

Ep 15

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SPEAKERS

Jen Marples

Jen Marples 00:00

Because quite frankly, you can't and I say this all the time. You can't say yes to everybody. You can't say yes to everything, every demand on your time. You've got to put the family stuff first. And obviously work things first. But you need to be the top of that list. Because there's things we have to do. Of course, there's things we have to do. But everybody can take time for themselves every day. You can I built in the time for myself. We have to do that you guys we have to be intentional about taking that time.

00:45

Hello, and welcome to the Jen Marple Show.

Jen Marples 00:47

I'm your host Jen Marples, a former public relations agency owner turned business a life coach and motivational speaker dedicated to helping female entrepreneurs achieve the business and life they desire in their 40s 50s and beyond. Each week, I'll be bringing you conversations with incredible women who are rocking entrepreneurship and taking courageous action while also dealing with all that midlife entails. I'll also be dropping in solo every week to share thoughts, advice, tips and tricks that will help you live your best life. If you are thinking about pivoting in your career, or starting a new business or looking for a second act, stick around as I guarantee you will be inspired. And know this, you are not too fucking old. Hello, everyone, happy Monday. And welcome to the Jen Marple show solo episode, I want to talk to you guys today a bit about taking care of yourself, this is something that's so important. And that we forget, as we are working really hard. And a lot of us are taking care of families and taking care of other people that we can often slip to the bottom of our lists, I am here to tell you that we need to put ourselves at the top of the list. You know, it's the old you got to put your air mask on, so you can better take care of everyone else. And it's just the truth you guys, it is just the truth. My kids know, if mom doesn't go to yoga, people might die, my husband would probably get murdered first. Maybe my kids second and then I quite possibly I don't know, I go and I don't nuts. I'm here to say that you have to have some non negotiables in your life. And I practiced this. For decades. Even when I was running my PR firm. It was crazy, crazy, crazy, crazy. I programmed in to my schedule my exercise five days a week, and no one was allowed to put meetings on the calendar every once in a blue moon. Yes, I'd

have to travel or something. But into this day, I still practice that. So there's hard start and stops. And it is it's in there and it's blocked. So nobody can have a meeting there. It's not on my schedule, that time is not available. And it's more important than anything that I do. Because if I don't take that time for me, and stress management, get my movement in, and you know, have that bit for myself, then everything else falls apart. So I'm going to give you a little rah rah episode here, ladies that you need to put yourself first, and you need to build it in now some of you are going, Oh, I can't I'm so busy. And I'm running around this, this that in the other blah, blah, blah. Okay, so I'm here to say to you look at your schedule, and look to see in that schedule, what you're dumping in there, and what is absolutely necessary. Because I know, there are things on everyone's schedule, including mine, and I am very, very surgical with my schedule and my calendar that you can get rid of your kid doesn't need to be in five things, they could be in two things. And I'm saying this to y'all as much as I'm saying it to myself. And I think this the last year with the pandemic really showed us for as hard as it was, there was a sigh of relief of oh my god, I don't have to take these kids all over to God's creation for sports and this and that I was actually laughing with a mom at a soccer game last weekend. Like I don't, don't miss this. The point here is that I don't want you all to think Oh, Jen, I can't do this. Because I have all this stuff on my schedule. My kids know, I don't have them over scheduled. I have them and they get they pick one thing. And it's really it's really more about me than it is for them. We can't have the family that's running around doing 17 things. It's not how I can't operate not being a business owner. I can't. And you know, they've got their one thing if they come from me to something else, fine. We'll figure it out. But my husband and I have been very intentional about how we sort of structure things and how we divide and conquer. And I know there's single moms out there. There is no second dairy person helping and I get that I get it. I hear it. I have some really close friends that I talked to all the time. And I know it's really hard. So this message is really Even more so for you look at what's on the schedule, and what can you get rid of, because quite frankly, you can't. And I say this all the time, you can't say yes to everybody. You can't say yes to everything, every demand on your time, you've got to put the family stuff first. And obviously work things first. But you need to be the top of that list. Because there's things we have to do. Of course, there's things we have to do. But everybody can take time for themselves every day. You can. And if you listen to my sort of intro, so episode, I went into it. I mean, I found time for myself, and I was living in the city with three babies, running a crazy company, my husband's running a company I built in the time for myself, we have to do that you guys, we have to be intentional about taking that time. I also want everyone to really be on top of your health. So make sure you're doing mammograms, make sure you're going to your doctor, like you're doing your yearly OBGYN check, and you're getting what I need to do skin checks, because I've had tons of skin cancer growing up in Hawaii, take the time to make sure you've got that in order as well. Because again, I know in talking to a lot of you, you haven't put your health first, refer back to the RMS gone, if mom goes down, or ladies you go down, you don't have to be a mom to have this be important. People are counting on you, you're counting on you, if we don't have our health, we have nothing. So take this. So if you've had those things on your list that those appointments you need to make, well checks whatever it is, make them. Okay, so we are going to make time to exercise and have the time for ourselves. We are going to be on top of our health and make doctor's appointments if we need to or go to a nutritionist or your naturopath, whatever it is. The next one is we've got to eat, we've got to eat healthy, and we've got to watch what we're doing. When we're running around and taking care of everyone again, we can put ourselves last. So if it's a meal delivery service, if it's just sort of the meal prep thing on the weekend, and you guys, this is really hard for me, this is really hard for me, I can eat healthy, but meal prepping. I hate shopping. I hate

