coming out. I will be at the Flow Space event in LA October [00:26:00] 9th. It's a free event. I'm gonna link that in the show notes also as we speak. Our dear friend Anne Marie McQueen is hosting the Hot Flash Inc.

**Jen Marples:** Summit. There's 36 experts that are being featured. I'm giving my talk on being, you know, you're not too fucking old in opportunities. Chasing dreams and all that kind of good stuff. It's not too late. You just need to register by October 2nd. And you can also register for VIP and she's doing a whole community chat if you wanna do VIP on the weekends.

**Jen Marples:** So that's a way to like get involved and get connected. so as things pop up, make sure you're on my newsletter list. I'm gonna be sharing my

whole new shiny thing I'll be launching really soon. I'll share it next week to start building community. And I'm gonna start sharing a lot more community events that are happening locally here in the Bay Area where I live, as well as across the country.

**Jen Marples:** 'cause I know y'all aren't here. We wish you could all be here.

**Lizzie:** Can I share one piece of advice, Jen, because I

**Lizzie:** know you

**Jen Marples:** please do.

**Lizzie:** the next few months with both of your girls at home? A dear friend told me, I know with my oldest when I [00:27:00] was in that, her senior year of high school and I was getting myself all worked up and super emotional and she said, you know, I hate being that person that's trying to tell you, oh, do this or do that. But here I'm just gonna share these words and you can do what you want with them. And she said. Try not to mourn everything like this. quote last year of high school, mourning that they're leaving mourning. It's their last prom mourning, it's a homecoming, you know?

**Lizzie:** And she said, change that to cherish, cherish, that this is happening. While they're still home, cherish that you get to do this again. And when she said that every time we would have, my God, is this gonna be the, I'd say in my head like, oh my God. Oh my God. And I'm like, no, I'm gonna stop.

**Lizzie:** I'm gonna cherish this. This is a beautiful moment. I don't have to go into that dark, dark space of making it super sad. And, I'm just gonna cherish this and I can I can still cry, but I'm gonna leave it with a different imprint. I think in my heart and in my mind [00:28:00] by just like, I'm cherishing this moment.

**Lizzie:** 'cause this is what it is.

**Jen Marples:** I love it because, you know, there aren't gonna be our last times with our children. We're not sending them off to go, like do a tenure tour of duty or something like that. I do appreciate that. And I remember you saying something to me before, something to that degree of like, don't pre-grieve.

**Lizzie:** right.

**Jen Marples:** , what's to come, and I'm glad you said Cherish because Actually, just a funny aside, I took one of my girls to go see, Twilight on Broadway.

**Jen Marples:** It was like the Twilight Concert. And so we're TWI Hearts and I just happened to see an ad. was like, what do you think? She's like, oh my God, we have to go. I'm like, let's go. So we got all dressed up. We wore our Twilight t-shirts, but we made it cute with accessories and whatnot. Had dinner and went to go see Twilight in San Francisco with the full orchestra and the crowd was hooting and hollering and I cried for different reason 'cause I'm crying all the time now.

**Jen Marples:** But like just being so thankful and cherishing the moments. And so I told my other [00:29:00] daughter, I said, you gotta pick something now. Like let's go do that. 'cause it's hard to kind of separate twins, but I think for all of us, if you've got the kids at home still To really focus on some quality time.

**Jen Marples:** It's not that stuff where it's in your house 'cause it's a totally different experience. And we were like, meeting was like almost like adult to adult and I was like, God damn, I love my kids. But I didn't feel sad after that night. I felt really happy and filled up. So I'm glad you said that because I think cherish is such a nice word versus like the grieving and the sadness in the last and.

**Lizzie:** I told my daughter too, I think one of them asked all right, easy with the tears. Why are we being so dramatic? You know? And I just said, Hey, I said, this is, the first time I've ever had to go through this. This is the first time. Um, I am launching a, daughter. , and once they kind of saw that, they're like, oh, this is new to you too.

**Lizzie:** Okay. Okay. They gave me a little bit of grace, , 'cause mom's over there in the corner crying so much. So share

**Jen Marples:** they don't understand 'cause they think about themselves like, and that's [00:30:00] how they're programmed to be. And we are probably like that with our parents. But I said, you know, I've had that with my son. I'm like, I'm just a mom whose kid is thousands of miles away and.

**Jen Marples:** Emotional. It's 'cause I love you. It's like, oh, okay. They, they're sweet about it, but they like, what, what's happening over here? I'm like, okay. Alright. Liz, it has been so fun having you on. I'm so glad we had this conversation. I just think it was appropriate because there's a lot of videos of just dropped the baby off at school.



**Jen Marples:** All the conversations you're having, the ones I'm having. And so I think just, you know, speaking these things out loud and just knowing all y'all listening, that you're not alone. And

**Lizzie:** Testosterone.

**Lizzie:** That was my testosterone plug at the end.

**Jen Marples:** that's gonna be my next thing. And I think I need

**Lizzie:** just,

**Lizzie:** if you wanna have sex, if you just want, if you don't, then just don't get on it.

**Jen Marples:** but you know, even if you wanna start fantasizing again about a Hemsworth, like, you know, like go get some testosterone because you know, Jason Maal might [00:31:00] pop up in your dreams. You know, you never know. Calling in a testosterone sponsor for the podcast. Hello? Hello. Are you out there? I'm calling you in.

**Jen Marples:** We'll do some testing for you, report back and then we get punchy and then we ended up, you know, on a high note. 'cause

**Lizzie:** Yeah,

**Jen Marples:** how we do it. so Lizzie, tell everybody where if they don't know where you are and don't follow you, where they can follow you and get up in your world.

**Lizzie:** on Instagram, Lizzie bt, L-I-Z-Z-I-E, BTV, although primarily I am posting over on TikTok, so same handle. You can find me over on TikTok. Some really just like content that I think the, it's this, the conversations that you're having with your girlfriends, that's, those are the things that I talk about over on TikTok.

**Jen Marples:** I can't remember the last thing something you posted and that was maybe hair dye. Like you'll take my hair dye outta my cold dead hands. In fact, you know, someone's gonna have the secret recipe so when I do get [00:32:00] laid to rest, there won't be any gray hair. I mean, my mom, that's like in her like last wishes too.

**Jen Marples:** She gets her hair done every three weeks. She's like, we're like, mom, it's cool. Like we got you. We got you. But that's the kind of fun Lizzie's having over on TikTok talking about the real stuff. It has been an absolute joy to have you on here, my dear friend, podcast guest number one, my repeat guests just love having you 'cause we can just get right into it and talk about the real stuff.

**Jen Marples:** So hopefully all y'all feel less alone, had a little laugh. Have a little hope and, just know you're worthy of joy and cherishing your moments and, hit us up if it gets hard. 'cause we love to, clearly we love to talk. So hit us up. So leave everybody right now, Lizzie, with your one, your not too fucking old wish for them

**Lizzie:** you're not too fucking old to like, something new. , That's how I feel like , this is all brand new and it's exciting and slightly terrifying, all at the same time. [00:33:00] So you're not too fucking old to start something new. So just remember that

**Jen Marples:** I love it and I love you and thanks for being here, my friend.

**Lizzie:** Love you.