

David

Constance, Heidi. So awesome to see you.

Where does this podcast find you today?

Heidi & Constance

It finds us in bed together. Together at Constance's house in Los Angeles.

David

Okay. Do you often spend time in bed together at Constance's house?

Heidi & Constance

I mean, not together, but I often spend time in a bed at Constance's house because I live in Los Sego and we recorded our podcast in Los Angeles. And so I sleep with her. Let me do that. Yeah. And girls, sleepovers are highly underrated. When you get over 50, we need to be having more of them.

David

What's the attire.

Heidi & Constance

For a sleepover? Yeah, I.

David

Need like, a better sorry picture of this. Like, I know what you know. If you were, like, teenage girl sleepover. There's, like, the whole PJ thing that goes on. So for over 50, same same deal.

Heidi & Constance

It's matching. We actually have matching pajamas. We do face masks. There might be edibles. I was going to say there might be some actual things involved that we didn't do when we were teenagers, but it's really the same thing. We watch bad TV shows. We have matching pajamas and and matching face masks.

David

Hey, do I take to my comment you did not do illegal drugs as a teenager.

Heidi & Constance

A teenager, or, you know, drugs as a teenager. But I got sober at 40 and then I reinstituted drugs 17 years later when I started smoking pot. And then I did some ayahuasca and some mushrooms and a whole bunch of other shit. But for the most part, I'm sober. Yeah, she's like sideways sober.

David

I say, you're going to have to send me the glossary on the definition of so liquor sober. Okay, Katie, you do you whatever works for you. Thank you. Awesome.

Heidi & Constance

I'm not sober at anything. I do it all. I'll just try everything once, and then if I don't like it, I'll never do it again.

David

I love where this is going. Constance. What works for you?

Heidi & Constance

Well, I would definitely say for me later in life. I am really proud. Anything with THC or CBD or CBN or CBG give me all the veggies do. I'll take them at the same time. But I found that that's been very helpful for me later in life because I use it more to calm my brain and help me sleep, versus as a party drug before I do like drinking, I don't do as much anymore because over 50, it's just it's not pretty and it doesn't do what it used to do when I was younger, which kind of was like, put a filter on everything.

Heidi & Constance

Now I like to see everything as it is and basically what's coming at me at all times. And so I think that weed in particular has been incredibly helpful for the calming of the mind and letting me sleep. That's what I love it for and use it for. And then there's, you know, sometimes a little mushroom chocolate little pill.

Heidi & Constance

Sivan medicinal mushrooms are, I feel like a godsend.

David

Amazing. I so my question to you guys, are you guys single.

Heidi & Constance

Consciousness is married. I'm with a child and I am single, never married, so I'm happier.

David

Yeah, I was going to say one more free time.

Heidi & Constance

Yeah, well, I don't know about the free time, but I know. Yeah, yeah. I have a lot of jobs I do way you are giving us our favorite reaction ever, which is just like, who are these women?

David

How did you guys. Me, I.

Heidi & Constance

Am a writer, and I had written a pitch for a TV show that Constance was interested in starring in, and so we had a zoom meeting and realized that we were the same person and that it didn't matter if we were going to make a TV show or not together. We were going to be friends forever. And that's what happened.

Heidi & Constance

And we had to meet over zoom because it was Covid. Yes. So we actually talked over zoom and on the phone for a big chunk of time before ever meeting in person. And then the first time we met in person, we had to meet outside and we didn't last long. Yeah. And had to be, like far away from each other because I was on a show and I wasn't allowed to be around people.

Heidi & Constance

And I said, wait, I have to go meet Heidi in person. Like it's possible. And that was five years ago.

David

So you guys have this fantastic rapport, which I just love. And I'm sort of wondering, like, is this a function of your age? Or do you think, like if you guys were like 22, would you have the same thing going, oh no.

Heidi & Constance

I think that we both discovered that there's a different level of female friendship needed after you hit 50. And I think, I mean, I'm 65, she's 55. But I think that's what we are for each other. Like something happens after you turn 50 and you just, you know, as people say, you have less to give, but you also have less patience for people that don't fit in your life the way that they should in a supporting loving.

Heidi & Constance

Oh, I'm going through that too kind of way and not in a competitive way that women have been set up earlier in life to be. And so what? We're the same person. So that helps. But we definitely it's definitely a 50 over 50 relationship that we have. I think that the friendships that you form after 50 are all about the quality of time together, not the quantity.

