

**Aditi Juneja:** Hello everyone and thank you for tuning into today's episode of Self Care Sundays we're here with Jerico, editorial director at GirlBoss, host of the Self Service Podcast, tarot reader and student of astrology. Before we get started with Jerico I wanted to ask for your help supporting the podcast via Patreon. Patreon allows supporters of the show to donate a monthly amount to help with our costs including monthly maintenance fee and to pay our audio engineer. We'd also like to raise enough money to hire a transcription service to make our episodes more accessible to everyone. If you'd like to help us out, please check out [patreon.com/selfcaresundayspodcast](https://patreon.com/selfcaresundayspodcast). That's P-A-T-R-E-O-N.Com/selfcaresundayspodcast.

Thank you in advance, it's the generosity of our listeners that helps this information be accessible to so many people in the first place. Let's get started. How are you, Jerico?

**Jerico Mandybur:** Hi! I'm really good, thank you. How are you?

**AJ:** I'm good! So I'm wondering um as we, just as we kind of get started if could um maybe talk us through a typical day in your life and kind of help us think through where self care plays a role for you.

**JM:** Sure um, admittedly I wish selfcare played a bigger role in my life. It's really ironic that I have a self care podcast as well so I have so much work to do in the space. But right now it kind of looks like waking up, stretching, I have to like stretch my neck and um shoulders a lot because I have chronic migraines and stretching like six times a day is really helpful um so it's also just really arduous i have to do it for like 10 minutes first thing in the morning, but I do a lot of stretching. I also have a smoothie that my girlfriend usually makes me every morning which is ya know, I'm so lucky. Um I try and have something to eat. I wish I could like eat more breakfast before going to work everyday but I kind of just like have some yogurt or something and then i go to work and from there it gets really hectic and um I try and eat like I wanna eat, I wanna eat like five or six meals a day cuz again going back to migraines that likes really really important for me and like I have like a huge water bottle at my desk that everyone makes fun of me for because its like so large. So i'm drinking a lot of water and eating a lot of snacks and then I'm kind of just taking breaks when I need to like go to the bathroom and stretch into these like weird positions without anyone seeing me. Um so those are the main things. I also like throughout the day need to like take breaks and like rest my eyes and things like that just to be able to get out of my seat and move is really helpful as well so Ill kind of just do a quick like loop around the block we're lucky enough to have a little bit of greenery outside so I'll just sit outside and look at a tree or something um. I also try and just like take 10-20 mintues a day to just fcuk around, for a lack of a better word.

Everyday I'll go on YouTube and watch a astrology video, uh cuz one of my favorite astrologists is on youtube. Her name is Debra Silverman and she does a full cast every 2 days and I also have my favorite like tarot reading youtube channels, so there's a lot of stuff that I want to catch up on and that kind of just feels like a nice indulgent thing to do and a way to kind of get outside of my own mind a little bit when I'm thinking about like how i'm approaching my day um with some like external kind of advice. So that's really nice. And then I'll kind of just like go home and night time for me is the biggest self care time. So I have a bath like every night no matter how hot it is in LA I have a bath because for me like that's really the times where I get to be mindful as mindful as I can be in a normal day so I try and like meditate or try and do a bit of visualization while I'm in the bath and just like be alone and try and have like candle on um I also try and do a little bit of cooking, like a bit of tarot, I'm writing a book right now also I'm not sticking to this very well um but the bathtime things is really important and having like night time tea just to unwind cuz its almost like at the end of the day im able to process the entire day and it not necessarily always in a positive way, I can find that like the build up throughout the day leads to like feeling like a lot of nervous energy at night and I want to be able to like switch off my brain um and like ya know make sure that my jaw is like, I have a lot of like jaw tension and so I'm trying to like loosen every part of my body up as I can before going to bed, basically. And then I love sleep, that's like my favorite thing to do so I like wanna get a minimum of 8 hours everyday if I can, um. Yeah so that's kind of it in a nutshell. I really want to try and take care of my basic needs and make sure I'm kind of feeling inspired on like a spiritual level with a little bit of like woo woo stuff in there as well.

