

## New Years!

**Kristin** [00:00:00] Welcome back, little bestie, to another episode of After Bedtime with Big Little Feelings. New year, new you. Bullshit. We're going to talk about it today. You do not need to transform who you are. You do not need a new app. You do not need to lose weight. You just need to love yourself. 2024. Let's go. Finally, here we are. It's after bedtime. The kids are asleep, and it is time to get down. I'm Kristin

**Deena** [00:00:31] And I'm Deena. We're the duo behind the ever popular Instagram account Big Little Feelings, which helps you navigate all things parenthood.

**Kristin** [00:00:39] But this is not a boring parenting podcast. There will be inappropriate jokes. We will be getting down and dirty. So put those babies to bed and let's have fun. Deena.

**Deena** [00:00:54] What's up, girl? We're back.

**Kristin** [00:00:55] Girl, I had to sing on this one cause it's been a while. I had to say.

**Deena** [00:01:00] It's been a while. It's been a slog.

**Kristin** [00:01:01] What? Like what?

**Deena** [00:01:04] What was that? What is? You and I got wrecked. At the end of the year.

**Kristin** [00:01:10] Who— did anyone not get wrecked? We're laughing cause it's just like I haven't even. I don't even so spoken to you or seen. You haven't in weeks. Is that right? Is that we.

**Deena** [00:01:21] Haven't seen each other in—

**Kristin** [00:01:23] Is it weeks?

**Deena** [00:01:24] Because we've been in an illness nightmare land. Just back to back it.

**Kristin** [00:01:31] I'm laughing.

**Deena** [00:01:31] You kicked us off, though. You kicked us off. Remember at the end of last episode, you were literally about to go down with norovirus and then you did.

**Kristin** [00:01:39] Do you remember that? What a champ. What a champ I am. Is that a good quality as a child therapist or is that, um, a touch—?

**Deena** [00:01:50] We could go both ways on a very resilient like really showing up during stressful, tough times. And also like maybe when you're sick rest. You know.

**Kristin** [00:02:00] I think it was more just like, you know, that feeling where it's like, I still feel that way even right now because my kids are still sick, by the way. But it's just like any time right now between November and March, if I personally am not sick, let alone my kids, I never know when the next moment is going to happen. You know what I mean? So we better record the podcast. We better get every we got a meal plan, we better get

groceries because, like, you never know what's around the corner. You just have to be flexible.

**Deena** [00:02:25] Like when we were recording, you're like, I don't feel well right now, but I don't know if one hour from now and tomorrow it's going to be a million times.

**Kristin** [00:02:33] It was so much.

**Deena** [00:02:35] So big little bestie. Like, what actually happened is Kristin's entire family went down one by one with norovirus. And then what, like a week or two later, my entire family got Covid one by one. And then the very next week rolled into norovirus ourselves, just knocking us out one by one on Christmas Eve and Christmas.

**Kristin** [00:02:57] I'm laughing, but I'm crying a little bit and I feel—I feel like all of this is compounded by the way where like, I personally like our family is going through something really difficult. We're not sharing exactly what that is, because when you have a public platform, you got a lot of followers like I will share my stories, you know, my miscarriage, infertility. If it's somebody else's story, like that's for them to share. But I kept feeling weird showing up on Instagram, like with our besties, with everybody every day when I'm going through all this. So all of that to say that while this is all going down, you're down. We're business partners, by the way, like everyone is collectively down. I'm also going through one of the most difficult times since, like, my dad died or the miscarriage. And sitting here with you today, Deena feels like someone shipped me to Cabo. Someone just shipped me to Cabo, and I want a luxury vacation right now.

**Deena** [00:04:01] I'm so happy. I could cry like it's so nice to see you. I miss you, I can't touch you. But I like seeing your face.

**Kristin** [00:04:09] I know I feel like we just send, like, S.O.S. text, you know, where it's just like, hey, I'm checking in on you. But also, like, see you in two and half weeks because, like, I'll see you in March. And, like, also, by the way, I had Covid and also, you know, and it's just gotten it's just gone then for 48 hours.

**Deena** [00:04:23] Exactly. Yeah. Yeah. It's been a weird time, but hey, new year, new us. Huh? Let's start again.

**Kristin** [00:04:30] I actually feel. I feel that energy. And I know we're not supposed to. But also like when really hard moments happen, I'm laughing. I'm laughing as a defense mechanism. Um, when really hard moments happen, I think it is natural where you, you hit the rock bottom and you start to notice, like, who does show up for me? Who are my friends? But also like, wait, life is super fleeting. Its just perspective is what I'm saying. When you go through like a really, really, really hard thing or a loss or anything like that, you suddenly take inventory on like, how am I showing up every day? Like, am I living life every day? Or am I living it for ten years of like, if I were, you know what I mean? Like if I feel that.

**Deena** [00:05:14] Like a new, a new beginning is very welcome. You know, like like a new chapter. Introspection going to show up for yourself. Yeah. You're going to be reflective and really tap into what your needs are and use your time in your energy, which is very limited, very wisely.

**Kristin** [00:05:30] Not wasting time. You're not wasting time. I like that part of it. I like that part of the new year. Both New Year's energy and also silver linings of hard times is like, I feel like what we could take from all the messaging that's out there is less of a like new year, new you be a totally different person, get this app, and then then you'll be happy.

**Deena** [00:05:54] Be your best self, live your best life. Um, this is the year, you know? And it's like, oh my God, so much pressure.

**Kristin** [00:06:02] Not to mention, like, I might be okay, you know, I might be like, my weight might be okay. My, my daily life might be okay. And I think that's the difference where it's like instead of new year, new you, I like the part of like introspection, like really taking a look at how am I approaching my relationships, how am I approaching my day to day life, how am I approaching, you know, my calendar and all of that stuff. And there might be things that, like I need to work on. Maybe I should take it to therapy. Maybe I should rearrange things. I think that's that's a good part of it.

