

[Intro music]

Aditi Juneja: Hi everyone, and welcome to this episode of the Self Care Sundays podcast. We're excited for this week's guest, Angie Coleman, founder of Reboot America and director of community for Lesbians Who Tech. But before we get started, I wanted to ask for your help supporting the podcast via Patreon.

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Let's get started! How are you today, Angie?

Angelica "Angie" Coleman: I'm great! How are you?

AJ: I'm good! Um, I know I read an intro that uh you work with Reboot American and Lesbians Who Tech, could you tell our listeners a little bit about your work just to lay the groundwork for our listeners?

AC: Yeah absolutely! So um I started Reboot America back in 2016 after some rampant police violence uh on black bodies and it started off just as sort of actually a weekend *hackathon* and progressed to building an entire organization where I connect researchers, academics, technologists, policy makers, and legal experts together to build comprehensive community solutions. And so since uh since launching that one weekend in 2016, we were able to build both different prototypes for public safety as well as two public products: um one dealing with finances and the black economy and the other one to help people find um opportunities to volunteer based on their available time. Um outside of Reboot America, I'm also the director of community at Lesbians Who Tech and that is an organization, a global organization of over 40,000 queer technologists in the world who are committed to changing the face of technology. And so what we do is we host events, we promote and highlight/showcase the really great people in our community, we partner with companies to help get um underrepresented minorities as well as um the LGBT community inside of the tech companies so we're really about economic empowerment and finding ways to boost the people who are doing the work that are not always visible

AJ: Yeah those both sound really interesting and um really vital! Also, I imagine, exhausting. So if you could uh just talk us through a typical day in your life and where self-care plays a role.

AC: That's so good so my typical day is uh anything but typical and it could range from sitting in front of a screen all day just answering emails, kind of doing small operation and logistical work of like cleaning up events and sending out reminders, to um running around to different venues, um travelling across the world for different events, um and communicating with teams that are

all over and people that are all over. And so um it's hard, you know, at first when I started it was a little difficult to find a balance for self-care because my day changed every single day and I could never say *okay at twelve o'clock I'm always gonna go work out*. That never happens and so sometimes I would be excited if I got to eat before 4pm. So I realized that after a couple months of doing that sort of chaotic schedule, I needed to carve out time. And so now what I do in order to prioritize um kind of self-care -- and for me the self-care that I'm most interested in right now and that helps me the most with my current stress is being physically active, ensuring that I have good food to eat and good food being just the right nutrients that aren't going to weigh me down, um and making sure I have quiet time. As an extravert, I didn't realize that I needed that much quiet time but I do. I need a lot. And um and so I try to carve out time in the morning before my day starts so I can go to the gym and prep my food for the day. I also spend some time over the weekend making sure that I buy whatever groceries I need and portion them out so I can grab them and go whenever I need to. And I also take a lot more breaks during the day. I used to always stay at my desk and get food delivered, now I force myself to go outside and say *I don't really care how busy it is I'm gonna leave, I'm gonna get some sunlight, I'll be back in 20 minutes, and I'm gonna eat and it's okay*. Because the world is going to keep going um and I can only keep doing my work if I can also sustain myself.

AJ: So um I think it's super interesting, as you said, and I think it's really challenging to find the kind of habits to keep going back to when your day is not structured. This is something I really struggle with. So how did you kind of-- was it just a matter of finding that discipline and finding time every day? Is it looking at your calendar every day and being like *alright, this is the time when I'm gonna do it because I can do it on that specific day*? How do you make sure that those things happen on a daily basis?

AC: It definitely takes a lot of willpower and sometimes a little bit of sacrifice-- not a ton because I'm not into a lot of, you know, I don't wanna shift my entire day and life and what I'm into, but you know it started with a pretty ambitious *"I'm gonna wake up every day at 5:30 and work out because no one is going to bother me at 5:30 in the morning"* and by the time I finish and like make breakfast, shower, pack my bag and everything, it will be, you know I'll still have 30 minutes or so to relax and I can head to work. Um then I realized, I don't actually like waking up that early because I'm, it's just I'm not that effective and my workouts were suffering-- they were fine but I realized that I could have more energy in them if I went later. And so I started waking up a little later, not so much later, I'd wake up at like 6:15/6:30 and that was a bit better. Um and I sort of just you know like at night, I would have to say to my partner, "As much as I want to stay up and watch this one episode, it's like 10:30 and I have to wake up at six and so I'm gonna actually go to bed now because I have a really busy day. And that's hard sometimes because you wanna stay up and like do things. I'm young you know and I sometimes feel silly going to bed at like 10 o'clock. But I realized for my health, it's so much better and I feel so much better in the day. Um and similar to kind of what you were saying, I do look at my calendar a lot and just sort of pencil in exactly when I can do something. I sort of block it off so work doesn't contact me during those times, and so that I know, throughout the day I can look forward to *okay at 6 o'clock later, I'm going for a swim*. It's on my calendar, my swim gear is laid out in my room,

I set it this morning because I looked at my calendar and said this is what's going on. Um yeah and so the biggest thing really has just been having the willpower and sort of seeing the results of being active and staying healthy and taking care of myself has been a really big motivator.