**AJ:** So it sounds like there's like this mix of like as you said the physical part of it where you're kind of being mindful about how your body's feeling um you said the spiritual part of it and then um kind of also interestingly um just making sure you're taking time to take a break and um do something fun and that's not scheduled and um kind of built in to your day and so um I don't know a ton about astrology and I don't know if we've ever actually has anybody on the podcast discussing astrology before so uh, yeah so astrology's definitely become a huge trend, you see a lot of people talking about it on social media and I was wondering if you could kind of talk about just really about the basics of what astrology is, what tarot is and also just the roles, the role that it plays in your life and ya know, kind of helping us think through what that is and if you have an opinion on why it's become so popular.

**JM:** Both of those things like for me, what they have in common is like, they're just archetypes ya know they're systems of knowledge whether you kind of like wholeheartedly believe in them or in how you believe in them I think that just ya know a

mirror for like personal development and a lot of like different lineages like all over the world they have these like i'm kind of like archetypes and mythologies and ways of kind of like explaining um the human condition I guess so I really say it like they are tools or like props to really kind of like dive a little bit deeper into your own like ego, your like history and the issues your dealing with and kind of like finding inspiration as to how to kind of navigate those things. So for me it's just like a very um easy language through which to work on myself so I think that even like aside from all the woo woo um belief associated with it, I think it's like a really good tool that anyone could kind of see through that lense and ya know a lot of like young psychologist love it for that reason.

**AJ:** Sorry just to ask a clarifying question. So in that way do you think it's like less about whether or not you actually believe in what you're being told through astrology and more as a way to kind of give you some distance and kind of help you observe and evaluate yourself?

**JM:** Yeah. I think it's definitely the latter above all else and the former is really kind of like a bonus depending on ya what you're going, you're working with in terms of like your spirituality or your faith or your basic humanistic kind of principles that motivate you to to feel connected with like every other human being on the planet, ya know? So yeah I definitely think that it's something that's applicable to everybody in that way and I think I mean the trend part of it is is tricky (laughs) we're like living in a time where a lot of people feel disempowered and they wanna like find a source of like yeah inspiration or herb or something kind of to delve into and keep them going or something to believe in that doesn't really require like subscribing to an institution or dogmatic or like power based system of belief ya know. Um and i feel like tarot, astrology like all these things they're historically kind of belittled i guess and seen as like a bit as silly or whatever because they fall outside of that system ya know. They're not like this like what patriarchal creations, they're they're based on like midwifery and um like old systems of knowledge that came before all that stuff so I think that for whatever personal reason people uh kind of try and reclaim that and see that as like a potential like way for them to, I don't know for fear of filling their life that maybe like you know religion would have filled for how parents and grandparents and that kind of thing.

**AJ:** Yeah, uh I think that makes sense. I also think, and i'm curious if you, if it's your kind of perspective that because people are because people are increasingly kind of moving away from traditional religion as well that it becomes a place to like have shared language and shared community and it just feels like maybe there's a guiding force without, as you're saying, all the baggage attached to it.

**JM:** Yeah I really do. And I don't think it like its takes away the beauty of it to say that at least in my experience I think that these kinds of practices and beliefs attract people that need that strength, ya know, they need something to like look to and lean on and have have an experience where they can like articulate their trauma or their experience in a way that makes sense to them and gives them that same feeling ya know its belonging, community and just kind of I guess connectedness with everybody around them.

**AJ:** Yeah totally. And there is something kind of, I guess for all of us, nice about thinking that like maybe there's some mysterious force in the world that's guiding us. And whether you call that like God or like your sign or like whatever it is. It is I think inherently comforting to think there's something larger at work.