Heidi & Constance

Whereas when you're younger, it's all about quantity. And I don't think there's as much depth that is shared during that time. They become very, very fast and very solid because also and we talk about this too, like we're not afraid to admit that we've got less time in front of us than we had behind us. So we don't have the time to waste for any kind of like, frivolous nonsense or conversations that aren't fulfilling and helping us move forward.

Heidi & Constance

So that we can help others, you know, that are coming behind us. So and also, women have a lot to say after they turn 30. And it's usually when people are listening to us the least. And so up until recently, nobody was talking about how much your life changes when you get 50, when you get menopause, when you get midlife, and nobody was talking about it.

Heidi & Constance

So women were talking to each other about it. So I think that's what we do now. And I mean, Constance, when she turned 50, was like, why didn't anybody tell me about what was going to happen to me? Why is nobody talking about it? And so she started talking about it and she started a whole midlife collective, and she started a whole midlife monologues play that she's going to be doing.

Heidi & Constance

And she was like, we need to do a podcast, which is called Talk to Me. And and that's what our friendship is, is like just including as many women over 50 as possible to talk about this shit endlessly so that it changes, because things have changed dramatically from when I turned 50, 15 years ago, I didn't even know I was in menopause.

Heidi & Constance

It's nobody talked about it. See why or keep her around. She's like my Mike. She's like my best agent ever since.

David

We started agents about 12 years ago or something. And that year. So the fashion brand Celine featured Joan Didion, who I think the time was like 80, and it was just like, oh my God, like, look at that. And we'd still be so noteworthy today. But it wouldn't really be earth shattering, right? Would be like, oh, okay, that's cool.

Heidi & Constance

Rachel Yeah, I mean, that's where we have to start. Is we have to the people that have a very loud voice in the space, whether it's men or women, we have to use it to change the narrative, because I believe this generation, specifically generation X, we're a different form of safety and we have to shout it from the rooftops, because we are the generation that the next generations and the next generations are going to be looking to you to be excited about turning 50, not fearing it like we've all been told all our lives.

Heidi & Constance

And I feel like I got robbed of my five years into my 50s. Where had I been given this space to be proud to say I'm here and what I've done and I've accomplished and all of the wrinkles on my face are there because of the life I've lived. And and I just feel like as an actor, we are put up on display as judgments all the time.

Heidi & Constance

And so forget about it. When we get older and the age in front of you, it's like, how dare you do that? And we have to do that in order to make it the norm and not make it abnormal. You know, like God bless Pam Anderson. But like, it's as if she she is basically recreated the way a woman should be looked at without makeup.

Heidi & Constance

And it's like it shouldn't be like earth shattering. It's like, oh. There's just a lot of shame attached to women aging. And we like to say that we want to change the way the world looks at women over 50. And we want to change the way women over 50 look at themselves.

David

Okay, well, let's go into a thorny topic then. Let's talk about beauty.

Heidi & Constance
Which is yeah, yeah.

David
Okay. Okay. All right. We've level set there. Heidi and Constance are beautiful.

Heidi & Constance
We are from the inside out now that's the difference.

David
Let's talk about the outside, because that's what Constance brought up. Right? This is especially difficult for people in Constance profession or musicians or people, you know.

Heidi & Constance
Or women in general, period.

David
It's heightened for a certain segment, right? Because you are looked at and you are judged by that.

Heidi & Constance
We are picked apart.

David
Yeah, yeah. As we think about Pam Anderson. So break up.

Heidi & Constance
Which I mean, she is not wearing makeup apparently. It's very great. So I think she's amazing. But yeah, I couldn't be brave not to wear makeup.

David

No. Go Pam, when you look out there in the world, because the beauty thing after 50 is super complicated and tree, there's a lot of people who wish to look younger than they are. Yes. And and that's perfectly valid. Okay, fine. What are you guys thought about? Appearance?

Heidi & Constance

How much time do you have? Yeah, I here's my thought. I believe in aging. And naturally, because I believe that all the messaging that you get is the reason why you want the Botox, and you want the plastic surgery, and you want the facelift because you've been told since you were in the womb that aging is ugly and that wrinkles are ugly, and that it is impossible to separate that from how you feel, you don't even know how you feel because you've never been told that aging is beautiful.

