Ep 210 Lizzie Bermudez

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SPEAKERS

Lizzie Bermudez, Jen Marples, Speaker 1

Jen Marples 00:10

Jens, hello and welcome to the Jenn Marples Show. I'm your host. Jen Marples, founder of the Jen Marples agency, mentored to women worldwide and your number one champion and cheerleader dedicated to helping you embrace and rock midlife. The Jen Marple show has one goal, to empower you so you can go out empower the world. So each week, I'll bring you conversations with incredible women who will inspire us, educate us and motivate us to live our best lives. I also pop on solo to share my best advice, tips and tools to help you unapologetically go for your midlife dreams, embrace your age and become unstoppable. If you are looking for a change, ready to up level your life in business or pivot into something new, then this is the show for you. And know this, you're not too fucking old to step into the midlife spotlight and claim all that you desire. It's your time to shine, and I am so glad you're here. Hello everybody. Welcome to the Jen Marples show today. I've got a gorgeous guest, and she has Lizzie Bermudez. She has been on the show before. She is a friend of the Jen Marple show, and she is the Jenn Marple Show podcast guest number one. And for those of you who do not know her, she is a midlife content creator right now in the current career, current form of what she's doing. And she is a pro age enthusiast, and she is a former TV broadcaster Emmy award winning. We actually met 100,000 years ago when I used to have my PR firm. So we've had three different crossing overs in life, and she was on TV in San Francisco, and then we reconnected years later, when we were both Drum roll, please, almost we were cast on a reality TV show that went nowhere, but that happened, and then we reconnected yours about four to five years ago, as we started our sort of midlife empowerment journey together to serve all of you beautiful women. So she is on today talking about motherhood. So our topic today, and this is, I have the perfect title for this podcast, motherhood and midlife can be a mother bucker and coming off of Mother's Day, and it's mental health awareness month, we are actually going to be talking about a very serious topic today, and that is when your child is in distress, or you're caring for a loved one, and the stress and strain and the load it puts on us, and she is going to share some tips and tools and a lot of really wonderful wisdom, like you're dealing with this yourself, or you have people good friends or family members who are dealing with either kids in distress or dealing with any type of issue or family issues that you will have some tips and tools. So I'm calling this a deep dive. I'm probably starting a new series within this podcast where we really take one topic and we have a deep dive and get into personal stories and anecdotes and things that have happened to us because

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the comments don't lie. You all are really liking these deeper dives. We all love sort tips and tools, and those are included here. But I think it's very powerful when we share our wisdom and knowledge and talk about the hard things as well as the fun things and the growth things and the rocking midlife things. We also have to honor the parts of midlife that aren't so easy, and parenting is one of them. And I know a lot of us are dealing with a lot of things, so hats off to you happy couple days after Mother's Day, I know you really will love this conversation with Lizzie. She is a dear friend, and she was really laying it all out for us, in the hopes that you all feel like you're not alone. So enjoy today's episode, Lizzie. Hello, welcome back, welcome back. And everybody has another reminder, even though I just gave that beautiful introduction of Lizzie, podcast. GUEST number one, yeah, you were podcast. Guest numero uno, you are here at Ground Zero, and here we are, over 200 episodes, but most importantly, we've been on this beautiful journey together. We've been on this midlife journey. We've been on this business building journey together. We've been on a parenting journey together. We've been on all the journeys I somebody asked me to today was like, do we interview five years ago? And I'm like, No, but it feels like that, because we've been doing a lot of things for a really long time, but I'm so glad that you're here to talk to me about a really important thing, and y'all this is hysterical. So I came up with the title of this podcast, and Lord help me, if it's not the title that you clicked on, and that is motherhood and midlife can be a motherfucker, what we are talking about today. So we are recording this on the heels of Mother's Day and all those millions of posts that we read, all of our own personal. Experiences, and I know Mother's Day is so fraught, so many of you have recently lost mothers. A dear, dear friend of mine just lost her mother two days ago. And we are mother so many, and we've also they're kids who have been lost. There's just we've lost our favorite aunts. I lost a favorite aunt who never had any of her own children, but she was like a second mom who's dear to me. So there is, there's all this happiness, there's sadness, and it's we're living that midlife duality that you and I have talked about on this very show before. So y'all when I was thinking about this motherhood conversation, because when I feel something in my heart that I know we have to talk about, we got to talk about it. That's how I roll. I can't really plan these things too far out. So I needed to bring my girl, Lizzie, on to talk about motherhood and that motherhood can be a motherfucker. It

Speaker 1 05:47
can be like it sure has been lately.