**JM:** Very comforting. And when your like in a really dark place I think that's the thing that can make a huge difference to how you like process that and I think like almost ya know with alcoholics anonymous they have the very strong like spiritual focus throughout the whole program and I think it's because they kind of see that. It's something about that, like the kind of redemptive power of um spirituality for lack of a better word that really drives people to to live in a way that I don't know that maybe they just need at that time.

**AJ:** Yeah. Yeah that totally makes sense. I'm wondering how you found your way to astrology and kind of the broader habits that you described generally.

**JM:** Yeah, good question. I mean it was kind of around and I was just super into it. Like I remember they're being and old set of tarot cards at like my dads girlfriends house at one point and I would like play with her and think that they were so cool. But I was just one of those kind that was ike obsessed with like magic and fairies and that stuff so I used like, and I grew up in the, when I was like a pre-teen it was like the 90s and so it was like the cool craft and all that stuff so it was like the kind of new age trendy first wave so I was like catching that wave and I was at the library like looking at books that were almost targeted to young women about witchcraft and stuff like that so I just kind of like was always interested in it but I wasn't obviously, I obviously wasn't as open about it as I am now because I have like this podcast as a platform to talk about it and I just give less shits but yeah there was definitely like a period for like the latter half of my twenties where I was like, "I'm a professional and like I don't talk about that stuff."

**AJ:** (laughs)

**JM:** Yeah it was like I had to step out of like the broom closet so to speak and be like

yeah actually I'm just obsessed with magic and whatever.

**AJ:** That's so awesome, that's like such an interesting perception that there's, I don't know if there's, I don't know if shame is the right word but cuz that that kind of describes something internal but here certainly judgement, it sounds like associated with it and I wonder how you see that and maybe some of the other kind of self care habits that you have kind of being related to your identity um I'm wondering if you feel like some of that external judgement or concern about eternal judgement is is gendered in some way or racialized or kind of any of those isms.

**JM:** Yeah, I mean I think it's. I really think that it is all of them in one way or another ya know because the way that I kind of feel about some of the stuff that I ya know believe and practice now and like how witchy it is, it's almost like what I'm scared of is the same reactions that I would have to talking to kids in like ya know middle school about how ya know my mom is Egyptian and she has all these superstitions and I would wear like evil eyes and people would be like, "what is that? You are crazy!" Ya know? And then yeah in like terms of my identity in other ways like aside from being like um like Egyptian and having a very like superstitious family that obviously it's quite religious but also has a lot of these, for lack of a better word, like lifestyle like traditions is like the gender and sexuality aspect of it because for me like I really thrive believing in like a power greater than myself but I didn't feel like I had a place in the, in like the institutions or in the environments that I grew up in so ya know like I'm not Catholic but I went to a Catholic school and I saw all this stuff and I felt like my kind of private interest in magical witchy things was like this this real safe space where women were powerful and there wasn't any kind of like shame or judgement or rules or ya know interloping forces that would come and like take that power away like it was just kind of like the place that I felt most at home and I still kind of think, I mean yeah like the whole king philosophy of obviously there's like so many different kinds of of like people that practice magic and like esoteric arts and witchcraft and all of that stuff but it's the most welcoming that I've ever encountered in real life or online when it comes to people's gender and sexuality and like cultural backgrounds because it's something that's kind of like universal and you manifest in different ways but ya know like you have like in LA like I've made friends with *brujas* and there like ya know practicing witchcraft in their tradition. It really feels just kind of like a community made up of outcasts. Ya know self identified outcasts in a lot of ways.

**AJ:** Yeah and it's also interesting because you mentioned that the origins of a lot of these practices are rooted um, I forget exactly how you refer to it but like, in kind of traditional cultural practices where it's like this idea of you mentioned both midwives but

you also just like this idea of ancient knowledges or cultures and I feel like there's, you know, we see this as people talk about indigenous cultures that it's like, you know, there were these practices that were-- worked for people and kind of felt like provided them comfort and I think you have to refer to it as like ancient knowledge and that it was like, *folks needed to be civilized* quote unquote. \*laughs\* Right?

