

Ep 131 Midlife Conversation w Lizzie - Exploring Duality

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SPEAKERS

Lizzie Bermudez, Jen Marples

Jen Marples 00:00

If there's the one to 10 and the overshare, and this we're all way over here. But we want to do that to encourage conversation because we know how powerful it is how supported you felt. I've done the same thing and gone out and asked for help. We've got to share the stories because women have been doing it forever. And I think where we run into problems and we start feeling really alone, Am I going crazy? I don't know what to do. It's when we don't talk and we don't share and we don't open up Hello, and welcome to the Jen Marple Show. I'm your host Jen Marples, a champion of midlife women and cheerleader for all women dedicated to helping you embrace and rock the second and best half of life. Each week I'll bring you conversations with incredible women who will inspire us educate us and motivate us to live our very best midlife. I'll also pop on solo to share my best advice tips and tricks to help you unapologetically go for your dreams, embrace your age and become unstoppable. If you are itching for a change, ready to pivot or looking for a second act stick around as this is the show for you and know this you're not too fucking old Hello dear listeners today I am sharing another midlife conversation with you with my midlife BF FZ Bermudez we had a really deep chat about the duality of midlife and how two things can be true at once. Well, Lizzie just dropped her daughter off at college and I was having lunch and a couple events with some close friends. And we really realized there's a whole midlife soup going on. And while life can be a little bit tough, at times, we know that because it's midlife, it can also be glorious and wondrous and filled with so much opportunity. So I wanted to bring you this conversation in case you didn't see it on Instagram. And you probably didn't because life is seems to be so fleeting. So today, we're going to really get into it. It's a quick and short but impactful conversation that actually led to a lot of other conversation. So always let us know what you think. And I hope this helps you look at sort of midlife a little bit differently. Because we're all walking this path together. And like I always say the more we talk about it, the more we share our stories, the more connected we feel to each other. And the beautiful byproduct of that is we feel less alone. Enjoy this episode today. And when you're done, please run over to the show notes and click to join our Facebook group. It's called the midlife conversation. The link is in the show notes. We'll see you there. All right, enjoy. Hey everyone, welcome to the midlife conversation with Jen and Lizzie. Today we are going to be talking

about the concept of duality. in midlife, this is something that has popped up. Recently, there have been a lot of conversations about this and how two things can be true at once in midlife, and we're going to use those as an example. So she just actually took her firstborn to college. So this dualities in existence because you can be experiencing two things at once you can be heartbroken and experiencing this huge change dropping a kid off at school. And simultaneously, you can be over the moon excited for your child who's spreading their wings, and ready to take flight. And it's everything you want for your child. So it's this this concept. Two things that can be true at once said it's a really interesting conversation. So I just did a post yesterday about this just on my on my Instagram page, talking about this concept of duality. And I'll just go right into it. We are all dealing with so much. So it's I can be really happy about everything that's going on in my career and all the exciting things and doing workwise and then simultaneously I can also be really sad and upset about something going on with the parent. And so we really wanted to get into this conversation today because so much is happening all the time. It lives you're gonna love this one. Somebody who was writing back to me yesterday, and it's like everything everywhere all at once. Yeah, that's a perfect movie title for midlife everywhere all Exactly. We just have to channel the show and go and decide what kind of thing gets superpowers and midlife super powers here to get through this. So I want to