Heidi & Constance

And so yes, go do whatever you want, but take a little bit deeper look into why you're doing it. Because people say, oh, I just want to look better. Well, better is younger according to why people do plastic surgery. And I just think that's a really shitty fucking message. I think that if we could figure out how to tell people that wrinkles are beautiful, that aging is beautiful, that beauty comes from the inside out.

Heidi & Constance

Literally. I don't think I've ever looked better. And I think it's because I fix my insides, not my outsides. And so for me, that's the problem is I don't think people really understand why they're doing what they're doing.

David

Constance, you're in a career where you get judged on your face. What's your take on this?

Heidi & Constance

It's incredibly difficult to feel that how you look on the outside determines whether or not you will work in the business that you have worked really hard to train yourself at a craft, and the idea that a lot of actors are told to not put their real age on their IMDb to lie about their age. Don't tell someone you're 50, you don't look 50.

Heidi & Constance

And so we are also being programed to to leave and after 50 facts and it's because again it's the narrative. Right. And I hate it. I mean, I would love to go live in Europe and just live my life and not think about that part of it. But I love what I do. I love being an actor. I love portraying characters and what is happening now is there are less women that are not doing things to their

face that can perform characters from past historical stories, because you can't have anything done to your face.

Heidi & Constance

If you're going to portray somebody you know almost before them. I don't know, 50s maybe. And so I was like, all right, well, so where's the group of women that age? Naturally, so that we can keep up that history, right? Of aging naturally and beautifully. It's super stressful. It gives me a lot of anxiety. I'll be honest, I, I struggle with it a lot because I see myself on camera.

Heidi & Constance

I see myself on a giant screen. All I'm not even looking at my acting, which is embarrassing. That's what. That's what should matter the most. So there was an actress who said that character actors are the only actors who are allowed to age, and I just found that kind of heartbreaking. Like, why are we all not allowed to age?

Heidi & Constance

It's hard. You work shouldn't be determined by how you go. Yeah. I don't know who made up the beauty standards and what's beautiful or not, but I think it was an old guy who was wearing some slave teeth in his mouth and had a powdered wig on, and she probably stopped listening to that message, which.

David

I think is really complicated.

Heidi & Constance

It's complicated because we can't separate the messaging from who we are because it's been there since birth. It's like it's like the term anti-aging. What kind of fucked up message is that? You're against aging, so we should die or use your brain. Okay, well, that's a good choice. I mean, it's a \$65 billion industry that uses the word anti aging.

Heidi & Constance

It's awful. And this has been the messaging you know, beauty products back in the day were commercials made to pit old women against young women. This messaging is so deep you can no longer separate how you feel about how you look. What was the movie with Emma Stone? Where she was created, you know, and and had no messaging from childhood and didn't know you could just go around and fuck whoever you wanted or show up naked or, you know, if we were born without the messaging that is baked into us, we would probably act differently or feel differently about ourselves.

Heidi & Constance

And it's our ego. It's our ego.

David

I think nowadays what we're seeing is this, this interlocking of wellness and youthful appearance. So there's a there's this sort of like linkage going on where people who appear younger than their obvious age are perceived as being more well and healthy than otherwise.

Heidi & Constance

Yes.

David

Which is sort of like a new sort of layer to this thing.

Heidi & Constance

Know, shitty level of messaging. Yeah. It's just again, say we are a youth driven country, we are youth driven society and younger is better, younger is better. I was not better when I was younger. I was a raging, alcoholic, insecure, wounded, sick who had no idea that her childhood was holding all of these things that I needed to unlock and let go on.

Heidi & Constance

So I don't look at things that way. But yeah, that's again, this is another layer of messaging that we need to change.

David

I think I read that Tom Ford, rather youth obsessed for most of his life, started filling his house with pictures of Georgia O'Keeffe so that he could recalibrate his sense of beauty.

Heidi & Constance

I don't need Georgia O'Keeffe's picture. I just go look at my own neck right there.

David

You know.

Heidi & Constance

It's sad that we don't teach people how beautiful it is to have a face that changes as a face that shows the life you've led and the things you've done and, the stories you've told. And, you know, it's a shame. It's really a shame. It's shameful that we want everybody to look exactly the same. I mean, Kris Jenner now looks like your daughter.