**Deena** [00:06:40] I agree, it's like an energy shift, you know, how are you going to show up this year? Um, but like in a healthy way. Not in a pressured way. Yeah. And honestly, as you're saying that when I was younger for a long time, the whole thing around, like, you know, you got to hit the gym, start the year off strong, get that body, you know, like this is your year. That used to really impact me, actually, for a really, really long time. I'm like, the beginning of the year was stressful, I'm sure.

**Kristin** [00:07:10] But it gives you that like, oh yeah, I better do this right now. Even harder, even more.

**Deena** [00:07:16] I know, and I feel like women get hit the hardest with that message, like, so many companies are kind of taking advantage of it at this time of the year.

**Kristin** [00:07:25] And we grew up in that culture. Like if you think back, yeah, oh my God. I was just thinking back to like, okay, when we were younger, um, were 80s babies. Are you an 80s baby? And yeah, you are.

**Deena** [00:07:37] I was 89, so I was like, you know, just rounding it out there.

**Kristin** [00:07:39] I would feel so— I don't even know what I would do if you were like a 90s. You know what I mean? Like you had to be weird. Yeah, that would be weird. Like 1990. You can't. I can't. Anybody who's listening that was born in 1990. I love you. You're young.

**Deena** [00:07:54] My sisters is a 90s baby, and that's, like, a whole different ballgame.

**Kristin** [00:07:57] Okay, so as 80s babies, I feel like when we were younger, it was like. I don't know if you remember this, but I remember this even being really, really little. Hey, it was SlimFast, SlimFast commercials, which is like so incredibly insane to even think about where you're a kid and you're watching. My parents did it, by the way. But even if you're just watching a commercial, whatever it is normalizing, like we don't eat meals, we drink them, you know? Yeah, literally. And then Jenny Craig, at the same time, it was like.

**Deena** [00:08:25] Jenny Craig, Weight Watchers.

**Kristin** [00:08:28] Weight Watchers remember that.

**Deena** [00:08:32] Everywhere.

**Kristin** [00:08:33] Okay, then we become teenagers. We're ripe teenagers, right where little Deena is at this high pressure school straight. A good girl didn't stand a chance because tabloids come out, no paparazzi comes out. And every tabloid every year, let alone throughout the whole year, is like new body, new. You look at this fat bitch. She gained so much weight. Ew look at her butt.

**Deena** [00:08:56] Beach bodies like, oh my God, how horrifying is that? And all you're trying to do is check out with your mom at the market. You know, you're just standing in line. I didn't ask for this. I'm just trying to get out of here. I want to go home. I don't even want to be here right now.

**Kristin** [00:09:11] You're just holding your free little cookie from the bakery, you know, like, can I enjoy my sprinkle cookie.

**Deena** [00:09:16] Surrounded by body shaming? Leave me alone. I feel like I can't even enjoy this cookie now.

**Kristin** [00:09:22] More like can't.

**Deena** [00:09:23] Even.

**Kristin** [00:09:24] Work. Six eight room sex. It does start that early. Like I remember very much really taking that in so early. Even commercials like I remember when present day family like me and my kids, we landed in Orange County to go to Disneyland and everywhere in the Orange County Airport. This is present day 2023. It's like billboards of like, suck your fat away, you know? And literally my six year old is like, mommy, what's this for? And I'm like, you know, it's everywhere.

**Deena** [00:09:54] Oh my gosh, wait. That is we do have a current day one. I see the billboards all the time for I forget what it's called. It's like cool sculpting. Cool sculpting. I can barely say that, but.

**Kristin** [00:10:06] Have you done it?

**Deena** [00:10:06] No I haven't.

**Kristin** [00:10:08] Have you?

**Deena** [00:10:10] No. I Think my oh my gosh, I think my dad said that the other week. I think he literally said he was, like, going in for an appointment.

**Kristin** [00:10:17] Actually, now that I think that he's doing it.

**Deena** [00:10:18] I may have misheard that. I'm gonna ask him. I don't know, I may have misheard it, but I'm actually now that we're talking about, I'm like I think I heard that..

**Kristin** [00:10:25] Okay, okay, well report back. Well, take that one to take that one to therapy.

**Deena** [00:10:32] I mean, you grow up in Los Angeles, you know, it becomes normal. Yeah. Okay, all that said, I feel like New Year rolls around. A lot of companies take advantage of it. There is a ton of pressure placed on us, especially women, to be this new, amazing version of you and work out and eat well and be so healthy, which ironically becomes so unhealthy. You know, all the pressure and all these kind of fads and pushing you into dieting and over like, that's not healthy. That's not sustainable.

**Kristin** [00:11:22] Yeah. Isn't there some statistic? I think it's 90% of people by January 25th have given up on their New Year's resolutions, which feels good to me. You know what I mean? Like, you're not going to completely transform your entire self. And frankly, you don't need to, right? You don't need to. That's where like, there's a difference between this whole like new year, new you messaging and the difference of introspection, like, hey, what? What's going on? Is there something am I stuck a little bit? And then this like slow, gradual, you know, investment into something that maybe you think is like, I don't know, stuck. Right. Like that's healthier.

**Deena** [00:12:04] Yeah, exactly. And I'm all for growing and reflecting and owning what we could do better. Like sure. All of that. But you got to do it in a sustainable way. Otherwise it's just never going to work. It's going to feel terrible. You're going to burn out. Like, what's the point? You know, that's not it.

**Kristin** [00:12:23] I feel like for women too, it's like it's just like motherhood where it's like everything, right? Like everything better change and be better by January 1st. Like you better lose weight, go to the gym, eat healthy, stop drinking alcohol. Be a better mommy. Do more crafts. Hike. More is mine. You better cook more. You need to, you know, have healthier lunches. Cut back on screen time. Like all the things that a woman possibly feels guilt over is like capitalized on January 1st.