Jen Marples 05:50
And Lizzie is dealing with something really acute, something acute with one of her kids right now. And I know a lot of you listening are dealing with a lot of things. And so I said, let's get into this conversation today, because Lizzie, you said something really cool before we got on. And you said something about knowledge.

Lizzie Bermudez 06:09
My mother always dropped wonderful truth bombs on me when I was growing up, and something would happen, and then I'd come crying to her, and I'd be like, Oh my god, this is so horrible. Why me? Why me? And she's like, you know, this is all like life wisdom that you're accruing as you age. And she says, The beautiful thing, or the not so beautiful thing, is you lose the wisdom if you don't share it. So whatever that life experience is that, that lesson that you've learned for me to hold on to everything that I've gone through and I've learned, I feel like I've learned exponentially over the last few years because

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of what we've been going through with our family. But if I don't share that, why did I go through it? You know, it's to help somebody else who may be going through it or Who feels alone or helpless. So yeah, it's like wisdom is to be shared. So that's why I'm here.

Jen Marples 07:04
Well, I love that, and you know, that's why I started the podcast. We got to share. We can't gatekeep. And my original mantra for doing all this work with women was that when we share our deepest truths, we feel more connected and less alone. And I don't want anyone to feel alone. So the topic today, y'all, is motherhood is a motherfucker, but we're gonna go in deep. And this episode really is for you, if you are dealing right now with a kid who's struggling in any way. And I know a lot of our teens are struggling, because this is the world we live in today. And it could be something small, from, like, I don't know what my girls deal with, with body image issues, and there's all these things going on to Lizzie's going to talk about what she's dealing with, but we're going to talk about this, this kind of like intersection of where motherhood rams up against your own personal hopes and dreams and career aspirations and things like that. And it can be really hard when we have our own plans for what we want to do. And of course, we do drop everything when something is not okay with our kids. And it could also be dropping everything to get these kids into college and all of that. If you've gone through that process, I've talked about it here on the show, there's just a huge load that we all carry on a day to day baseline level. And then there's this incremental stuff that gets put on top of it when our kids aren't okay and they're having anxiety, depression, and they're dealing with all the things that our teens deal with today. Lizzie, talk about what's going on with you right now, and then we're going to get into some of your really beautiful, generous tips and tools that you're going to share with everyone today, coping mechanisms and resources. You

Lizzie Bermudez 08:42
obviously know my background was being a TV journalist and a TV host for the ABC affiliate here in San Francisco, and then that turned into being a content creator. And so I've been creating content for women at midlife, menopause, pro aging, the real shit launched a podcast. Felt like I had a lot of momentum going. We were doing it started around the same time, a few years ago, and about that same time my youngest daughter. I have two daughters, once in college, and then one's still in high school. My youngest daughter has a lot of mental health issues, severe mental health issues, to the point where and had to stay home to take care of her because she's been in and out of school and in and out of outpatient programs. So it meant for me having to take a step back from working and from creating, and in that process, it's been a wild, wild journey to be somebody you know, and I'm sure a lot of your listeners are these really strong, organized, go getter type women, and then you get hit with this, and there's no place I'd rather be than taking care of my daughter and helping her, but. It really has meant putting my career and work goals and aspirations on the back burner. That's just the way it has to be right now. And that in itself, I felt guilty for saying I'm so bummed or I'm so sad or this sucks, because it's all of those. It's like I've learned in Dialectical Behavioral Therapy, DBT, which is a type of therapy that we've done with our daughter, is that two truths can be true at once, two completely opposite things, which is how, how life is right. Like, it's beautiful that I can be here for my family and provide and be of comfort, and it sucks that I've had to off ramp and not fulfill my goals or my dreams or my wishes or things that make me feel really fulfilled at the time. Both of those can be true, and that's okay. That's just the way life is. So I've learned a lot of things through therapy to get through this. So

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that's kind of where I'm at. I'm I'm trying to get to a place where, because what I've learned is it's a marathon recovery for your children or your young adult children, is not linear. It's like a recovery. If somebody has an addiction, it's ebbs and flows, and it's it can go really high and it can go really, really low. And so as a mom learning to navigate that when life is going by, you can get really disconcerting, and you can have the tendency to go like life is passing me by. Look at my sister, or look at my best friend, and they're doing all this what appears to be normal things. Or look at, oh my god, they're going to that college or look at her prom date, or look at her friend's circle, and it can queue up. It really can. I've learned that you really have to take care of yourself in order to take care of your loved one. That's the number one thing that I've learned. Like I am no service to my daughter if I'm not okay. And it goes back to that damn putting your oxygen mask on, but it is the hardest freaking thing to do.