**JM:** Yeah!

**AJ:** And that's um, that's like a very racialized uh, colonial kind of framing of it and it seems like that kind of intersects with it as well.

**JM:** Yeah, it really does! This, you know, nowhere on the planet I think that project of ridding cultures of their like knowledge systems and beliefs wasn't like very systematic and intentional um, in a really large part, for a long time I think a lot of people really thought effective um but it survives. It's surviving, people are reclaiming it, and I think like our generation's in the place to do that in like the way that nobody's really been able to do that before. So, it makes sense to me that like people are relooking at these practices and reclaiming their identity in these ways. And of course, now you know, you have the threat or cultural appropriation and assimilation of these practices in ways that aren't necessarily like healthy for their survival which is like a new kind of threat that we're dealing with. But I think that yeah, it's very true. I think that that kind of like colonization of this stuff is in a way like still happening in the way that it's kind of um in a mainstream kind of conversation setting. I guess still, still kind of like de-legitimized.

**AJ:** Yeah. Yeah. And it's also like, de-legitimized by whom and like from whom right? Like it's like I'm sure that the people who listen to your podcast think it's very legitimate, right? That's why they listen to it.

**JM:** Yeah, yeah. Even-- it's funny because you know like the whole trend of astrology and all of these things that and like um there's a lot of stories about like witches doing like binding spells against Trump and everything when he came into power and the way that think pieces and like coverage um was kind of like-- the tone of this coverage for a large part was like look at this kooky, wacky bunch of silly people that like think that this is worth their time, you know what I mean? It's like ohh like, Gen X, they're crazy! It was like quite dismissive so I think like out in the world it's still really um, yeah that's still like an ever present thing.

**AJ:** Yeah and what's interesting to me about that is that like -- so this is not an area where I'm particularly knowledgeable or astute -- but I just like don't get why you know

like people go to protests and people call their members of Congress right and like one could question fairly the efficacy of any of those practices. One could question the theory of change behind calling like a super right, republican senator and like is that more effective whereas like trying to like, you know, cast a spell more effective? Like I don't know. They seem really unlikely to listen to anything I would have to say.

**JM:** Mhhmm. Yeah.

**AJ:** \*laughing\*

**JM:** That's interesting 'cause it's the act of casting the spell that's probably just one of them few things that could happen from doing that, you know? The--the kind of like gathering is probably the more important thing like it's a form of protest to publicly cast a spell so I think like, the statement that's being sent is probably just as effective as the spell itself. \*laughing\* Like not to be like a party pooper on like the actual, you know, like impact of those spells but it's like the spell but also it's just like being engaged enough to be thinking of protesting that way and stepping like a little bit like outside of the box and thinking, "oh this is something that I can do that, you know, along with like very practical like tried and tested steps like calling somebody up on the phone." Um, it can't *hurt*, you know? And that's the biggest thing for me is like, it can't hurt like why not at least just like let people do what they want to do?

**AJ:** Yeah, totally! And I'm curious um you had mentioned earlier about like how you felt you had to like hide this piece of yourself for a period of time and I'm wondering if you feel like it's identities or this disbelief system that creates challenges for you as a woman in media.

**JM:** Yeah well I think a lot of it was just my own kind of, my own like fear around just like speaking my truth, you know? Because of how I thought that it would go um and not really stepping back and realizing that in the scheme of things, you know, this is really like quite fine and like who cares?