AJ: What's so interesting as we're having the conversation is I wouldn't feel guilty about blocking off time to have a conversation with, you know, someone at work. I wouldn't feel guilty about blocking off half an hour to like read through something. But I would feel so guilty about blocking off half an hour, even after work hours, even after I've put in a full day, um of to like do something like that. And it's so silly because those are the things that keep us going and their so necessary but you've put in a full day and somehow there's still this compulsion to be pulled back to you know what you have been doing.

AC: I kind of turn a lot of my downtime into challenges and like things I can learn and so I don't know if maybe that's just how I like to relax. Maybe I like to complete things um but I want to make sure that I'm still doing it in a way that's like *This is just for me*. Um even if I'm just way too naturally competitive when I'm trying to relax and kind of say, "Go for a bike ride and don't look at the time." But then I'm like *ahh what if I finish in three minutes, which is faster than I did yesterday?* *laughs*

AJ: I have definitely noticed that! I've noticed that with people who are high-achieving and goal-oriented, it is easier to kind of take part in these self-care activities if you feel like there's a goal that you're working towards. Even if it's just for myself, that like if you feel that you are trying to achieve something, it is easier. If it's just like oh you're gonna go to a spin class, I'm like, "But for what though?" *laughs*

AC: Mhm, totally! And it's so silly, you think like, *where did this mentality come from?* And then you're like well of course, we live in this super hyper-productive world and people applaud hard workers and so you're like let me work hard even at this thing that's supposed to be relaxing. I just think it's so funny.

AJ: Yeah, I think it's also a thing of like if you are a person who uh who does that in every part of your life, who like sets goals and seeks to achieve them, I feel like it becomes hard to understand if you're being successful in what you're trying to do which also doesn't make much sense because there's no way to be successful at relaxing.

AC: Exactly. You really can't.

AJ: You're like "How do I make sure that I'm maximizing my relaxation and then you're like, "What is this question?!" *laughs*

AC: We could talk even like about social media of like how do I show people I'm relaxing? And how do I show people I'm leading this balanced life but it's like, it's not a competition but social media sort of makes it one water so that you're like, *well let me just show people that I just*

worked out. You know? Let me like take a selfie of me reading this book because I like to share parts of my life but also I just want people to know I'm taking care of myself like you should too! And um it's just, it's really funny just the way we live and sort of always, we want the attention, even for like solo activities um and we want to share them with people even if it's just for us. It's just an interesting dynamic. I think about it a lot.

AJ: I do think the need to be on display, I do think is a problem. Like when people are just like *I need to show people that I am relaxing correctly or that I am at this thing.* I think that's when it starts to become a bit of a mess. You know when people talk about the first time they meet someone I'm like, "You should have a conversation and not immediately be trying to take a picture." *laughs* I don't know that people are always really good about that.

AC: *laughs* Oh it's funny I went to a um, a dance party over the weekend and I had so much fun and I really just like let myself have fun. I kept shouting to my friends, "It's Sunday forever if we want it to be!" Um because I just wanted to stay out and have fun and um afterwards we were all recapping yesterday like, *oh it was so much fun!* And then we realized no one had photos. *laughs* Because we actually were just having so much fun, not a single person took out their phone to take a photo um in this group of like the six of us. And it was just such an amazing just like realization and feeling of being like wow that's so strange because like one, I actually wish we had photos like we had such a good time and I wanted to like capture us but it didn't even cross my mind in the moment I think I was just so checked out of like-- this is what actual like, you know like I'm just here and I'm present and I didn't even think to capture anything.

AJ: And I wonder if the kind of constant need to kind of capture the moment or to remember the moment distracts us from experiencing the moment. So yesterday I was -- I'm in North Carolina on vacation -- and I was uh we were driving by this beautiful sunset and we stopped and as we stopped to to like look at it, I just saw like everyone was looking at the sunset *through* their phones, they were all taking pictures. And I see that when I go to concerts too! That it's like, *Beyoncé is two feet away from you and you're looking at her through a screen because you're trying to take a video of it.* And it just is, I don't know if that's like, I don't know if you actually get to enjoy the thing because you're trying to capture it.