cooking. I hate thinking about all of it. So this is a really hard thing for me. And I've got to figure out some type of solution because we eat five things in my family and they're all my kids are all going to kill me. That's another whatever. We'll talk about that some other time. Make sure you're taking enough time for yourself and resting. So by resting I mean just chilling out. And then I also mean sleep, especially at mid life. It's harder for us. I'm not a doctor, I can't advise on perimenopause and menopause. But I do know that it's very hard for us to get a good night's sleep because there's all these hormonal changes happening. I get freakin hot flashes. You guys like whatever I'm exploring. Again, I talked to my doctor today. That's what spurred me on to have this chat with you guys, is I needed to sort of check about some hormone therapy and support because if I'm having hot flashes, and I can't sleep, I'm cranky in the morning and that so I'm starting my day and it's just it's just a snowball effect. So I know all of you are going through the same things because it starts perimenopause is in our 40s. And then we get into menopause in the 50s. And it's not like you just hit menopause and it's over. I was listening to a doctor speak. It's just, it's an ever evolving journey. So if you're having any things again, I'm not a doctor, talk to your doctor. But figuring out how to get a good night's sleep. It's so important. You all it's so important. I actually have to check myself. There was a day where I was incredibly crabby. And I'm like What is wrong with you like, oh, yeah, you woke up in the middle of the night for a couple hours and couldn't get back to sleep. And so your disaster mentally. So really don't talk to many people today, if at all possible. Focus on what you need to focus on and realize if someone looks at you funny, you're gonna cry. And that's just because you didn't get enough sleep. So ladies rest. Another piece is make sure you're having time to connect with people that are supporting you and lifting you up. Conversely, get rid of things on your calendar and the feeling that you need to commit to hanging out with friends or family that don't lift you up. Life is too short. We are too busy. We've got to protect our energy. So make sure you are only filling your free time up with whatever free time you have. And I laugh because we don't have a lot of free time. But when you do have that wonderful time where you can go out to dinner with somebody or go on a hike with a girlfriend and do something. Make sure it's someone who's lifting you up. Because you guys Life is too short. It is too short to be wasting our time with people who bring us down or suck To the energy out of us, and you have to be bringing us down. We all have those friends that just talk 100% about themselves. And don't ask you one question about yourself, we just don't have time for that anymore. We just don't have time for that any more. So you have my permission to give yourself permission to prune the garden, let go of all those other people, and only have people in your life that are uplifting. And it might it might be hard for you guys to do that. I totally get it. What did we learn today, take time for yourself, you are the priority. It is not selfish, because by making yourself the priority, you can show up fully for all the people in your life, stay on top of your health. Stay on top of what you're eating, stay on top of those doctor's appointments that don't want to hear that you didn't go and have your annual OBGYN checkup for five years. That's not okay, you got to put your health first. Do your exercise, whatever that is. And if it's just a 10, or 15 minute walk, that is better than nothing. In fact, that's really amazing. If you can do that. Get proper connection with folks. connection that's gonna lift you up, get plenty of rest. Drink your water that's on my list too. I actually put a sticky note I drink water all day long. But ladies

11:17

forget. It's all connected. Get rest, drink a lot of water,

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eat healthy. I mean it lather, rinse, repeat. So let me know what you think. And you know, I'm always here to you know, if you guys have some other wonderful tips and pieces of advice, let's share it I'm happy if you guys tag me or just DM me, I'm happy to share. Because we're all in this together. And especially at this midlife phase, I'll leave you with this. Things are changing. And maybe how we felt last year is not how we felt this year because there is this hormonal wave that we're riding. So it's really it's so important now more than ever, to have that time to yourself. And also probably didn't even mention this like and this is what is really hard for me is sort of that self care. So my self care is doing everything I just talked about. The extra cherry on the sundae is going for a massage, or getting your nails done. I don't know getting an extra head massage. When you're getting your hair done. Whatever that is, I find it very hard to do those things because it is hard to get out of the whole entire school. It's full and it's sad. But at least I feel good about like getting to yoga every day. So that's the extra chair. If you can throw that in, then you're going to get a major award for really taking care of yourself. But again, we are programmed to take care of everybody else but us so let's just flip that knowing that when we put ourselves first we can take care of each other and take care of our families, take care of our friends, take care of our communities, take care of our colleagues, etc, etc,

12:56

etc.

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Alright ladies, go forth. Be happy, be healthy, and have a beautiful day.