**AJ:** \*laughing\* Yeah!

**JM:** If people are little bit like *oh, whatever* and especially now that it's like trendy and everything like it just so happens to be like a very opportune time and like a very like safe environment to do that in, in the situation that I'm in now with work so it would be really weird not to. I feel like there's people out there who have a lot of like very legitimate reasons to not speak about any kind of like new age or kind of like witchy

beliefs of practices that they have so, you know, for me, it was just like my kind of hesitation was like, "Oh yeah like I'm supposed to be a journalist like I'm an editorial director like I'm supposed to be this like beacon of objectivity and I shouldn't be talking about this stuff anyway." Like I think it's so trivial or something but yeah I really just think that like that was my own self-doubt and probably a little bit of my experience up until this point in feeling like an outsider in all these other ways, you know, because of my sexuality and culture and just being a woman in media in general. So maybe that kind of compounded like hesitancy but in the end I was just like, "Get over yourself. It's not a big deal."

**AJ:** Do you think kind of like having to be silent about the ways we take care of ourselves or things that are important to us like in the workplace like how do you think that impacts how we do our work? Like I'm sure, I'm asking because I recently changed jobs and like being able to show up as your whole self actually makes a really big difference.

**JM:** Yeah! I think so too. Feeling like you're really seen and heard and appreciated as like your complete and whole self is a really big motivator like for me and not having that can be really just a bummer and like super unfulfilling. I think we have like so much pressure on us to be productive, you know, and have productivity feel like that's our yardstick-- you know, that's our yardstick of how we measure ourself and our worth and that's really unfortunate because like, I think the opposite is true. Like feeling that you're worthy like before anything else, like *aside* from what you're doing, means that like the work that you're doing is going to be like naturally like stronger and infused with a lot more self-belief and on a personal level, I feel much more motivated to like do a good job because I know that I'm valued and I have a responsibility to do my best and not just being-- feeling like you're on a conveyor belt of just like working your butt off and not really being able to get off because like, godforbid like something to happen to you and instead of your boss saying like you need to rest and look after yourself, they say like, "Ugh, well that's annoying. Let me know when you're back online" kind of thing.  
\*laughing\* So--

**AJ:** Yeah, no. Totally.

**JM:** Yeah it's like really really crucial and I think that like as we, as young people, we have like more and more kind of um like words and language and the ability to talk about these things in a work setting. I think the world of work really needs to catch up because our bosses don't have self-care literacy and no matter what we're dealing with, you know, physically, mentally, in our lives like we need to be able to speak to our



bosses and know that they'll understand and listen. \*laughs\* And even if they don't understand they'll do something about it. So I think we're in a really interesting time with that stuff 'cause I feel like some places really get it and are like really responsive and adaptive and I feel like other places don't and being from Australia, the work culture there is very different. It's just a little bit more um, there's a little bit more value placed on rest we have like four days-- sorry, four weeks a year that are like compulsory vacation time and they think just like little things like that are-- that was a big culture shock for me coming to America because I was like, "Oh! Nobody takes vacations ever. Great."

**AJ:** Why do you think that is? Why do you think the United States is so different compared to like other Western, industrialized nations in that way?

**JM:** Yeah! I'm honestly not sure. I think it's just the, I think it's like the Protestant work-ethic like combined with um like a genuine need for work and money, you know like um, there's not universal healthcare like there's not the kind of same welfare systems that are set up in other places so it's almost like a chicken or the egg thing but I just feel like there's like this kind of need to like keep going and keep working and then on top of that is like as long as you work harder and faster and better like you can be anything and there's no limit to like what you can do. Whereas I think in somewhere like Australia, and obviously it's a huge generalization, but there's a bit more of a focus on um like the welfare of the individual and it's slightly more anti-authoritarian so like the union culture there is really strong so if people didn't get that time they'd be really upset about it. \*laughs\*

**AJ:** Yeah I think that that kind of idea about the double-edged "swordness" of the American Dream is really interesting.

**JM:** Mmm. Yeah it's really interesting. I've never been to the states before I moved here I just kind of like got on a plane and was like, "I hope I like it!" Um, so \*laughing\* seeing the way that people work here, it feels very very different and it's true that like the opportunities are there but like, statistically like how there are they? Like I don't know. I feel like people are really hustling themselves like into the ground, um, on this dream and like I don't necessarily know if that's like a sustainable way to kind of like live your life.