Heidi & Constance

Okay, cool. I think, you know, for me to we all forget about the simple message, which is it's a privilege to age, and that's what we've forgotten about. There's a lot of people that don't get to this age. And how hard they would try to get to this age if they had the choice. Right. You'll take all the rainbow.

Heidi & Constance

They'll take. Yeah, they'll take everything and take all of it. So I think that we have to get back to the reminder that we are all lucky to continue, you know, in this lifetime. And I would love to get to over 90. You know, my dad lived until he was 94. And I was like, yeah, I want to do that.

Heidi & Constance

I'd like to I'd like to get that. I would love to see what life is like. Older and older and older and older. I'm not interested in what life was like back there. I did it already. Or you know what? It was right? I learned the lessons. I don't want to go back there. This is great. I'm happy up here.

Heidi & Constance

And so excited to see what the next 40 years are, if I'm lucky. Right? So why would I? I'm trying really hard to not waste this time, because there's a very famous saying that, you know, when you're 70, you look back at you when you were 60 and say, God, I didn't know how beautiful or how wonderful. I'm lucky I was then.

Heidi & Constance

So when I turned 60, I don't want to look back at my 50s and say, God, what did I do? I wasted that time, just worry and so concerned and it's like, oh, just live every day. Take every day as an absolute gift and be grateful for it. And and don't waste your time worrying about how you're presenting.

Heidi & Constance

Because if you're presenting with this knowledge and this wisdom from inside, you're only giving to others and to yourself and all the other stuff kind of goes away, if you're lucky, with your voice and not with your face.

David

What are you worried about today? Nonsense.

Heidi & Constance

What worries me today is a fucking world. Yeah. I mean, the world's pretty heavy, so I definitely carry the weight of the world on my shoulders because I'm an empath. And so it makes it very difficult. But I'm also trying to stay in my worry in today and not think about tomorrow. So my worry today is like we have for podcasts to record today.

Heidi & Constance

So I'm like, oh my God, how are we going to do that? Are we have enough time? Or you know, after that I'm in the now and in the like right now. A couple of years ago, my worry would have been like, oh my God, how am I ever going to work again? Oh my gosh, am I going to get a call today for a job or not?

Heidi & Constance

A job or an audition? And I've kind of let that go back here for now, because I'm leaving with my passion. And so the only thing I worry about today is, is my passion going to be put out correctly. And that passion is just, you know, speaking about all of this and stuff. And so that's my worry for today at this moment.

David

Heidi, what's it really surprised you about? Talk 50 to me.

Heidi & Constance

That it's a really safe space for women to talk about the things that bother them, that bring them joy. I think it's just a really safe space for women to talk. And we ask the same question at the top of every episode, which is, what's one word to describe your 50s? And it's so surprising nobody has had the same word, and we've done 20 of them.

David

What's your word?

Heidi & Constance

My word was invisible, sadly.

David

Is it still invisible?

Heidi & Constance

No, not because I'm 65 now. No, I don't remember when I said my words is I think my word for 60s was joy. Because I've loved my 60s more than any other decade I've had. And it's funny, I was just thinking, while you were talking to Constance, I wonder if people who peaked younger are the ones who have a hard time aging because I don't think I think I'm thinking now.

Heidi & Constance

And I think you can peak throughout various times of your life because you're different people throughout various times, if you're like. But I wonder if it's people who like, peaked in their 20s and 30s that are like, oh, I don't want to get older. It's peak in where you can be again. So anyway, yeah, I think it's just a beautiful place to listen to women over 50.

Heidi & Constance

I think the decade of 50 to 60, I think, is one of the hardest times in a woman's life because of misogyny. You know, you go, I can no longer make children. And when you can't make children, you're no longer viable or useful and you're no longer sexy and blah, blah, blah. The list goes on. And so I think it's been really nice to just listen to women talk.

Heidi & Constance

I think we have the most to say over 50. And I think it's when we listen to the audience.

David

I ask Laura Sullivan this question. So Gloria knows a little bit about this. She ran Planned Parenthood for 15 years, and she's about as. And I said, what we see is that, like in this age group, the women are starting everything new. They're the ones starting the companies. They're running the organizations. They're the ones really kicking ass. Yeah.

David

And I asked her, I said, why is this Gloria? And she is. So she sent me a couple of things. She said the first of all, if you're a woman who who's had children, your time management skills are,

like insanely good. You have an enormous amount of energy. And so now you can you can focus it on on something else.