**Deena** [00:12:55] Can I admit something to you?

**Kristin** [00:12:56] I would love that.

**Deena** [00:12:57] I haven't said this out loud to anyone. Kristin, because I was locked in a room with a vomiting toddler and the last few days before Christmas, I had this whole to do list. Okay? Like, you know your mom, you want to make it magical. You want to just make it this amazing time for your kids. I had this whole to do list, which included getting all of their toys. I just want you to know, I didn't get them a single thing for Christmas. Like, not even one thing that's okay at all, period. The end.

**Kristin** [00:13:26] First of all, they're three and one. You know, like I know and proud of you because I didn't have that choice. Like my kids are not only know it's they know the day as Christmas. In my mind, we're going through so much like everything is on. It's like maybe I could just like last year, we delayed it by four days and they never knew, like, seven year olds know a calendar like there is. And they're like, mommy—

**Deena** [00:13:48] They're like mom, it's tomorrow!

**Kristin** [00:13:49] We went to Zoo Lights last year. Are we going to Zoo Lights this year? We're going to Santa, right? Like they remember. So I am so proud of you because you did exactly what you should have done at three and one, like 100%.

**Deena** [00:14:01] I, I just gave in. I was like, you know, this is the last year I can get away with this.

**Kristin** [00:14:07] New year, new you, you did it. Congratulations. Oh my God.

**Deena** [00:14:11] Old me would be like, you know, vomiting on the way to picking up toy.

**Kristin** [00:14:15] Do you see what I mean? Sometimes when you're beaten down by life so much, you realize what's important and what you need to just say. Like, you know what effort?

**Deena** [00:14:26] I bet my sister, who also she says she doesn't have kids yet, and she also got taken down by norovirus in our family trip here when everyone came to my house, which I feel terrible about, uh, they literally just vomited in the bathroom and left. But nonetheless, she was like, I have to say, like, it's just crazy to watch you as a mom because, like, nothing really bothers you anymore. You used to be bothered all the time by everything, and now you're just, like, so flexible and you can just handle everything. And I was like, you know why? Because you can make plans and then nothing goes according to your plan. After you do that 1000 times, you just give in.

**Kristin** [00:15:05] You know, how many people, how many people I knew had Covid or something else over Christmas, like our original plan was to go to my sister's house on Christmas. And actually, no, we had a different original plan. And that plan fell all the way through because somebody else got Covid. So then the backup was going to my sister's house, and then I didn't get any groceries because I was like, I kind of like going in. And so that morning she was like, we have Covid. And I'm like, cool, cool. All right. Pivot. Cool. Next went to some like school friend's house for Christmas dinner. And it was great. You know what I mean? Like like those crash party.

**Deena** [00:15:38] See that's cool!

**Kristin** [00:15:39] We're just happy to be here now that schools. We're just happy to be here. Okay, back to New Year. New us, by the way. We're just catching up on this podcast. I want all the besties to know that we truly haven't talked. I haven't been alone in weeks, let alone talk to you. Yeah. So, you know, this is really just a best catch up.

**Deena** [00:16:08] This is nice.

**Kristin** [00:16:08] Okay. But back to new year, new you. I do want to say this because I'm so curious what yours is. Do you do the thing where you do a word for the year? Because I kind of like that. I like when people do that. Like, you see that on social media. You pick a year, let them know you pick a word.

**Deena** [00:16:24] I've seen that around. I don't do that. So this year has been a little bit different for me, actually. In the past I usually have a lot of like hype, just myself. I like hype up the new year. I'm like intentions reflecting. Think about what we could have done better. What are the plans to do it better this year? And I like make my husband sit down at some point. Right. And I like pour a glass of champagne and we sit and we like reflect. And I'm usually guiding it and doing a lot of the work, to be very honest. Although now he's in therapy so he can like, do his own work. And it's different this year. I was like, I don't want to do that. I'm just going to like flow with it. Time is a construct. We made this up. New year's is made up. It's just another day and I'm just going to walk in from the 31st to the

first, like a normal day. Yeah, because that's all the energy I have. And so that's actually what I did. I like didn't really take any time to do anything special. And I weirdly feel like for me, as a very rigid person who's like a perfectionist, I feel like that's actually growth, like New Year, new me is just kind of being more chill and flexible.

**Kristin** [00:17:34] Oh, wow. That's exciting. Wait, I literally saw I saw that as a real though, you know. Do you know that one? Oh really? They're like it's like a husband and know what I've seen. And there's like six different versions of this, by the way. So like, you could have created this real. I've seen six different roles that are like a husband and a wife, and they have a whiteboard and they're just like, you know, you got to plot out like every single thing for 2024.

**Deena** [00:17:57] I could have made that real, but my husband just would have been acting because I told him, yeah, because really, it's like me leading the show. Every time we've done that, I'm like, okay, so now we're going to talk about family goals. Now we're going to talk about our work goals together. And it's just like me like, okay. And next like what? What is happening here?

**Kristin** [00:18:14] Okay, wait. But I do recall we went on like a work retreat after my maternity leave was over last year in the new year. You probably don't remember this because we all had some tequila. I swear to God, we all picked words last year and I was trying to remember what your words did. Do you remember what it was.

**Deena** [00:18:33] Because you let it? Oh, yeah. No, I don't know.

**Kristin** [00:18:37] I was like, racking my brain trying to remember your word. I wonder if the others who came over.

**Deena** [00:18:41] Oh, now I want to remember too.

**Kristin** [00:18:44] Do you think somebody else remembers? I bet I bet one of them does. I bet one of them does.

**Deena** [00:18:48] I feel like last year was a really big growing year for me. Like, I kind of crumbled up points in the year and lost myself. And I feel like slowly built myself back up.

**Kristin** [00:19:00] That's why I'm curious what your word is, because I get so it's so interesting to look back and think like, did that, you know, was that somewhat or was I like so far off base? You know what I mean? All right. Well done.