AC: Definitely. And I feel like in capturing it, it in turn makes it into like a task or an action of like let me check over this-- when you're done you can sort of check it off and most people would say they enjoy things after they finished it. Um and so it's interesting like I see that too like I'll watch a sunset and people are taking photos and they'll take the photo and then they'll just walk away. *laughs* And then it's like, why didn't you just stop and stare at the sun? Like I mean protected with your-- *laughs*

AJ: Yeah, yeah, yeah! It's just like you've taken the picture! You've checked that box! Now experience this moment, yeah. I feel like if you're constantly plugged in there's like this weaning off that you have to do and you're right because you do experience this anxiety of like, *oh shit*

I'm not plugged in. And then after a while you're kind of like actually this is very nice and if it's really that urgent, someone will find me.

AC: Absolutely! I did a similar thing in that I went on vacation just for like four or five days and I was debating, do I wanna bring my laptop? What if something comes up? I own a lot of stuff at work, you know, and I'm the only one who can do certain things and so like what if my team needs me? I don't wanna let them down. And then also like, no I'm on vacation and we're not curing cancer or saving people in the ER like it can wait. Um it can wait. The event can go out like three days later it's okay. Um I don't want to have it or be then pressured into working like you know self-pressured into it because it's there. And so I brought my stuff and I never took it out of the bag though. And I just put my bag in the corner of the room I was staying in and I never once took it out and I just remember coming home in the airport, I had gotten a text from work and it was like, you know, "Oh when you get a chance to do this"-- like no one had texting me all week and you know it's Sunday, I'm flying back-- "when you get a chance, do this" and I'm thinking, *I could just pull out my laptop and do it right now* but then I was like *hmmm, but I don't have to.* Um it was kind of one of the first times that I think just having it gone for a while, realizing that it's not that urgent, you don't have to be connected all the time. I could fix this in three hours, I could fix it tomorrow morning, it's gonna be okay. Um definitely a little anxiety in the planning stages but I was definitely proud of myself for not touching my computer.

AJ: Yeah that's definitely, for me, something to aspire to. I think it also in the way you're describing it, it also allows for a team to step up, right? Like if you-- you kind of take the opportunity away for members of your team to like actually hold the baton you give to them.

AC: I was just so excited and proud of my team like nobody the entire week needed me, the things I had left were all in order, people knew what they had to work on, people knew where to find the info if they didn't have it, and it was a really nice thing and I notice that, you know, I appreciate when other leaders in my company step away and really do check out. 'Cause one, I think it sets a nice um a nice standard inside the company and helps shape the culture. Even though at Lesbians Who Tech, we are a very small organization; I think we're up to maybe seven, eight people now. But it's nice that we can feel comfortable stepping away and um the team can step up and pick up any pieces that might need support and they know that those that stay and help while others are away know that they also have the chance then to walk away for a little bit, take a break, and um we're gonna be there to support them. And I've definitely worked at those organizations that are very tiny and it's hard to take those breaks. It's hard to step away for a three-day weekend because, you know, when you're so integral to the team's success, it's just like, "well can I really leave?" and "are people really overwhelmed with the work on their plate when I'm not handling it?" And so I just, I get excited that we can sort of find that balance and be able to take breaks because the work that we do is very exhausting sometimes.

AJ: So you were talking your kind of specific habits, you were talking about eating, exercising, going outside, taking the time for quiet. How did you discover that these were habits that were useful to you uh What was your journey to finding them?