Lizzie Bermudez 04:35

go right in. Yeah, college drop off felt very surreal. And it was funny because I was getting a lot of DMS and text messages and the best way that I could describe it was that felt incredible elation and excitement and pride. And then a millisecond later I thought I was gonna throw up because I was like, No, it's gonna be happening. I really tried to remember that this is about her. It's not about me. And she's ready for this. We did our job, she's done the work. And really, you know, every time I felt myself eat, no, I'm not gonna lie, I did cry. But I just, I didn't stay there for long periods of time, I think, you know, I just felt myself sinking, I would let the tears come and then I'd say, let's have a look at center. Let's get some deep breaths, we do this. It's all gonna be good. And then I kind of regroup and then to get going. And that's how it seems to be. Now that I'm back home, everything is fine. Everything's fine. And then just like yesterday, I posted, I'm like, I'm doing great things are good. I'm just rocking and rolling. And then I'm driving, I pull over to wait for my other daughter. And a song comes on. And I'm like, you know, my daughter comes through the window, my head is down in the steering wheel, and I've just got tears pouring down. And she's like, are you okay? I'm like, I'm okay. It's just, you know, processing everything that it feels so different in a house now, with just the three of us. Yeah, navigating that Hill College drop off. I know, so many people are weeks, maybe even months into it. So I take solace in knowing that it gets a little easier. It gets better. But yeah, nothing. Like I said, like, nothing really prepares you for that feeling of driving away, or in our case flying away. I know, you said that you went away to college, you left Hawaii, left your family and got on the plane. And I remember going to college and I was like see a mom and dad didn't even think twice. And now here I am on like, Oh my God, my heart, my heart feel so different to be on the other side of things now that I'm a mom.

Jen Marples 06:58

Oh, I know. I know, you bring up so much. And the interesting thing is that I guess I didn't think about and you just said it was because mom's who think we feel things deeper. And I'd ask you kind of how your husband was dealing with it. I know most of the guys are like practical, pragmatic, work in the gym, and maybe have some beers with the guys and kind of get over it. But I know we're just tethered, we

carried those babies, I think it's just different. Even if you didn't carry the baby, I think it's just the motherly thing. But then the dynamic in house, because you forget about the either the other kids or just like what that house is gonna feel like now with one empty room. I remember, as a funny aside, I think when I left for college, like there were no tears shed, I think my sisters had their bags packed or like finally I get my own room. We all think it's gonna be this thing. And everyone's like, Oh, more space in the refrigerator, more time for them to spend with me. But I love like exploring this because this has been this theme this week at this like feeling all these things, but you can simultaneously because like you said that it's like, I can feel so sad. But also so excited for my daughter, right? Somebody had said on one of the comments on this Instagram post, so kind of like the magic is in that middle and understanding that you can have these two things floating at once you can be really kind of is that even sad?

Lizzie Bermudez 08:22

I think it's a major life transition or going on to their next phase of life. And then your whole household changes and the dynamics change. And it's a transition for all of us, you know, us letting go as, as parents as moms, so yeah, it's a big challenge.

Jen Marples 08:41

Just talking to somebody in the other bathroom, because I have all the best conversations in the morning. And her kids are older, like already working living on their own. And she's like, it's just like you're saying it's his transition, and then you do transition. And like, once they get out of school, you just have a different relationship. She's like, now I meet my daughter for lunch. And we have this, like an adult relationship. And it's she's like, and it's wonderful and you're always the parent, but it's just it's different. Right? So it's all these we're talking about routines and seasons and so it's to your point it's is this big transition just like when we have the babies how that was like a mind blowing Holy crap, how are we going to ever you know, live life and work and be part of society again with having children. And this the same thing I think when you when they go away and so and has a lot of us look at what we're doing. It's kind of all the sudden there's space and time and that's going to be a whole other new life conversation that we will deal with in the future. But I thought it was this conversation, a good jumping off point to talk about just kind of this duality of

Lizzie Bermudez 09:46

everything Pam just wrote We are constantly recalibrating the relationships. Yeah.

Jen Marples 09:53

Because her kids are grown. I know Pam, this is why we got to talk about it and we look to those who have already sent those back. He's off and they're living on their own. And then there's us who are in it. And then somebody actually asked me yesterday was he going, you know, who had kids later. And that's why it's so interesting in my life. And our age, I'm 53, there are women who have really kind of young ones. So they're pretty far away from sending these kids off. It's both ends of the spectrum. And you probably have friends to like, I have friends who the kids have been in college, they're out ones getting married. God and Heaven. There's all that exciting stuff, okay, but I'm like, somebody's getting married, but she's my age. So we can happen. I mean, it's so interesting, just having these

conversations and seeing kind of where everybody's at, but it sparks this discussion. And it's why you and I are having these discussions, because we need to talk about