**Deena** [00:19:11] Yeah.

**Kristin** [00:19:12] Bummer.

**Deena** [00:19:12] I'll think of a new word. What was your—what was your word and what's your word right now? Of course you got a word. This is your thing, though.

**Kristin** [00:19:20] Listen.

**Deena** [00:19:20] I have something I'm going to share with you after, but I'm going to do it after.

**Kristin** [00:19:24] You're going to after? You could share it now.

**Deena** [00:19:26] No. No. Give me your word.

**Kristin** [00:19:26] Like from last year or this year. I remember let's see, mine from last year was um, nourish, which was very interesting. I had just had baby obviously. And then I was juggling like coming back into work and that was really hard. I really could not handle that at all.

**Deena** [00:19:46] And I remember sounds too close to norovirus, but go on.

**Kristin** [00:19:50] I think it was up. I think it was up like I really at the especially at the beginning of the year, I really needed to like I had a lot that was on my plate and we had on our plate as a business, but also just like, yeah, all the way around. There's a lot on our plate. And I just kept, especially at the beginning of the year, needing to be like, I kind of can't handle this. Like I really do need to, like, nourish myself a lot. I might need to like, hibernate a little bit, like I might need that. And so that was really interesting to look back on. And then this year I did like I did my manifesting. I did my manifesting before the year. That's different than.

**Deena** [00:20:26] Like, that's your thing.

**Kristin** [00:20:27] I'll be a different person and I will change overnight. This is just like light a candle and see what happens. You know, what are your what is your wildest thing that's going to come into your brain? I don't know, write it down.

**Deena** [00:20:38] I like that. Let yourself be free, you know?

**Kristin** [00:20:40] No pressure, no pressure. Just like see what, see what comes up in the vision. And I think that's where I found my word. And apparently the word is spark. Like, apparently I'm done. I'm done hibernating.

**Deena** [00:20:52] How energetic.

**Kristin** [00:20:52] Yeah. We're like, we're going to have like some passion and some like spark.

**Deena** [00:20:56] Wow.

**Kristin** [00:20:57] We'll see. Okay. Circle back. Okay. 2025.

**Deena** [00:21:00] Well, hopefully the illness has stopped. So we have some energy for the spark. You know, but I like it. And like.

**Kristin** [00:21:07] I don't have the spark either way, you know? I'm super flexible now. Yeah. Um, what was your story?

**Deena** [00:21:11] Well, I feel like if I had to pick a word, I'm not there yet. But I'm getting closer. Like, it's something really strong. I want to show up. Like, actually speaking up for myself more this year and, like, speaking my needs, which, you know, from childhood stuff. That's my thing that I have to work on is like, I get a little bit quiet and I kind of just try to go with the flow so I don't rock the boat. But like, you know, I want to speak up more so I don't



really know what my word is actually like. Is it? Is it like truth? Is it like I don't know. I got to circle back.

**Kristin** [00:21:48] You're simultaneously, oddly enough, the most assertive person that I've ever met in my entire life. You know, like, in some way.

**Deena** [00:21:55] I know, but in 2023, I got away from it. I started to, like, really kind of quiet down in certain areas, and then it just, like, didn't work out for me.

**Kristin** [00:22:03] Yeah, yeah, yeah. So the growth area for both of us, which is good because I just need that in general all the way around. And there's nothing like what we're learning when we're talking about women and targeting and all the messaging we, we see, it's like, that's what we've been told our whole lives. Be quiet, be meek, don't rock the boat. And it's like you don't have to have conflict or like, be seen as bitchy or too much by simply like stating your needs, you know, in a like—

**Deena** [00:22:30] No, you're right when I've always been that way, by the way, you're right. I've been so assertive for so long, and then for some reason, just 2023 was so challenging and I feel like I got caught up in exactly that, where it was like, oh, you're a woman who's direct, like you're a bitch. You know, you're a woman who knows exactly what she wants. Well, now you're really difficult. Yeah. And it kind of like got to me. Yeah. And I got to. I got to move past that.

**Kristin** [00:22:57] Yeah. Okay, well, circle back with your actual. Yeah. You know what I mean? Well, and you don't need a word. You don't want a word. No, we're not doing a word. Don't do it.

**Deena** [00:23:03] I don't want to. Don't do it. Don't do it. Too much pressure. You know, everyone's different. But there is something that I came across that I feel like I am. I have been doing the past, like two weeks or so since I came across it, and I feel like it's been very helpful for me because it's quick, it's easy, it does not take a lot of time. It's very doable, is what I'm saying, and low pressure. But at least I feel that way. But maybe it'll be helpful for everyone else. But Andrew Huberman, how do you say his name, by the way?

**Kristin** [00:23:33] I don't know, but I listen to. It's like Huberman lab.

**Deena** [00:23:36] Huberman lab? Hello. Huberman, right. I feel like I heard someone else, by the way.

**Kristin** [00:23:40] Like. Like Loki. Loki in a different lifetime, right? Like, you know, and I'm like, kind of, you know, like, we both love our husbands, both of us happily married, but like Huberman. What's going on there? You know what I mean? Is he single? Like, so elusive?

**Deena** [00:23:53] So, you know, my my husband and I were talking about this the other day, and he has a very strong opinion that Andrew's just never going to get married. Like, it's just not on his his mission. It's just not part of his life and his energy, you know? And I was like, so why did you come to that conclusion? And he repeated this one sentence that I feel like it just like how I'm sorry. How did you get to that conclusion? Like, that doesn't make any sense. But he was like, yeah, he was talking about parenting. And he said this sentence. So to all the people raising kids out there, you're doing a great job because it's hard. And I was like, sorry, if that's the sentence that you concluded. So now he's not going to be in a relationship where like have children one day and he's like.