**AJ:** Yeah, or if it's like an optimal way to live your life! Right, like it's like yes all of us might get like somewhere that we want to be but you can always do more and do better like at what point do you just say like, "I would really like just to sit on the beach."

**JM:** \*laughing\* Yeah! Yeah, exactly. That's really interesting, I was talking to my friend the other day about like the idea of like me being ambitious like we were told as um like millennial women that like, we can be anything! We can be as ambitious as we want! And like that's great but what if I-- what if I *just* want to sit on the beach? Like what if I want to finish work every day at five and go home and like feed my cat, you know?

**AJ:** Yeah and that's a different kind of ambition but I don't think it's any less valuable.

**JM:** No! Yeah, it is ambitious in its own way because, you know, having that kind of time is it's own luxury really. How many of us can do that?

**AJ:** I know so many people, I feel like, from law school and it's like they're making so much money but like you have no time to spend it! So what is even the point?

**JM:** Mhmm. Yeah. Yeah. Yeah, it's really interesting and I feel like I change my mind on that a little bit here and there, like even still. Like when I was younger I was just going really really hard and now I'm kind of trying to find the balance more but then there's days where I'm like oh no this is fine and then there's days where I'm really just like "What is the point?" And I think that's fine like there's really no like static way that people should approach this stuff because it's so just dependent on what else is going on with you.

**AJ:** Yeah.

**JM:** And so like just letting it feel like it's something flexible and just like not a big deal and not having-- not placing any kind of like worth on it either way, I think, is the key.

**AJ:** Yeah, totally. Um so as a final question. What is a self-care habit that you're working on developing?

**JM:** Ooo um, god, a lot. I think I have like, it's like a New Year's resolution list like you have all these things and then you like beat yourself up for not doing them which is like so bad. Um I really love yoga but I don't do it a lot because, you know, I am so just like sensitive to all kinds of stuff. \*laughing\* Like I'll go to a yoga studio and the music will give me a migraine, like the smell. Um so I'm still trying to find like the perfect yoga studio that feels really inclusive and like lovely and not too strenuous. Um L.A. is like full of those yoga studios that are like-- it's incredibly hot and fast and there's like hip hop playing and that's like amazing but I'm so looking to relax. So...

**AJ:** Yeah. I like exclusively do rejuvenating yoga.

**JM:** Yeah!

**AJ:** Like I exclusively do like restful yoga, restorative yoga. \*laughs\*

**JM:** Yes! Same! Yeah, it's either restorative or nothing. I really want to do more yoga. I think that's um-- like I've seen the benefits of that. It's just a matter of like *time* really, is the biggest thing so it's a lesson of like boundaries for me to be able to be like "No! It's yoga day for me today," and like stick to that. Um 'cause that's one of the things like yoga and tai chi are the two things that I found that I like really really enjoy.

**AJ:** Yup.

**JM:** And so that's my goal.

**AJ:** I think that's a great goal. So thank you so much for sharing. Um, as we close out, I would like to thank our listeners for listening to another episode of Self Care Sundays. And before we wrap up, I want to offer a special shout-out to our patrons on Patreon. Their generosity makes our show possible and are a huge reason why you're hearing this episode today.

We are especially grateful for the support of our super contributors:

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Jerico, thank you again so much joining us on Self Care Sundays! It was so fun having you hear. Where can the audience find you on social media?

**JM:** Thank you so much! It was such a pleasure. I love talking to you Aditi. Um I'm on instagram @JericoMandybur I think it's Jerico.Mandybur actually, and I'm on Twitter @Jerico\_M.

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

On behalf of our producer Jess Talwar, our communications interns Kennedy Freeman and Sophie Gomez, our audio engineer Cato Zane, and myself thank you for listening. On our next episode where we talk to Chicago-based artist and activist, Maxwell Emcays. You won't want to miss it.