Lizzie Bermudez 10:48

it is wild to me, people always say, you know, why do you share these things, because I think I've been pretty forthright and, you know, honest, and I found myself crying and being really emotional, on Instagram, often, but I do it because, for me, there's, there's something powerful when you're able to have a really honest, raw connection with another woman who's already been through it, who's already been down that road. And I promised to make some type of compilation of the words of wisdom that have been shared with me the past week or two, have been food for the soul, they've just been exactly what I need that the exact right time, somebody will send the message and you're just like, Ah, she gets it, she's been through this. And they're like, I'm gonna get through this. **And just that alone is powerful that you're, you're walking through this portion of life, with so many other women kind of virtually holding you up, you know, and saying, like, we've done this, we've been there we got, you know, and that's just the best thing to have. And**

Jen Marples 11:57

I think it's how it's always how it was, like, maybe hundreds of years ago, and now we've become more and more isolated in society, even though thankfully, we can have these conversations. But I know you talk to women, too, all the time, people still feel so alone and disconnected. And back in the day, there was that tribe, we helped each other, have the babies raised the babies take the babies out, you know, we were all integrated. And I think it's testament to just, you know, actually being open and honest. And not everybody has to go to the level that Lizzie and I are going to understand. If there's the one to 10 and the overshare. And this, we're all the way over here. But we want to do that to encourage conversation, because we know how powerful it is how supported you felt. I've done the same thing and gone out and asked for help. We've got to share these stories because women have been doing it forever. And I think where we run into problems, and we start feeling really alone, Am I going crazy? I don't know what to do. It's when we don't talk and we don't share and we don't open up. And that's why Newsflash, we're doing the midlife conversation series. And we're going to be taking it on the road. So we're just about to announce our sort of dates for our in person events. So it's going to be one of many. But we know two things, right? Lindsay women want information and want to know the things and two, I probably the number one thing is we want to be connected.

Lizzie Bermudez 13:16

We really do. It was funny, a girlfriend after probably one of our practice stations was saying when we become new moms, and you go to the OBGYN and you're doing all this wellness checks for the babies. You're getting all these you're bombarded you get these flyers about, you know, go to this new moms workgroup or learn to breastfeed here and it's at your fingertips. And then I think society seems to think that once you hit midlife, you've got figured out. And in some sense, I think that the challenges that we face in midlife become harder. But as you mentioned, we're more equipped and we have more life experience to navigate them. But I think now more than ever, is when you need that support from women and you need your girl group to really just confide in and listen to share to offer advice. Because as long as we're living and breathing, right, you're gonna get this duality that we live in where things are really frickin awesome and great and then just really frickin shitty and tough and hard.

Jen Marples 14:19

100% And the reason I have this thought about this duality of the house having lunch with some really, really like 20 year old friends last weekend, we sat around this table and in the span of everyone kind of doing a catch up it had been like six months you know, we're aging parents like cancer and thinking coming back some really tragic situations with kids scary almost over the on the brink type things, job loss, financial insecurity. So there was all these, you know, way to get in the menopause thing. Am I going crazy and then in the same span, also incredible success with some careers one of my friends sold her company and something He took up a new sport and I was feeling very good about that. And then, you know, friendship to me like it's exciting travel. So there was this in the span of a thing. We did the tough things first, and then it was like these positive things. And it's just that, that marriage of it, we all walked away going, God. Everybody was dealing with the whole if you want to call it the midlife,

Lizzie Bermudez 15:19

all of it, yeah. But yet we walked

Jen Marples 15:22

away filled with gratitude, love, I think, a little bit of a pep in our step and you feeling lucky and blessed that we had these relationships. So with like, felt good and hopeful. And I think we've got to talk about it all because it's, it's all going on. And I think the most dangerous thing we can do is not talk about it and pretend like everything's pretty, pretty perfect. Because it's not pretty perfect for anyone, right? It's not I mean, we can all slap a filter going into some lip gloss, but it's not pretty, pretty perfect here. But then there's all this, obviously wonderful opportunity. But it's really just the balance that dancing in the balance is to say,

Lizzie Bermudez 16:04

Yeah, you're dancing, you look really graceful. And then other times you're dancing, you'd look like Elaine, la twitching, and through it all.