**Kristin** [00:24:38] Yeah, I was like, okay.

**Deena** [00:24:40] Okay. Anyways.

**Kristin** [00:24:41] I'm Sorry. I just had to, uh, you know, had, uh, you, Huberman. Huberman. Okay.

**Deena** [00:24:47] Go ahead. I mean, in a different lifetime, I could totally see that for you. I feel more of, like a Ben Stiller person, but—

**Kristin** [00:24:54] He's a little bit not. Um. Yeah. I don't know the right word for it. I don't know the right word for it. Not toxic.

**Deena** [00:25:08] Who are you talking about?

**Kristin** [00:25:08] No, he's not like, you know, you need, like, a little— a little bit of a dick. Like, it's nothing like, a lot, but, like a little bit in some way. You're the one who always, you know, where it's like.

**Deena** [00:25:20] Oh, for me, you're saying to be more toxic. And he's too healthy. Well, I'm working on that. Yes. I do hear you.

**Kristin** [00:25:29] A little bit a little bit of an edge a little bit. Okay. Yeah. Okay. We've now talked for ten minutes. Like I'm okay. Sorry.

**Deena** [00:25:40] I'm doing good. I'm so. I'm blushing. I'm so embarrassed. I will take that to therapy. Anyways, um, the thing that's been helpful that I'm going to do this year is kind of like this practice that helps me at least just take things day by day. Like, I love what you're saying about, you know, self-reflection is great awareness. Amazing. Having goals fantastic when you do it in a sustainable way. And so he has this call it like a three minute exercise that you can do every single morning.

**Kristin** [00:26:15] Is it five things? Deena?

**Deena** [00:26:19] Are you doing this too? It's literally so good in life changing and all based on science. Okay, so the first thing is you're going to come up with five things you're grateful for, right? I literally just list them out. They can be bullet point one words. This does not come naturally to me, by the way, this grateful thing. But it is so good for you and your mental well-being. Yeah, okay. Anyways, next thing you're going to do is. Think about your plan for the day. And what that does is it mentally primes you and sets you up for success. You're ready for your day. You know what you're doing. You have a goal. Having goals is actually great. I get when you do it sustainably, the next thing you're going to do is reflect on whether you have any fears or resentments, which is actually huge, because these two things really, really can get in the way of your thinking and your feeling. They just take over. But if you can name them, it's almost like in a way you tame them, right? So just by literally taking a second to even just name it to yourself, you really shift how your day is going to go because you're aware of it. Now, those things that fear that resume and they're not in the driver's seat of your dad.

**Kristin** [00:27:32] Well, and that's like my favorite part of this, because gratitude is one thing, weirdly, that comes naturally to me. But that part is the part that I think a lot of us do.

This is uncomfortable. So we just shove it down, right? And we're like, you're being ridiculous. Like you're being too much. You're being this. And so it's such a game changer to have a place. And I literally will write it on my phone and then I will delete it because like, like a lot of us, I'm still like kind of ashamed of bad feelings, right? Or like, wow, why don't. Right. So it's like a safe place where before you even start your day, you can write the things you're worried about, what you have resentment about, what are you afraid of? Throw that in the trash. And now I'm not, like, in the background, looping on it all day long, you know, like it's out and it's gone. It's such a game changer.

**Deena** [00:28:19] 100%. Exactly. And fear is really one of those things where when you're not aware of it, like it's kind of guiding everything, it's so sneaky. But when you put it out there on paper, delete it, sure. But once you see it and kind of contain it, like it's not really guiding the show.

**Kristin** [00:28:38] Yeah.

**Deena** [00:28:39] Which is awesome. So I love that one. And then the next thing is you're going to just note and jot down what you're watching out for, right. Like little things that maybe you're still trying to work on, you're trying to grow through. What are you going to watch out for? Mine today, for example, was I'm going to try not to let emotions guide all my decisions, because that is something that I'm just kind of prone to in the past. Emotions take over and I'm trying to put like thought over emotions. So that was mine.

**Kristin** [00:29:12] I forgot what mine was today.

**Deena** [00:29:13] Yeah.

**Kristin** [00:29:14] Oh I couldn't, I couldn't, I couldn't do it because there was a 15 month old coughing right on my face, in my face. So I didn't get to do my exercise today. Uh, I look forward to doing it.

**Deena** [00:29:24] You're into, um, you're in group right now. Is that what you've got it. Okay.

**Kristin** [00:29:29] Right. Yep.

**Deena** [00:29:32] I was telling your pediatrician yesterday. I was telling her I was like, you know, we've got Covid down, we've got norovirus. What's next? Hand, foot, mouth?

**Kristin** [00:29:43] Don't even say that. Don't even say that. I swear to God, yesterday I was supposed to get my hair done, and my hair person was like, I just want to warn you, I'm on day ten of hand, foot, mouth. And I was like, I'm keeping. I'm keeping the gray hair, I don't care, I don't care, baby. See you. I'll see you in three months. Yeah. Lisa, my it's not it's not a part of my journey.

**Deena** [00:30:01] We can't do this right now. Not right now. Maybe July, July, I could maybe do it then?

**Kristin** [00:30:07] Ramp down in, like, April, you know? Nah. I'm good, I'm good. Oh, God. Wow.

**Deena** [00:30:13] Okay, um, last thing on the list is things that you're striving for, your goals. You know, things that you want to keep in mind. Because, again, that just primes you to be more likely to do it throughout the day.

**Kristin** [00:30:25] Wait, what's the last thing.

**Deena** [00:30:26] Little brain trick.

**Kristin** [00:30:26] What was the thing before this?

**Deena** [00:30:28] Things to watch out for?

**Kristin** [00:30:29] Oh, okay. Just try different I see. Yes okay. I think I merged those two like by the end of the list. It's just like something positive I'm doing with the day. I should probably focus on that more. That's what I'm picking up from this episode. Totally, totally fascinating. Okay, so I'm definitely going to continue to do that Huberman thing all year long. Same been like really helpful. And that's like what we're talking about where it's like small things. It's not like go lose 50 pounds, then I'll be happy. It's like, what can I do? What small things can I do to like, make my daily life like day to day, a little bit more manageable, a little bit easier, a little bit more like with intention of who I want to be.