Jen Marples 12:06
There's so much to unpack here, but one thing that pops up, and I know, when my son, we didn't know if he had a heart condition. Way back when he had about eight fainting episodes from the age of five to 11, we didn't know he had a serious heart condition. He like could pass out and all sorts of fun places like the airplane and school and we I spent so many times in emergency rooms that I felt like I couldn't function until I knew that he was okay and that he wasn't, like, dying or had some serious heart condition. It turns out, he grew out of this that was like, after going to millions of doctors in Stanford and this, and that he had undiagnosed fainting after all that and all the stress, I know, the hardest thing for me, and this is the question I have for you, is that when you feel like your child is in danger, and I don't know that the men, they're there and they're supportive, but I know I actually got into fights with my husband about this. I said, if I'm going to stay up all night with him to make sure he's okay, it's what I'm going to do, and don't going to do. And don't tell me not to be stressed, and don't tell me not to be caring. Don't tell me that everything's okay. How did you reconcile you're on pins and needles with your child and you don't know that they're okay, yet you still have to function and you have another child to take care of and a home and the whole nine yards. Like, where did you find the strength or the tools, or basically, the way to move forward when you feel like everything is so intense, because I know, and I know from personal experience, I've seen you and been there with you through some of these more intense times. How did that go for you? Lizzie, like, what, how did you keep going forward,

Lizzie Bermudez 13:43
whether it's if you have a child that self harms or suicide attempts or suicide ideation, that stuff is heavy and there's no easy way through it. It is the most humbling, and I'd say most difficult part of, I think, my life, our life that we've experienced. And I think if I think about it, it's just head down, keep the blinders on, stay focused. I really believe you have to have some type of for me, it's my faith as a Christian woman to turn to, because it feels insurmountable. As you're going through some of the heavy stuff and the scary stuff, there's a lot of fear. So for me, it was my faith. I feel like I got lucky having a really good partner that we are able to tag team a lot of the time when I may be just like in the trenches, where I'm like, I can't do this anymore, that he can come in and carry the baton for the next few days, and that we have this process where we can go back and forth. So having a really good partner, having some type of faith, has helped me, and then just really getting off the social media. A focusing on what's important, eliminating distractions and realizing right now, it seems like forever, but I know in the big picture, when I look back in 10 years, it'll be a blip, and just keep like women, we are strong. This is what I've been called to do. I chose to be a mother. I have it in me. I know God gave me all the skill set that I need. I

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need to tap into it and harness it. So that's what I've done. There have been some horribly frightening and dark days and weeks and months, and those are the things that I did and I do. I get really quiet. I have to get really quiet because you're using every ounce of energy you have to get through the day. And at some point it was like, I'm just trying to get through the hour. Let's get to the next hour. Okay, we got through four hours, but we're gonna get to the next eight hours and just chunking it out, chunking it out little by little, but you really do have to get rid of the distractions and get quiet and just be like, All right, it's go time. Like, I have it in me. And you do. I know there are times when, like, I can't do this, I can't do this, but we do. We have it. Have the good cry, have some friends that you can lean into and you just you get back up. You get back up because it's your kid,

Jen Marples 16:27
and you brought up something just with motherhood and being strong. I think that nothing will test how strong we are when it comes to our kids, just when you think you couldn't go on or continue like we'll dig deep. I think that's what, you know, we were built for. The Mama Bear really comes out. And it's almost so weird, just from my own experience of going, okay, I can do this. And I'll, you know, it's that whole thing, like you'll lift up burning cars to save children and all this. I know in my heart You could leave no stone unturned, and that you can count on yourself on that. So I think that's somehow comforting in some weird way, something that just popped up to me, because I know when you and I would get since I've known what you've been going through, and I would always ask, do you want to go to something? But I would also say, and I think this is important, I'm going to get to a point, trust me, because this is something we can offer to people out there, if you're not going through something yourself. You know somebody who is for sure is that when I would ask Lizzie to do something, like, do you want to go do this thing knowing what she had got going on at home? So I'm like, I'm offering this up as an escape and a way out. And I would always say and do not stress and say no. Like, just say no. If this isn't the right thing. I remember you had said something to me too, like, that was, like, a really a nice way for you to be like, Okay, well, if it doesn't work or you would say, I can't tell you until 10 minutes before the event starts. I'm like, that's cool. I