David

And then she said, well, the men just recede. We've always been there. And the men just sort of like, quiet down and go away. So then the women can rise to the top.

Heidi & Constance

I think that's new. Yeah. So yeah, it's changing. And I think, yeah, that has to do with Gen X. And I think a lot of that has to do with all of our favorite actresses are turning 50, and they're not going to fucking sit back and take it anymore. And they've gotten very loud. And it's just in the last year how much the conversation has changed for women over pretty dramatic.

Heidi & Constance

So. So yes, it's changing, but it's it's going to take a minute I think.

David

So I think that you know, I'm looking at the stats on college graduates. It's like three women to every two men at this point.

Heidi & Constance

Because women are we know we're showing up. But you know, we are we're finding our strength in in numbers and you're going to notice a difference in that. This is why we need these kinds of platforms and spaces where we're actually talking about it. Yeah. Voice to it. Because we haven't been given this rights. We haven't been given this platform, you know, and I think like for our podcast and in particular, it is the specificity of talking about what it is and why difference and what is changed and how did it change.

Heidi & Constance

And what do you wish you knew when you got here? Because most of us didn't weren't told anything. And now it's like the floodgates are opening up by making menopause and perimenopause and and things that were so taboo and considered so shameful to talk about. We're now talking about it with men, with women, with young girls. And that's changing everything.

Heidi & Constance

So now we need more than menopause conversations. We need midlife. We need what is that? Women in their 50s on TV shows, which is what Constance and I used to do. And we had 4 or 5 different shows that we were pitching with women over 50 and all of the leading roles, and nobody wanted anything. This is cricket.

Heidi & Constance

And so that's why I started my social media, because I wanted to tell stories about being in 50 and 60 and nobody cared. So I just called them on social media. And 2 million people later proving people do want to listen. And my whole audience is under 40. Most of them are in their 30s. And so there's an audience out there that wants to hear from women in their 50s and 60s, and it's not Grace and Frankie.

Heidi & Constance

They were in their 80s. Like, it's very specific and if we make more TV shows, the only place you can see a woman in her 50s is The Real Housewives. And I'm not sure that works for everybody, you know? So that's why we do podcasts and why we have Instagram and all of these things so that we can continue to spread the message about, you should listen to us in our 50s.

David

And it's been my experience to it with ages that like 40% of my audience is under 50, and I don't talk about. So why do you feel that, you know, on social media, you have a vast audience of women 20 years younger than me. What do they want if they're not?

Heidi & Constance

I think that you know, the kind of person that I was shamed for most of my life, which was being single, not having children and making a lot of mistakes with dating, drinking and all of that is relatable to these women because they think, oh fuck, did I fuck it all up? And now the rest of my life is going to suck.

Heidi & Constance

And I think that means to them that you might have fucked it all up, but not forever, and that you can have a second and third and fourth and fifth act, and that it's not a race like it's not a race. You're not competing with other people. And I think that my messaging is just telling young women like, you're young, go live your life.

Heidi & Constance

Don't live the life that someone told you you're supposed to live. So I think I just finally have a message that isn't shameful anymore. I will say, as also her agent, that you know how he's so honest and unfiltered and authentic in her stories that she's sharing that it speaks to women and actually men to of all ages?

Heidi & Constance

It's it's showing up as your authentic self. And a lot of times we don't get here until we're older and we realize all the things that have kept us back, and now we don't have that time to waste. We've got to just get it out and share it. Because if anything, women are given the space to become wise and be elders, to inform the next generation, to not make the same mistakes.

Heidi & Constance

Let's say I personally think all mistakes get you here are no mistakes, so it's just a matter of yeah, Jane Fonda, I can say she's in her fifth act, you know, in her 80s. And so just reminding everyone that every day or year or time when you see this one version of you is done, you can read, evolve like into another version of yourself.

Heidi & Constance

And just from experiences you've had bringing you there. So Heidi has opened up this and and how I see it just like this imagination bubble where women kind of step inside it and they listen to what she's saying, and they hear her advice and her stories, and they actually use it in their life, whether they're 20, 30, 40, 50, 60, 70.

Heidi & Constance

And it's really why I thought the podcast was so necessary because I walked the streets with honesty, you know, with Heidi and 20 year olds, come up to her in tears and they say, thank you so much. You make me feel seen and heard. And, you know, some of them have talked about how it's made her bond with her mother.