**Deena** [00:31:07] Exactly three minutes. Jot it down. We can do that.

**Kristin** [00:31:10] We can do that. Well, I like that you brought two women to the table. I'm Huberman.

**Deena** [00:31:18] Yeah. Maybe we'll meet him one day. Should we manifest that?

**Kristin** [00:31:22] I'm going to bring Instagram to the table here as, uh, my helpful quote that I'm bringing into 2024.

**Deena** [00:31:30] Hit me with it girl.

**Kristin** [00:31:31] All the besties are going to get it. You're going to love it. Are you ready? Yes. I'm reading this literally from Instagram. This is Claire Bowman official. I don't even know who this is. This is like on my on my Discovery. I'm getting all of these wonderful targeting. Okay. Sometimes Instagram will target me. Wonderful things. I have a really good algorithm.

**Deena** [00:31:50] You should come reset mine. I've already told you mine is alarming, terrifying.

**Kristin** [00:31:55] Disturbing.

**Deena** [00:31:57] And all I did was follow one workout account and now it's. The entire feed is exactly what we're saying.

**Kristin** [00:32:05] Not to let a lot like there's a lot of other nightmares on your on your algorithm. We got a I told you we need to shut it down. And then you start a new. In the same way I set up your Tinder profile for meeting your husband. Thank you. I'm just going to like puppies, pugs, rainbows, Huberman lab, you know, like that kind of stuff. More fluffy. Yeah, yeah. Sweatsuits. You know, like, just cozy. Cozy, comfortable.

**Deena** [00:32:32] Not a bathing suit, a sweatsuit.

**Kristin** [00:32:35] I mean, weighted blanket. You know, things that are true, like it helps regulate throughout the day. It's calm energy I love it. Okay, so this is my quote. Ready? It says I don't know who needs to hear this, but you get back exactly 0% of the time you waste trying to be normal, quote unquote. Make that joke, do the dice thing, say hi to all the dogs you want. Be a hot mess, triple text that person eat cereal for dinner. Being weird and real makes your soul happy. And then the caption I love is about like unmasking. Like your unmasking journey. You know, where it's like 2024 energy is. Just how long do we have on this earth? Strip away all of the masks, because those are the things that make us like irritable and anxious and like taking things out on people and withdrawing all the things we do. I feel like if we can just be weird, be ourselves, put it out there, be nice at the same time, but just be like, this is me, dude. Be weird.

**Deena** [00:33:38] I like that. Let's do that.

**Kristin** [00:33:40] Weird.

**Deena** [00:33:41] I want to be weird, I am weird, are weird.

**Kristin** [00:33:44] You are weird. Sometimes I feel like you know the childhood the like b be just so pushes it down like we gotta let the weird out. Yeah I'm in 2024 bitches, let's get weird. This has been great. Let's move on to questions. We have weird questions.

**Deena** [00:34:10] I don't know, let's find out.

**Kristin** [00:34:12] Okay, besties. We have some not that weird questions, but like, kind of weird questions. I love it. Megan wants to know what to do when toddlers says a swear word.

**Deena** [00:34:23] Oh that's fun. I love when kids do that. You know, you slip up, you're like, you say an f word, and then all of a sudden they're saying it back to you. But it's so good.

**Kristin** [00:34:33] Can we all be honest for a second? While we don't want our child to say a swear word. Can we just pause and say, is it not the most adorable thing in the world? The first time they do it and you've never seen it happen before, and they're like 2 or 3. And especially if they use it in context, you know, where mine like the very first time she, like, dropped a book, you know, and it was like, oh, you know, like it was so cute and I'm just cute but hilarious. And that's the hardest part about, I think, the advice you're about to give, where I'm just like, this is devastatingly cute and funny. Go ahead.

**Deena** [00:35:08] It is so cute. And no joke, this happened two days ago.

**Kristin** [00:35:13] Which one?

**Deena** [00:35:13] The three year old. And it's because of me. It's because of me. I, I'm going to admit it. You know I'm human. I had a rough moment, and in front of them I said, oh, God. I said shit, not my husband. It was totally my fault. And then, lo and behold, two days later, my three year old got his sleeve wet and he goes, shit! And then he looks at me and he very calmly goes, I'm only saying that because I got my sleeve wet. And I was like, well, yep. Nope. Um, okay. And so the advice is when this happens because it's happening

to all of us at some point or another, what we're going to try our best to do is just not have a reaction. We're going to not react. We're not going to have a big one that's like, no, we don't say that in our house, and we're not going to be like, that's so funny. You know, we're just going to make it really boring is the advice, because when you make it boring, you basically suck the power out of those words, right? But if we have a big reaction, then it works like it gets a rise out of us, and they're way more likely to keep using that word and repeating it.

**Kristin** [00:36:26] That makes sense. Yeah. Yep. Yeah, I literally zoned out while you were talking about it, because I was just thinking of all the times my kid, my, it's no joke.

**Deena** [00:36:37] I remember one of your times from two years ago, by the way, you were on a peloton. Was. I mentioned she overheard Cody be like, yes, bitch.

**Kristin** [00:36:47] Really? It literally was Cody Rigsby. It was very empowering, you know, she was like three years old. She's like, yes, bitch. I was like, oh my, yeah.

**Deena** [00:36:56] Why would we want to stop that 2024 here we come!

**Kristin** [00:37:00] Obviously, listener, we're joking, by the way, a lot of people get very sensitive about swear words and like, oh, clearly. And like our children do not swear by the way, like they really don't. That is, it might only lasted like that one day. You know, it really has never been. It's like a quick one. And then when you don't give it a reaction, it really does go away. Yeah, it really does.

**Deena** [00:37:16] By the way, I think this is the problem with my specific weird. You can't tell when I'm joking sometimes.