Lizzie Bermudez 17:53
think what happens to which is hard, because whether your kid is dealing with severe mental health, whether it's addiction, drug use, ADHD, people don't know how to help or people don't know what to do. And so a lot of times what they do thinking they're doing. The best thing is they just take a step back because they don't know what to say and they don't know what to do. And I think the best thing you can do as a friend or as a loved one is to keep showing up for that person and saying, I don't know how to help you, but I am here and I'm checking in on you, and that's it. A voicemail, a text, an email. That's so huge, because when you're going through it like, I can self isolate as a coping mechanism, which is unhealthy coping mechanism many times. And when I do that, I push people away. I don't want to be Debbie downer when I'm around people that's like, the last thing I want to be or feel needy, you kind of have to be Debbie Downer and accept the help. And that can be really, really difficult. That's been one of my biggest challenges, I

Jen Marples 19:13
think, in general, for women to throw their hands up in the air and ask for help and accept the help, it's really hard, especially for I know most people listening, we've been the hard charging ones taking care

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of everyone, and to say, okay, uncle, and allow yourself that space and give yourself that grace. That is probably the most important thing we're going to talk about today, because we've got to allow people to help us. And

Lizzie Bermudez 19:39
I think why it's been so hard is, I want to go back and say when the girls were younger, when we had babies and toddlers, asking for help was so much easier, because you're like, I'm a new mom, and I've got multiple children, and I'm trying to work and I'm trying to do this when then things get easier as your kids grow and they're more independent, and so you're not as dependent. And on child care, or somebody coming in to help. So going back to that place where I need reinforcements, I need help that feels foreign, also that feels like, why am I asking for help when I've been doing it all this time? That was also compounds it and makes it difficult to ask for help, because you haven't needed the help for so long.

Jen Marples 20:21
Totally, you're making me think of something too, and just the stress and pressure it can put on a relationship. And so

Speaker 1 20:30
what pressure? What stress are you talking about?

Jen Marples 20:34
I just remember almost throwing things at my husband's head over the years for many, many different reasons, but what I did say to him is I will never, ever question my gut, maternal instincts and anything related to our children. And I don't care if that means you leave me, find a new woman, walk out, want a divorce. I don't care. And it was very clarifying. We had a couple different blowouts over the years because of it. So I'm curious, because I know when you have children who are dealing with either chronic illness, mental health issues, there's strain on marriage anyway, just existing and just being married and living your life, but it puts extra added stress. So what have been some coping mechanisms you and we call him airport Todd, besides

Lizzie Bermudez 21:18
poisoning him? No, it puts a huge, huge, huge, huge, huge strain. It's so funny. You know, one of the outpatient programs we did was Dialectical Behavioral Therapy, which some people might be familiar with, and one of the days of the week when we would go to therapy, we'd meet up with other families that are also in the program, and I'm always when I walk into a room, I am usually quiet, and I'm just kind of like scanning the room and taking inventory and watching people's mannerisms. And you can see on every mother and father that was in that room the tension in that couple, because it's such an emotionally charged time and you've got a lot going on. What have been some of my coping mechanisms? It's been probably one of my saving graces, which not everybody can do, is we were fortunate enough to have my daughter go to summer camp, and I took three weeks away by myself, out of state to another city, and that was what I called radical self care. It was absolutely restorative for me, and I needed that. But as couples, man, you just I think what saved us also is my husband sitting me down, going, I know we're not agreeing right now, but we are in the same team. Our mission is the

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same. We want our daughter to live and to survive another day. We are on the same fucking team. I am your ally. Okay, sometimes I need to be reminded of that. Sometimes I'm like, Okay, we might not be in agreement about this type of treatment or whether she should be in school or not, but ultimately, same end goal. And if I can just keep going back to that, that has helped me a lot. And when you're at your lowest low and people step up, like I've seen my husband step up like in ways that I never thought were humanly possible. You realize, gosh, there's nothing but love, and he wants the same thing that takes away some of that frustration. I'm going to kill him. I'm going to choke him today. But it's, it's not easy. He I think you have to work hard, and that's what I'm saying. You have to get tunnel vision, because you're, working hard to keep your kid alive or help your kid, and you're working hard to keep your marriage alive because it's incredibly, incredibly stressful.