Heidi & Constance

I mean, it's just that to me was like Heidi, what you are doing is so big and I think it should be done on a larger scale. And so that's, that's, I think why people are so here for all of her messaging, because she's kind of like, I'm just going to call it how I see it as it exists.

Heidi & Constance

Yeah, I do get a lot of messages from women that say thank you for I'm no longer afraid of aging because of you, and that that's exactly why I started doing what I'm doing. So that's amazing to me.

David

I like this idea of the the multiple do overs.

Heidi & Constance

Yeah. I wrote a movie called Do Over. That's just about that kind of medicine that can't sell it, though, because it's a war on our faces. Nobody wants to fight against. So yeah, everything's to do over. Everything to do over. Yeah. You know, nothing. It's like they're. I think we need to teach people to stop feeling shamed for things.

Heidi & Constance

That is just part of life. Like, yeah, I drank too much. I may have embarrass myself here and there. Yeah, I gained some weight. Yeah, maybe I had sex with too many guys. I didn't remember their names like this. These are not things to be ashamed of. It's like you're just adding chapters in the book of you. And my book might be a little bit more racy or spicy than some other books, but yay for me.

David

Talk to me about becoming the best version of yourself. What I hear here is this. And this is the history. And there's the opportunity. Which opportunity requires action, right? Or change something? What I hear is that there's sort of a track forward for both of you towards something. What is that? What is that best version of you look like?

David

Like how would I how would that be different from who I'm looking at now?

Heidi & Constance

I think, honestly, as I said on my birthday recently, that for me, it's to continue to unapologetically fall in love with myself more and more every day, because I do think that that is the answer to a happy life is to radically love yourself and your mistakes and your failures and your successes, so that you're just always in a good place with you.

Heidi & Constance

And when you're in a good place, you you can be in a good place with other people because you can meet them where they are. The more I accept myself and my flaws and my faults and therapies myself, the more I can look at other people and say, oh, they're also here for the first time. And they made that mistake and it's okay, they're gone.

Heidi & Constance

And the more you disconnect other people's opinions from yourself, you know, the more you don't worry about other people judging you because you realize it's just up to me. I just have to love me. And the more that I love me, the more everything else around me will fall into the right place. At least that's how it is for me.

Heidi & Constance

So I think it's just a matter of my radical self. Love will make me love other people more and understand other people.

David

My constant. What's a better version of you love?

Heidi & Constance

Like I'm getting there. I think I'm getting there. I'm not there yet because I still struggle with the insecurities and taking myself apart to. And I'm still very much into caring what people think about me. So I am working on it every day, talking like this and doing the podcast and working on all the projects I've been working on.

Heidi & Constance

Speaking to more women. I is helping because we just have realized that we all want to be the best version of ourself, but we don't know what that is until we're there, right? So I think that when I can walk out into the world and not think about what anybody is thinking about me or how I look or like what I said was not correct, then that means I'm just walking out into the world as myself, and I love everything about myself.

Heidi & Constance

And it doesn't matter what anybody says. That might be the best version of myself, but I'm definitely not there yet. But I love that I have the privilege to work on it and figure it out kind of day by day and step by step. I'm not rushing to get there. I'm here for the process of life and discovery and experiences because it's how I got here.

Heidi & Constance

So we'll see. We'll see what the best version of me is. I'm excited. I can't wait to meet her. Yeah.

David

This idea of becoming the best version of yourself. So what we're doing is reclaiming who we are, right? So we get to claim like, this is who I am, which can be an act of real radical courage. Like, that takes some courage to do that. Because if you do that now, now you've level set. You said, okay, this is who I am.

David

What I'm hearing from you highly is this the courageous element of saying like, okay, this is who I was, okay, I did that. That was my life. I own that, this is who I am now. I'm not stopping. I'm going. Right. There's it. Because both of you are expressing this. There's a dynamic trajectory here. What I hear is there's an element of you use the word self-love, which to me there's there's an element of courage to that.

David

Like there's a there's some bravery involved in this.

Heidi & Constance

I think so, yeah. I think you know, putting yourself first is considered selfish and, you know, having boundaries is very upsetting to a lot of people.

David

Heidi & Constance

And the word no is a complete sentence and people don't always like that. And I think as I get older I feel better about putting myself first. I enjoy all the time from untamed. And the quote is basically you have to go through life and disappoint as many people as possible in order to avoid disappointment yourself. And I think as I get older, I'm really trying to disappoint myself less because I'm better to other people when I'm happy.