Jen Marples 16:15

Some things are flowing like the flame, right? And I'm committed to even telling, I think everybody thinks we all I think we're wired to think that everybody has figured out but oh, God, do we not have it all figured out. I mean, the funny story about this lunch that I was at, when we were kind of talking about the hard things, there's this table next to us. And I could probably like, what in the sand hell is going on over here, because the champagne had just come and we're like crying in our champagne, who are we sitting next to Oh, shit. And then you know, turned around, laughing and you know, it's laughing and crying. I think that's the dance lamp.

Lizzie Bermudez 16:56

I'm the one who brings the Kleenex now because I realized that if you do a lunch or meet up with girlfriends that you haven't seen, in a really long time, it is inevitable, that there will be tears, there will just be tears just and there will be laughter and there will be

Jen Marples 17:15

lots of laughter and if you hang with those girls long enough, there could be some singing and karaoke. They want how it all devolved later in the night. Bye. But again, all that same thing, this balance of when we know we're all in it together, it just makes it so much better. And we agree or disagree. I feel like we can come at it steadier because we are older. I think any of these life things that we're dealing with. Now, if we were doing it in our 20s or 30s, it would be the end of the world. We probably couldn't get off the therapists couch. But now none of these things aren't really hard because you and I cried our tears. Definitely lately about many things, but having each other than having, you know, extended friends. It's so important. And you guys we always talk about friends. So this is why Luciana we wound up we're very passionate bringing us all together. So we want to do virtually, of course, always and then in person because if we know one thing we need to be together.

Lizzie Bermudez 18:15

Yeah. I mean, there's something that's so beautiful and powerful. I mean, even just my my podcast, guest house and girlfriend, Meredith who's got two sons, one son that's already graduated from college, and one that's almost done with college, to see that she survived it, she's been through this, she's in her groove now. And I'm like, oh, that's what's ahead for me, I'm gonna get to that place to have a really joy and contentment with my adult children. On the flip side, you know, my father died several years ago. And I went through that process of dealing with a sick and an impairment, and loss and grief. And there have been so many times now where I've been able to extend that connection, somebody who may be hurting or grieving, and say, you know, read this, try this, don't forget this advocate for that, because I've been down that path already through experience. I know the ins and outs and God that's why I just women need to share more and be honest and be a bit to helping other women I think and that's why I love doing this. I love sharing with you. I love that we're both passionate about sharing our own life experiences to help other women, you know, just empower them in so many ways because it's wild. The whole thing without going back to college is like what am I just in college? What's it like? I know it was 35 years ago, but I can remember it so clearly. How is it now that I apologize, kids?

Jen Marples 19:55

I know I still remember the drink specials at the go to it's like wait wasn't just Yesterday, I guess it wasn't. Let's see, it wasn't it's gonna be really interesting going into like the first football game with my son or something. Next, he goes away like, am I not?

Lizzie Bermudez 20:14

Very humble, it is very humbling. You're like, wow, I look really good for my age.

Jen Marples 20:19

They call you miss Yeah, can you anymore that chips tiny. But see, now we can laugh about it. When these girls I was talking to this morning, she's going on a road trip with her husband, the kids are out. And that's this other phase right for all of us is when all these kids are at you can road trip when you want, you can go to Italy and you can I don't know camp out in your backyard. And and there's all these other things, but it's these transitions. But we need to talk we need to talk. And the other thing is that what I was going to say made me think of something is a lot of women find that it's hard to make friends and to find your connections. Because then once the kids are younger, when you have kids, all of you out there were tied kind of the games into the school schedule, and this, that and the other. And once

that kind of goes away, you see some friendships stripped away, or maybe you've moved that I know it's hard, but I would just offer up, just open yourself up to new experiences and be the one to give the olive branch I told this to my kids, but I think it's the same for adults. Just know that everyone's a little nervous and scared. But assume that everyone is not that everyone has it all together. And somebody has a friend group in life. Certainly somebody walks in, I'm gonna gather, the more the merrier. But if you have, you know, a friend who's not like that, who's a little bit shy, just just bring her along, kind of look outside and say, you know, she might really like to come to this thing, or to the event that we're going to be hosting, she might really like to come. And just think about that. I feel like it'd be coming going on with finding amazing women. And this is it, this is what I expect that that's what you're gonna get. We keep talking about relationships and all of that so much that we know it is hard, but get yourself up and out and be intentional about going out there and finding amazing women. Because we're all amazing. And we all want to connect and be together. I know that, you know that. I mean, closely like everyone just really wants to connect and go deep.