Jen Marples 23:49
Thank you for sharing that. You got me teary when you said, like you're you have the same goal, and I think that's a really important so if it's, yeah, your husband, your partner, family members, if you're going it alone. But so many single moms I know are dealing with things and don't have that support and shout out and how to opt to all the single moms like, literally, oh my god, that getting on the same page and coming back to that common goal and just and it can be funny, too. I just remember thinking back in second grade how I had to march into a teacher, and this was second grade homework almost caused divorce. So it was, like, homework packets. I'm like, This is not how we're gonna go down. This is not how we're gonna go out. And that was homework packets. This was nothing about when my son was going through all of his stuff and having, like, real depression and anxiety around, like, all the residual effects of having all this, like, heart stuff happening, and it's really important, yeah, to come back. And if you don't have that team member, like you've got to find like your person, if it's your mom, your sister, or somebody to give you that support. I want to turn it around to just the self care piece for you. So I know you've done a lot. And again, there's so many women listening who need resources and support. So. So what were you said you went on a sabbatical. So what were some of the things that you did to come back to you put your air mask on so then you could be able to parent and do this without having because I know sidebar, being a caregiver, whether it's for a child an aging parent, we all know the stats on that, and like the extreme load that that puts on us and the mental load. So what were some of those things that you did, and some of the resources you tapped into to, I'll put in parentheses, stay sane. Really come back to you and make sure that you were 100% dealing with all your you're dealing with

Lizzie Bermudez 25:36
therapy. I think that was the first thing that I did, and we were doing a lot of therapy with our daughter and as a family, but therapy just for myself, that was the first thing, and that was incredibly hard for me to do. And initially, oh, my God, I need to take the time to go there and share and dig deep and be raw and like that just seemed so intense. And I'm raw already. I'm afraid now you're gonna strip me down even more. But that was one of the best thing was getting in finding a good therapist, and I didn't find one immediately. So you don't always find one your first go at it. So don't give up if you're looking for a therapist. Walking has been really good. I like to walk. I live here in San Francisco. There's plenty of places I can walk, getting outdoors, reading, like doing things that I know, that I find comforting, that I've always found comforting. So for me, that's reading a book. It could be fiction, it could be self help, but doing that, the other thing that has been really healing and good for me is music and live music. And

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my my daughter, one of the things that she does love is live music. So I've probably have gone to more concerts in the last two and a half years than I have in a lifetime. But I feel like music, whether it's live, whether it's in your earbuds or in your kitchen while you're cleaning, is incredibly healing, all kinds of music. So music has been really good. I listen to a lot of podcasts that's helped me get back to myself and take care of myself. So those things. As long as I'm getting some vitamin D, getting outside, moving my body, talking to my therapist, finding time for myself to just be quiet, just to do nothing like that's sacred to me. I can just sit in my chair when things are just feel like horribly out of control and chaotic. I think one of the biggest gifts you can give to yourself is just like some piece of serenity, and you can get that by just going to a chair in your room or the ground and just be getting quiet. I find that incredibly healing for myself.

Jen Marples 28:00
Thank you for sharing all that. I know there's something with the music too, right? It's probably somebody I should have on the podcast to talk about the power of that, but I think this is Dr Marples anecdotal, because I've done this myself where you're like, things are just too heavy. You can't talk about anything anymore. And there's something so therapeutic about just singing and dancing and listening to live music. It's has this other worldly, transformative experience. And I think it's doubly great that too, that you could do that with your daughter. So it's probably healing for her as well. Yeah, for both of us. Yeah, absolutely. I know you were doing like the Lollapalooza tour. Was that last summer, that

Lizzie Bermudez 28:38
was last summer. We may do it again this summer, four days of live music and standing for hours at the barricade. I do love live music. I was a concert goer all my life, but it is not for the faint of heart, that's for sure. No,

Jen Marples 28:53
no, those festivals, not anymore, exactly and total sidebar, because I know you like music, so every once in a while to listen like, what do we need? Lunch, karaoke,

29:10
exactly, cocktails, what

29:13
is what do you need?