Heidi & Constance

And so I think if people realized that if they made their happiness their first choice, they would put more happiness out into the world. But it's brave because people call you selfish and think that you're not, you know, like, why didn't you show up for me here or what? You know, that's probably a bad example because I do like to show people, but I do think it's great to have boundaries.

Heidi & Constance

And when your boundaries are your mental health and, and yourself, it's it's getting to people. And it's upsetting to people that don't have boundaries because they don't know how to do that. So there is some bravery in in loving yourself. And I don't think there should be classes.

David

I think in the career that you're in, I find it fascinating, the complex as women like, I mean, what's the call, like 35 or something like, I don't know, I don't know what.

Heidi & Constance

Well, apparently it's been moved up. Apparently.

Heidi & Constance

Yeah. You still do. All right.

David

But as you said, you look younger than that. So I don't think it's an easy negotiation to have.

Heidi & Constance

It's it's not. And it is very complicated and it is very complex and it is very layered and the former is that it's out of our control as far as how we can show up at this age. Right, right. And the creative, you know, don't write for it. We can't show up as it's right and so I can only do so much.

Heidi & Constance

And so what I can control is my, my voice outside of my career in hopes that that will show how important the voices of women over 50 are. And you know, it's why I had this idea for a play because I was like, well, nobody can tell us that, you know, 50 women over 50 can't be on stage.

Heidi & Constance

You're not going to tell me that they're what their tool to tell the story? No. They have to be that age to tell that story. Right. You're not going to have a 30 year old playing a 50 year old, but you could have a 50 year old playing a 70 year old, because we would love a 70 year old to look like a 50 year old.

Heidi & Constance

But why can't this year olds just look at 50 year olds? Like, why do we always have to be something else than what we are? And so with that, again, I think everybody has to do what makes themselves feel better about themselves. And like what Heidi said earlier, I think that it has to come from, why are you doing this?

Heidi & Constance

If you're doing it for yourself, that's fantastic and wonderful and more power to you. But if you're doing it for others, I don't know if you're going to get back the reaction that you want.

David

I think there's really something quite subversive about what you guys are doing.

Heidi & Constance

And we'll take it without everyone. Tell a friend and tell it to go back.

David

Remember the gay pride movement in the mid? So it's mid 80s Aids, right? We're here. We're queer and get used to it. Like, well the closet like this is who we are. Pay attention to us.

Heidi & Constance

Yes. And we're loud and proud. Go fuck yourself.

David

You get the intersection there.

Heidi & Constance

Yes, yes. We'll come up with the best slogan I like. Yes. All. Sorry. That's what.

David

You know. In both cases, there's a push back against invisibility. People being forced to be somebody that they're not. It's Heidi is you talk. What I'm hearing is this sort of emancipation, the sense of freedom of like, hey, this is who I am. I'm here like, see me, get used to it and I go away. I'm not a woman, so, but I can.

David

Sorry. Trying my best. When you say that out loud, you say that in public. It. It connects to everybody else who feels shut down. And so you open up a door of imagination. It sounds like. Oh, well, maybe I'm not going to be out loud as much as Heidi is, but I can be out loud a little more like I can be civil more.

David

I can be more of the person I am. But that.

Heidi & Constance

Right. You know, it's interesting you say seeing because to be honest, I don't care anymore. If people see me, I see me, and that's all that matters. And I think when you see yourself, you present yourself more out into the world. And that's what we we need. Like I said, we want to change the way women opportunity see themselves.

Heidi & Constance

I didn't start my page to be seen and to be and to be followed. I did it, I started my page to tell stories that I thought mattered to women, and to change the way women opportunity here. Yes, I am seen, but it doesn't change who I am and it doesn't matter to me, right? Yeah, exactly. Like we talk about our podcast.

Heidi & Constance

Like we would rather that people listen to it than watch it on YouTube. Because I think when you hear something and you're not watching and being distracted by the visual, I think it's just more concrete because you aren't you don't have the distraction of watching. You're only listening, you know? And I do think it matters because, again, the visual is a distraction.

Heidi & Constance

But the hearing, you just listen and you take in the world and you look at the trees and, you know, you go for a walk or you're in your car and you're listening and you're taking it in and you're not just focusing on like, what's that wallpaper? And what is that? And what are those glasses? I haven't even had?