AC: That's such a good question I am um so kind of a myriad of different things. I went through, I have really bad depression and anxiety and so it's something I suffer from and im really strong because of it and I also have a lot of moments where I don't want to do anything and it takes a lot of ya know pushing myself to even get up in the morning so ya know as depression ebbs and flows I remember being in like a pretty down period and was thinking back to when I was last happy. That sounds really grim. It wasn't that long ago and I was thinking about like wow I just felt so good that period of my life and I don't know if it's just like i was younger and more carefree or what but I Was thinking about the things that I did during that time and one of them was working out and I had not worked out in a really long time, like a few years. I had an injury and it kind of deterred me and I never wanted to get back up and it and so I kinda just started slowly, like ya know its not gonna be great cuz I'm out of shape and its gonna hurt a lot for the 6-10 weeks and I'm gonna be really like just lazy and tired and sore but I just sort of fell back into it and I noticed the energy spikes. I've noticed that I sleep a little better, I noticed that my anxiety feels less noticeable on the day to day and in the bigger picture, so that's nice. And then the food part, this is just such a different story of umm I've like, I'm probably addicted to food. I mean I'm definitely addicted to sugar. I know im like, I know everyone's addicted to sugar but im like very addicted to sugar as in Ive, I used to smoke cigarettes a long time ago, and I quit. And quitting cigarettes was so much easier than quitting sugar and that scares me because I'm like what are you giving us world? Im, its just, I dont know, its so terrible sugar and anyways I love sweets, I love candy, I love carbs and while I love eating that and I have a brain, dopamine hits and im saying this is greta and it tastes so good, I always feel terrible after and I was just noticing so many things with my body that didn't feel right and I couldn't figure out what it was so I got through all these trial of doctors of maybe you're allergic to gluten, maybe your allergic to dairy, maybe you're allergic to whatever thing they could think of, trial and error. I gave up dairy for a year which meant I gave up ice cream and so many things that are my daily treats. I have up carbs for abit to see if, I gave up gluten ya know seeing if it was that, nothing happened, and eventually just like trial and error, I gave up meat for a few months and nothing happened, my body felt exactly the same. I gave up candy and sugar and my body felt ya know after 10-12 days of terrible withdrawals and ager my body like it had never felt before. I felt like my brain was so clear, I didn't have heartburn, I didn't have any intestinal issues. I just felt like a weird serene calm and that I could focus and I have ADHD or so the doctors say and so I was like wow this is super interesting. Now I still crave sugar all the time but I've noticed that now that just because of how my body reacts to it, it's a little easier for me to say no and obviously I have moments of weakness and i'm also a human being and believe in balcony and so if i want to go get a giant ice cream cone, Im going to go get one, but Im not going to eat one every night anymore. ANd i'm not going to buy gummy worms and that was just a trial and error and listening to my body which I think, I think with age it's easier for me to listen to it and think that wow this is really the issue and this is like the root of so many of your ailments

AJ: So I'm wondering how you think about how your identity helps inform some of these habits. You mention having mental health issues, which I think is, I guess people vary on it, I think mental health issues is kind of being part of people's identity but I wonder when you think about

your food habits and other things and how they relate to your identity and also just access to resources to help you discover alternatives and options and kind of ways to find the things that make you thrive in the world.

AC: Yeah that's an interesting question. I ya know in terms of like my identity, I identify as a black, queer, bisexual woman. I used, there are a couple different things, on the health side ya know my father, Im half black, half white and my father is black and his family has a history of diabetes and heart disease and high blood pressure and a range of illnesses that are basically all ya know outcomes of a poor lifestyle. And whether it be a bad diet or inactivity, just not taking care of yourself and I know that's because the family he came from did not have those resources to do that. And so growing up I always had the access to really great food. My mother always made things from scratch. We never bought anything that was boxed or frozen and oddly I feel like ya know I lived a very great resourceful childhood because of that and it was kind of raised on good food values. I went to college and that all changed and as I started getting unhealthier and unhealthier and unhealthy in my view doesn't really have a size attached to it, it just means like I was getting winded walking up the stairs like I would walk a mile and I was sweating and to me that's just not healthy. I need to be able to move my body and take of myself and as I started getting unhealthier and unhealthier that's kind of when I was thinking more about my identity, my race and how I see myself in the world and how I wanna be seen in the world and that kind of lead to a lot of weird identity issues of like I am half black, I am half white, I look very black but ya know my body type is like definitely in the middle there and I wasn't sure to me being very thin is a very white thing and that's ya know that's not a good or bad thing, it's just to me that's generally what i've seen and I didnt know if I wanted to do that or I didn't know if I was going against my natural body and my natural blackness if I wanted to like lose a lot of weight and so I don't know, kind of a roundabout answer but now, ya know now I'm just very comfortable in who I am and what I look and I don't really care what anyone is going to say about it but I had struggled before about fitting, being the right type of whoever I was for the world and making sure like I looked like that and I reflected I guess with what people were gonna expect.

AJ: Yeah, I think that that is something that actually that not that, not that it's the same but I do feel like I relate to this idea that if like it takes, at least for me it took me so long to get happy and comfortable in my body that the idea of trying to be healthier and lose weight somehow felt like it was intrinsically tied or it must be tied to like self hatred or body hatred and...

AC: Totally!