Lizzie Bermudez 29:15
And I think the other thing that I had to do too, Jen, was my own mental health came into play, like I've go through in and out of bouts of of depression, the self care is huge. You really have to be tapped into your own health. And going through menopause is just like another little, nice, little monkey wrench in there as well. I'm on antidepressants as I speak. I wasn't last the last few months, but it just kind of like there are times where things just seem to feel like they're unraveling, and I could feel myself starting to go down with the ship, and I'd be like, Nope, I gotta take care of myself. And that's also one of the ways

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that's helped me. And I know that's controversial to some people. And if you're considering it, it's been a godsend for me. So between the the therapy and the medication, it's been huge.

Jen Marples 30:07
Thank you for sharing that and being so vault came and talked today vulnerable. And I think everybody does what is right for them. I've taken medication. I you know, therapy like the whole nine yards. I think the more we talk about it, the more we destigmatize and demystify all the tools that are at our fingertips, and we know with menopause too. And I think there's so many things going on at this phase in life that we simply a got. We've got to talk about them, and we've got to share the knowledge, like you said, and going back to what you said at the very beginning of this conversation of this duality and two things can be true at once. What is it? Glennon Doyle says life can be brutal. Parts can be super brutal, and then equally beautiful. And I think we just need to remember that. But I'm so glad you came on today to talk about this, because I know I'm like leaning into some of these, and it's mental health awareness month, and it's May, and we just came off Mother's Day, and everything is so fraught and like, let's have a deep, meaningful conversation. And thank you for being so open and sharing your story, because it's not an easy thing to do, but it's in service this podcast, and everything I know you, you are doing with your work is in service of other women. I really appreciate that you were so open, because I know this conversation is going to change somebody's life, because not on my watch, not on Lizzie's watch. Do we want anybody to feel like they're alone?

Lizzie Bermudez 31:30
It's very isolating when you're going through some type of crisis with your child, for something like shame comes to the surface, and you don't know who to trust, who to turn to. Like I said, I live in San Francisco. I felt so alone. It feels horribly isolating. And then you have to muddle your way through the medical system, which is a friggin nightmare, which is a whole other situation. You feel like nobody knows what I'm going through. Nobody. There's nobody in the world that understands this. And there are, there are people that do. I was a part of a online community called Hope stream, which if there's somebody that feels alone and wants experts or other mothers that are going through stuff. It's a great online community with a bazillion in one resources. I highly, highly recommend that. And if you can't, there's, I think it's like 100 bucks a month. And if you can't afford the monthly subscription to that, they can work with you on that. And then there's also Facebook groups as well. There's a lot of Facebook groups that women and men and moms parents can turn to for some help and feeling less alone.

Jen Marples 32:50
I love that. Thank you for mentioning the isolation piece of it, because that is true, and it's almost ironic that in our super duper connected society, that we're still feeling alone, disconnected, so we but you have to go out of your comfort zone and go and search out these groups like you're saying, because that's the only way we get through it, is by being with other parents and other women who have been in the exact same situation. Because only you can be supported truly by other women and families who are going through the same thing. I have my own stuff, but I have not dealt with what you're dealing with.

Lizzie Bermudez 33:24

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I've had some of the most intimate, raw, honest conversations with women I've never met face to face, just on the phone, just because one of my best friends will say, Hey, I know this gal that I used to work with and her son, X, Y and Z, or I know, and she's like, I'm going to put you in touch. And there's something about connecting with someone who has been through the trenches that just gets it. Because the stuff that you go through is banana bonkers. It's so fucking crazy that you're just like, I can't even share this with people, because people not get it. But when you've gone through it to find another parent who has there's something you know that just you're not alone, they get it, they can be of some comfort to you.

Jen Marples 34:10
Oh, I love that. And it's like being a lifeline for each other. Yeah, I think that's exactly important. Oh, my God, Lizzie, my heart is with you always. You know that, and so I will continue to always send you invitations and queries. And this is what we can offer up to our other friends who are, you know, that's dealing with something. Just ask them like you were saying before that that was such a beautiful piece of advice, to say, I'm here for you, checking in on them. Say I'm going somewhere. Can you go understand if they can't go understand too, if people don't write you back, that was something that popped up earlier. Give your friends grace, because I saw this happen with some other friends that, Oh, you don't care, and you weren't reaching out. Meanwhile, this person was in crisis. So just, I think that's just a general rule for everything. It's just absolutely, let's give each other some grace, right? One

Lizzie Bermudez 35:00
of the many things we learned in dialectical behavioral therapy was going under the assumption that everybody is doing their very best, or everybody is trying to do their very best. And if you can use that mindset as you go through life, it will give you a chance to take pause and be like and not take things so personally as well. And then the other thing too, I literally just got out of a probably a two week pity party a couple weeks ago, and one of the things I did was look for all the good things. Look for all the blessings you have right now in your life. And your brain is so powerful that it just goes looking for more. And so just like starting your day and ending your day with the gratitude journal or notes in your phone or scribbling them on a notepad, just, you know, three things, five things, and just being like, okay, and it just piles on and more and more of the good and the beauty in your days. Instead of focusing on on all the darkness and all and all the hard stuff, because it can get really, really dark.