**Kristin** [00:37:21] Gemini joke.

**Deena** [00:37:22] It's tricky. It's it's a Gemini job.

**Kristin** [00:37:24] It's what you call a Gemini joke where you say something very truthful. And we all know it's truthful and it's like a little bit hurtful. And then. And then we're like, you can't. You're like Gemini joke or no, you can't. You can't say you're joking.

**Deena** [00:37:37] Can you just say that?

**Kristin** [00:37:39] Yeah. No, we're just they don't they don't swear.

**Deena** [00:37:40] 2024 I'm embracing that. Okay. Anyways moving along.

**Kristin** [00:37:44] Okay. Next question. This is from Julie. Hey, boo.

**Deena** [00:37:49] Hey, Julie. Happy new year.

**Kristin** [00:37:50] Okay, Deena, how did you get uterine prolapse? Is it because your boys were born so close in age? That's a good question, actually. Oh, wow.

**Deena** [00:38:00] Okay, so this is actually been on my mind. And I do think that probably because I had my kids so close together, they're 16 months apart, which means at six and a half months postpartum I got pregnant, which in hindsight feels just wild to look at. I have

a video of me holding a baby, a brand new baby, surprising my parents and being like, guess what? We're having a baby. And literally in the video, they just are so confused because their brain can't compute like you.

**Kristin** [00:38:38] So you mean that baby you're holding?

**Deena** [00:38:39] You're holding a baby? Like, what do you what does could that mean? And it's just like you're pregnant. And I was like, yes, you know, so literally, they are so close together that I really do feel like my body probably didn't get a chance to properly recover. I really wish in hindsight that I had gone to pelvic floor therapy while I was pregnant, and especially postpartum, but I didn't, I didn't even. No, that was the thing at that point. Like it really just wasn't on my radar and going right into the next pregnancy, I feel like that probably had a big impact.

**Kristin** [00:39:17] What does a doc have you ask a doctor, by the way?

**Deena** [00:39:20] So I haven't had a chance to ask this exact question, but it's really been on my mind. Yeah. I really wonder if I had had a chance to, like, fully recover with or without pelvic floor therapy. Like, would this have been different? The only person I have talked to is my midwife who's like, uterine prolapse, like, everyone who has two kids has some sort of uterine prolapse usually, unless you go like, work on it.

**Kristin** [00:39:45] So true. Is that true?

**Deena** [00:39:48] I don't know, how's your uterus?

**Kristin** [00:39:49] I think it's okay, but, I mean, I think it's okay. First of all, I think you have to, like, have extensive testing before you do IVF to ensure that, like, your uterus is okay. And so I think they would have, like, picked up I mean, there were a lot of invasive tests. So I think my uterus is okay somehow, somehow some way. But I mean we expect to I don't again, I mean, let's consult a doctor is the answer to this.

**Deena** [00:40:15] Well I'm going to the doctor. That's what I was going to say. I'm going to actually several follow ups like in the next week or so. So I will definitely circle back with a lot of updates because I have had so many questions about my uterus, about my endometriosis, adenomeiosis, like I've got the whole whole thing working for me against me. You know what I'm having a lot of questions about?

**Kristin** [00:40:38] Just real quick, can you do a 30 second what is uterine prolapse?

**Deena** [00:40:42] Yeah. So this is when your uterine muscles essentially like weaken okay. And your uterus can literally start to fall out of your body. In a sense it's like falling lower. So if it gets really bad, it can fall all the way out of your body.

**Kristin** [00:41:02] Oh my God, Deena.

**Deena** [00:41:04] Yeah, I was told mine. I was told mine is mild and I can honestly, truthfully like feel it. I can feel that it's like falling, which is a very weird sensation. And yeah, I'm starting pelvic floor therapy again, so we will see. You got to strengthen that muscle.

**Kristin** [00:41:20] Wow. Okay. Well I want to hear back on like, all of this, by the way, because I know you're about to go see a bunch of doctors, so, like, we need more information. Okay.

**Deena** [00:41:28] I'm gonna have a lot coming your way. Yeah.

**Kristin** [00:41:29] Okay, good. All righty.

**Deena** [00:41:30] Last question from Rebecca. How do I talk to grandparents about how to change how they talk about their bodies? Oh, that's a good one.

**Kristin** [00:41:40] That's so important. This is so important. I mean, I love that we live in a culture in a generation that mostly does do this because our kids, no matter how little they are, they are listening. They are picking up on it. You might be talking about your body and your thighs and how you I shouldn't eat. And you know what? All the things we heard growing up, Deena, I heard like, I can't eat anything today. Oh, I can't, I've been so bad I couldn't possibly like, I can't eat for another three days.

**Deena** [00:42:12] I shouldn't have that cake. Like. Oh, no, I'm so fat.

**Kristin** [00:42:16] This, this, these jeans make my buttocks look huge. Just disgusting. Oh, I can't, I can't do that.

**Deena** [00:42:22] Okay I, I, I honestly when, when I first heard this question had a very like intense memory of the first time this came up working with a little eight year old girl in therapy. Okay. Who was crying about how she hated her body and literally said out loud, she was like, how could I ever love mine when all I do is watch my mom in the mirror in her bra, squeeze her stomach and go, I look disgusting, I'm so fat, I'm disgusting. And she's like, I feel disgusting. And I was like, oh my God, like. You said it out loud in words. But how many of us you know never even find the words to actually say? It's just living deep within us every day.