Lizzie Bermudez 22:14

Yeah, I mean, I think at the at our age gang at the state line that every kind of like over the bullshit and the pretenses. This is what you get. This is me this is real. Yeah, I think some of my favorite people I've met just by simply reaching out on Instagram, sending a direct message. I think I have two coffee dates next week with two new women, where I love what you're what you just shared, where I can totally relate. Thanks for sharing that you're ever asked for a virtual coffee day. Let's meet up and I haven't met anybody who said now knock on wood. That said, No, I don't want to meet anybody new. But it's really easy. I think that's the beauty of social media. That's one of the positives is that it really does knock down barriers and allows us to meet people that maybe geographically we wouldn't be able to, to meet with

Jen Marples 23:07

totally. And then you can do closer to home to just like say hi to somebody at the grocery store or the yoga class. If there's something happening at a kid's school, just you got to get out of your comfort zone. It's just like baking, right? We all had to like get out of our comfort zone to date. And some of us are still dating, Lord have mercy. Other thing, I'm going to have our relationship expert come on my podcast because that's a thing that people need help with. Like I haven't been turned down yet either. And if someone doesn't want to do it's like, doesn't matter doesn't matter. So just go. Ping me or Lizzie if you want to talk about anything. I've always have to talk to people and I love it was the night of an addict card and this midlife space for a couple years now. And we've met the most incredible women. And a lot we haven't ever met in person. Some it's just been virtual when when we did have the time to meet people in person, it was like best friends forever. It was like you're, but you can get really deep with people. If you're open to it. You can go real deep, really fast. I don't think we have time for the fluff. And I'm not saying it's not nice to talk about a handbag for five minutes, but we just kind of get into it. Because there's a lot going on. And there's a lot there's a lot of fun to be had. And I just I've laughing with you because I'm thinking of when I met your good friend when we were in LA for Ben's calling. Yeah, Colleen and are with Callie and she's amazing. And we kinda have a fancy dinner and then we go to the dive bar. Your girl here got to play DJ on my phone. Everyone in the bars like changing song that would be me. And so we had the real bronze sitting at the corner of the dive bar screaming we have the young kids in the back singing now John to like yeah,

Lizzie Bermudez 24:48

pretty long. Yeah, at one point. Yeah. This is what life is all about.

Jen Marples 24:53

It's literally shoot me now. This is what life's all about. It's just going out getting out of your comfort zone saying yes to the extreme. Hearing and saying yes to new people? And of course not. Don't be afraid to make an Ask slide here. So we're gonna girl for that. So hit us up. That hasn't changed with age that hasn't changed. Change. So yeah, don't be surprised if there's karaoke and feature events or something crazy. And I

Lizzie Bermudez 25:16

can't sing. But I'd like to think that I can. Oh, no, I

Jen Marples 25:20

can't see my high school graduation. I was in the very back row. Also, they ran to your voice. But it's not something stopping me from singing journey. And that's all I have to say about that. Well, what do you think? Are we going to wrap it up? Did we cover today?

Lizzie Bermudez 25:38

I think that's about it. I mean, I love that we're on here. Because everything is, you know, when you feel like you're doing something and you're headed in the right direction. Everybody's just like, you know, we need to have more conversations about this. We need to be having conversations about that. That's what we're doing, you know, having visions and, and talking and sharing,

Jen Marples 25:58

and seeing where it all goes and bringing people together. And so on that note, make sure you're following us at Jay Marples, and it was ybe. TV because we are going to be coming out with an event IRL soon in Northern California. We'll probably be doing something online that's a little bit more structured so everyone can be involved. So just follow along. Hang out with us. DM us. We're here for it all. We're here for all of you guys. Gals, man. Karaoke and making fun of themselves. Well, thanks, everybody for watching today. And Lizzie I love and adore you and you got this.

Lizzie Bermudez 26:34

Thanks, Mama. I'll be holding you up next year.

Jen Marples 26:39

Yes, yes, you will. Alright, everyone, have a good weekend. Hey, thanks for joining