Jen Marples 36:02
Oh God. What a wonderful way to end. Thank you from the bottom my heart for having this conversation. I had a hit. I'm like, this is a conversation that needs to be had. Coming off of Mother's Day Mental Health Awareness Month. And ladies, we're all carrying a lot of load. Get help. Take advantage of what Lizzie was talking about. Use those steps. I love the starting and look for gratitude. Starting and ending your day that way. And if you're in an acute situation, what would you say to someone who's in an acute situation right now, I just

Lizzie Bermudez 36:33
keep telling myself, it's a marathon. It's a marathon. Like, really, like, it's a marathon. Really feel like my sense of what I'm grateful for has changed. I take inventory of all the little things a lot more. Because I'm just like, oh, this is this is so good. You just gotta keep going. You just gotta keep running. You gotta

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keep my girlfriend always says, Just keep swimming. Just story in Finding Nemo, that's when she calls and leaves me these voice memos. She's like, just keep swimming. I'm like, Okay, that's all I can do, really, is just keep swimming. Oh, I

Jen Marples 37:07
love it. So is it safe to say for the closing shout out for you're not too fucking old too would it be you're not too fucking old to keep swimming? Yeah,

Lizzie Bermudez 37:16
what would you say? You're not too fucking old to do the hard thing, because it's it's hard, it's really, really hard. And every like you said, Everybody's going through something, whether they talk about it, is a totally different thing. People love to put on these personas and images, but life is hard, and it will test you at some point. You're not too fucking old to do it, to do that hard thing, you will get through it. You have it in you. I love

Jen Marples 37:46
that. That's a really powerful way to end. Thank you for being here. We're gonna link some of the resources Lizzie talked about in the show notes. But if people aren't already following you and in your world, where can they find you, support you and get more of your positivity midlife message, but it's not all positivity. We talk about the real stuff. I've

Lizzie Bermudez 38:05
had to take a pause on a lot of content creation, so I'm occasionally on Instagram. At Lizzie BTV is my handle, and I'm also on tick tock sporadically as well. One of the things that I'm currently at this stage that I'm in is trying to push more content out and be creative. Because for me, that's that makes me feel good, that's I love having a creative outlet, but having to do it in smaller steps, as opposed to doing these really big things. So doing something like this, I haven't done a podcast episode in a very, very long time. So doing something like this is huge for me. So doing more things that kind of push the needle forward. That's what I'm doing right now. So I'm here and there. I

Jen Marples 38:50
love it, and you can go back into the back catalog of Lizzie's great content too, because she's super fun. We had a very serious conversation today, but I will also tell you and remind you, if you've been listening to the show for a while, we have wrapped on the streets of New York together with our other friend, Julie, and we still need to have a karaoke date, because that hasn't happened and that needs to happen. But yeah, it's the good, the bad, the ugly, the happy, the sad. It's all of it. It's midlife. It's where we are, and we can do the hard thing, like you just said. So thanks for being on here. Everybody go follow Aziz. You can see what she's up to, and when she comes back and pours the what the juice and the fire back on her Instagram. Yeah, you'll already be in her world.

Lizzie Bermudez 39:31
So and slip into my DMs if you have questions. I am an Yeah, I am an open book. I love helping other women or other parents that feel alone because I've turned to people online that I've seen, that they've gone through things and have found friends on Instagram as well. So

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Jen Marples 39:50
that's very generous to you. So please take advantage. She wants to. Yeah. So I love you so much. Oh, I love you too. I love you too. Being here today. So go check in on your friends. Everyone, take care of yourself, give yourself a hug. Give yourself grace and Lizzie, I just love you and adore you, and you're my girl, and we will thank

40:11
you. I love you too, girl.

Jen Marples 40:12
We'll talk soon. Bye.

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