**Kristin** [00:43:09] Mhm. And it's so hard to like, rewire what you think about yourself. It is just that, you know, it's what you it is your inner monologue like I think we're all working really hard but some of us are still there. It's still going to be like, oh, this makes me look kind of big. Like it's just going to be instinctual. And it's such hard work to show up and so uncomfortable. Like, if my girls are standing there, I will go out of my way to be like this. I love this dress on me. I feel like I look really strong, like I feel like I could like go really fast. Whatever it is, it's like it's so intentional to be positive with our words and around food and around our bodies. So when it comes to grandma, I feel like you got to just take it head on, right? I mean, yeah, it's going to be uncomfortable direct. It's not going to feel good. It's like what we were talking about at the beginning of this episode of like, we don't want to have conflict. We want to just stay quiet and, like, just avoid it. But I think this is one you have to just be head on about because it's so important.

**Deena** [00:44:12] Yeah. Just directly say it. You know, in our house we actually don't talk about bodies that way. We don't say those things out loud. Yeah. You know, just really like putting it out there.

**Kristin** [00:44:22] Yeah. And it can be something positive. You state the boundary and then shift to the. Yes. Even with grandma where it's like, this is, you know, something that we're working on and we're teaching her just how beautiful her body is. So we need her to



hear how beautiful our bodies are. And, grandma, I think your body is beautiful. You have an amazing body and brain and and spirit and personality, you know, I mean, he's kind of laying out there and then also the boundary, though.

**Deena** [00:44:48] I went too direct for a second there.

**Kristin** [00:44:51] Deena is coming back like, this is the Deena I know. The Deena I know has no trouble, just the firm boundary, really. Um, directly. Just really directly telling you exactly know.

**Deena** [00:45:06] But you're right. You can sit them down and have a talk about the why behind it as well, that we want them to grow up embracing their bodies, loving their bodies, that hating your body has never got you anywhere good. Yeah, it really has not.

**Kristin** [00:45:20] Yeah, well, new year, new you, boo, 2024. Same bod, same spirit.

**Deena** [00:45:26] But I don't hate it this year.

**Kristin** [00:45:30] Round of applause.

**Deena** [00:45:31] That's a Gemini joke because of my eating disorder history. Thank you so much.

**Kristin** [00:45:38] That is a Gemini joke. I like that that.

**Deena** [00:45:43] Yeah. No, but really, I feel like I've made so much progress in my whole body journey, so I'm really proud of that. I'm proud of you, too. So in 2024, we are bringing the energy. We are self-aware. We are gentle on ourselves. This is our year, but not in a bad way.

**Kristin** [00:46:03] New year to be weird and we're just going to be weird. Yes, that's it guys. You know I'm going to keep it real simple. Real flexible. Like, am I being my whole weird? No, not going to do it. You know? Let's keep this up boy.

**Deena** [00:46:14] Gemini jokes coming your way.

**Kristin** [00:46:16] Keep them coming. Keep more Gemini jokes. I feel like though, isn't the opposite. Isn't it the opposite? You're supposed to get rid of your Gemini jokes and just, like, state the truth.

**Deena** [00:46:26] That's. That is correct. Technically, yes. Cool. We're going to enjoy our way there.

**Kristin** [00:46:31] We got this I love it, I love it. All right. Besties. I'm pooped. What time is it right now? 715.

**Deena** [00:46:39] Oh, wow. It's bedtime.

**Kristin** [00:46:41] My my circadian rhythm. Like it's about. It's time to take my magnesium. It's time.

**Deena** [00:46:47] I was going to say when it's bedtime. It's actually I mean, time to go watch TV for too long. I can't, you know, when you look at the clock and you're like, I really should turn this off. Okay, ten more minutes and then it's not ten more minutes.

**Kristin** [00:46:59] But like, while you're doing that, you know what I mean? Like, I'm ordering groceries. I'm doing the next size up, including I'm doing like the whole to do list. So I need ten more minutes. You know what I mean?

**Deena** [00:47:07] I'm double screening right here, you know. Am I watching the TV? Like, not even.

**Kristin** [00:47:11] Really, but I feel it. I feel I feel Monica of Salt Lake City in my soul. Like I feel I feel the energy and I feel at peace, honestly, you know.

**Deena** [00:47:21] Do you ever watch a show? I'm watching Love Island right now. And then I watch people talk and they they talk with, like, what's that called, the vocal fry. And then for the next day, I'm like, talking with some vocal fry. And then I have to turn it off intentionally. Is that that's.

**Kristin** [00:47:36] A good thing. Why does that you pick up voices. That's like your thing. Oh, your next life or your next this life. I don't know, maybe this is your new Gemini joke in 2024 2024. If I can almost feel like a voice impersonator, you should do like, cartoons or something. I don't know, I would be really good at that. You actually like like scarily good. Like you'd be paid really well.

**Deena** [00:47:56] Let's circle back on that, okay? Okay. 2024. Anything's possible.

**Kristin** [00:48:00] 2024 bitches! We love you. We'll see you next week, bestie.

**Deena** [00:48:04] See you besties.

**Kristin** [00:48:06] If you are struggling with toddler or preschooler tantrums, push back discipline, picky eating, just all the confusing things. This podcast. We can only scratch the surface if you need help. Our course, Winning the Toddler Stage is here to help. It is aptly nicknamed the Toddler Manual because it truly has every single thing you could possibly struggle with under the sun between the ages of one and six within one course, we're not going to do a bunch of workshops. You have to buy the Sleep Guide and the Picky Eater Guide. And the best guy to know that guide know everything you could possibly need for ages one through six is all in this one course. We were never meant to do this parenting thing alone. You deserve to have help. We are here for you. You can find that course at [Big Little feelings.com](https://BigLittleFeelings.com), and be sure to follow us on Instagram and Facebook. At Big Little Feelings, we give free tips every single day. They might change your life with one free tip.

**Deena** [00:49:10] Thank you so much for being here with us. This has been an Audacy Production. Executive produced by Lauren LoGrasso, produced by Daniela Silva, edited by Bob Tabador and theme music composed by Liz Fall, then studio lighting designed by Shane Sackett and designed by Jackie Sherman. Special thanks to Audacy Executive Vice President and Head of Podcasts Jenna Weiss-Berman. And thank you for being here with us. We can't wait till next week.