Heidi & Constance

I.

David

It's been a fabulous conversation. I love what you guys.

Heidi & Constance

What? We're so glad. We're so glad that you're glad to be here to us.

David

Tell me a little bit about Joy. Talk to you about joy in your world.

Heidi & Constance

I love that word so much. And I think it's the thing that we focus the least on chasing. And I think it's the thing we should focus the most on chasing. And I know that joy breeds joy. Happiness breeds more happiness. And if we could all figure out how to live in a state of joy, all the other things sort of fall into place.

Heidi & Constance

It's really hard to do, you know, it's hard to just go. I'm just going to be happy today. But you know, that one, that one thing happens in your life that makes you happy that day. It just changes the whole day. And if you just think about that and push away the things that are bringing you joy and focus on the things that do bring you joy, just one little thing every day.

Heidi & Constance

Maybe it will multiply and repeat itself and keep pushing you into that, into that space. Now, you know, lines and a little more layered, again, I will say that when I think of Joy, I would be lying if I didn't say that I get a lot of joy from seeing my daughter grow up. She's 17 and is going to head off to college, and it does bring me a lot of joy when she walks through the door, I it really does because I can't believe that I created such an awesome day that I like.

Heidi & Constance

We meet this person, you know? And ever since having a child, I looked at every single human different and realized that everybody has a parent and how important of a role that plays to the person and good, bad and otherwise will be honest. Right. So she does bring me a lot of joy. But when she's not around, I get joy from music.

Heidi & Constance

I'll be honest, I can be in the worst mood in the world and I can get in my car, or I can be in my house. And if I turn on a song that makes it all the way, I will dance around my house. I will dance in my car, I will sing at the top of my lungs and.

Heidi & Constance

And then that's it. I will carry that with me for the whole rest of the day. So it's kind of like, what? What Heidi saying like I can that will always bring me joy. Music will always bring me joy. Especially if it's like a really, especially with Florence and Florence and the listening audience. Yes, I do, to be honest.

Heidi & Constance

So yeah, that that those are the things that bring me joy right now, today, in this moment when you're asking me that question tomorrow, it might change.

David

If you're speaking to people who are turning 50 or maybe even a 50 or whatever age they're whatever age, they're right. Because I think each age has good points and bad points. What would you say to them?

Heidi & Constance

I you know, I think I like to remind people to just try and stay presence. And one of my friend's favorite expressions is don't borrow trouble. Like a lot of times I think you borrow trouble from what you think is going to happen, or what you worried about is going to happen, or something that already happened. And I think you just have to stay here now and focus on one little good thing that is working for you.

Heidi & Constance

Because I think when you focus on all the stuff you worry about, you miss all the good stuff and there's so much good stuff in life, even if that is just walking outside and staring at the tree, you know, you focus on all the bad things and that makes all the bad things happen.

David

Don't borrow trouble. We've got enough for me.

Heidi & Constance

I'm going to keep it simple because otherwise we're going to be here for another hour. I know for me, I had three words that were told to me when I was in my 20s, and I still today feel that they've made a huge difference in my life, which is you are enough. And the day you realize you are enough is the day that you will move forward in your life.

Heidi & Constance

Just telling a different story. We just have to remember that we are our best, like we're our best agents basically, you know? But we can also be our worst bullies. And there's enough people out there in the world who are homies. Yeah, don't be your own bully. Yeah. And you are there. You are the things. And you are good enough to.

David

Talk to me. You guys are great.

Heidi & Constance

Thank you. So are you. So much for having us.

David

It's really a pleasure. I encourage everybody to listen to you guys and follow on social media because as I mentioned before, we get on, there's all kinds of stuff that you guys are comfortable talking about that I'm not. It's just me. So I listen to you guys when I your let's take it.

Heidi & Constance

We'll take it because we I mean I repost Steph from your podcast all the time. So you're doing a great job. Yeah. Yes I do too because of you the other day. Yeah. Oh.

David

Dysmorphia with age dysmorphia. Yeah. Well known disorder.

Heidi & Constance

Yeah. That's great. That's great. Yeah. Thank you for everything that you do.

David

Also I appreciate you guys. Thanks so much for spending time with us. Thanks. Take care.

Heidi & Constance

Bye.