AJ: and I had to figure out how can I be, Im really happy with how I look but I need to do these things to be healthier in my body and its for health not for aesthetic or appearance

AC: Totally. And it's hard. It's hard to this day. I'm like I literally just had a conversation just the other day with my partner about it, ya know, she was saying like that I just wanna remind you

like you're great how you are and I was like I understand that and I too believe that. There are just certain health pulls I would like to reach. Then I also wondered too, going back to the competitive and productive nature that we, or least that I sort of embody. I have these ridiculous goals in terms of my health. I want to be able to maybe to a triathlon. I did one years ago and I would love to do one again. I want to be able to swim two miles straight again, I'm only at a mile right and I get pretty exhausted. I wanna be able to do a two miles with zero breaks. I don't understand why I have these weird goals! Whatever keeps me going and as long as I do it with a balance! Yeah because I mean I definitely went to sleep the other day with like a cheeseburger and an ice cream (laughs).

AJ: (laughs) Yeah yeah yeah. So I wanted to ask you a couple more questions about how your work relates to your self care. So the tech field and STEM in general are perceived as being very white male dominated. Who um or what inspired you to get involved with tech and I'm wondering how ya know on the show we talk about community care quite a bit and I'm wondering if Lesbians who tech has been kind of a form of community care for you?

AC: Oh absolutely, yeah. Absolutely Lesbians who Tech has been a form of community care. I found the organization a couple years ago. I had never, I think I had heard of it, I'd never gone to an event or summit. I had just recently come out and I saw the event happening in Stephanos and was like wow that's super cool, like I really want to go and the first event I went to, it was just incredible. It was so welcoming and so starly different from the actual tech industry. Like when I say actual tech industry, like Lesbians who Tech is in the tech industry and the people in there are legitimately rocket scientists and AI developers and like robotics engineers. They are incredible but those are not the people who get the spotlight when you say tech industry and like you said tech industry is predominately white men or perceived to be white men and so I never thought I would be there. I never thought I would work in tech. I remember I was working at a gym, my first job out of college doing sales, doing like corporate sales for this fancy gym and I has these friends who were engineers. They had just graduated WPI. One of them was working at Kayak. The other one was working at HubSpot and the other one I think was working at, was at Tripadvisor and I was like what you guys just work at these companies? Like tell me more! And I learned a ton about them and they were just so dorky and nerdy and I love them. We would play Magic the Gathering, just like hang out and um I got really inspired by the cultures of these companies and what I'd hear from my friends and I really wanted to be a part of it and so they definitely helped me get there and definitely inspired me to even consider looking. They were the ones who convinced me like you don't need to have a SEAS degree or you don't even have to be technical in these companies, they're just regular businesses that also need all this other, all this other work and support and so I had found my way through that basically and like networking and eventually getting a job in Boston where I was located at the time. I had a really tiny start up and I know, ya know I won't get into the details because people can always find me online but I definitely, I've had my fair share of difficulties in the tech industry because of how homogeneous it is and how unwelcome it can be. And so when I found Lesbians who Tech, I definitely, I really just thought it was a haven. I thought it was secret. I thought I don't know why people aren't talking about it more. It was incredibly warm and inviting and people I met that

very first summit in 2016, I'm still friends with to this day. And I think there's just something really powerful in that and a lot of us always joke when we show up at summits, ya know, we're all so busy nobody can like lock down a time to hang out with anyone like we're traveling, we're working and we're just exhausted and we get to summit and everyone says they just feel so recharged. They feel alive again, that they never want the weekend to end and when it does, like when Sunday rolls around, people are just like I don't know how I'm supposed to go back to the real world. The real world being the very straight male dominated world and ya know I think I think that's where Lesbians Who Tech wins right now, just providing that haven, as well as a career and life resource for thousands of people.

AJ: That makes so much sense and I can imagine, especially being industries and its not of a legal profession is ya know the emblem of diversity (laughs) that I do think having those spaces to kind of retreat to and feel more vulnerable and not have to explain yourself in is really reaffirming. Last question I wanted to ask you is how you've navigated moments of ya know, mansplaining or moments when you've not felt quite so affirmed at work or in these environments and how would you suggest our listeners navigate those moments and kinda what does good self care look like in those moments?

AC: I definitely don't advise listeners to follow my moves (laughs) because I am that eye rolling like side eye, tell me more about what I already know type of person um probably not a good move. I've sort of been known to just quit jobs that treat me that way. I don't mean like a one off instance, I mean a regular repeating occurrence of "Oh you genuinely do not value me and I do not need to be here." And I don't know maybe people should take that route. I kind of wish more people would stand up. I said at my last job like I'm tired of being the martyr as in the person who always takes a stand, say what's wrong and then walk away, fixes can't be made but I think that you know sort of now and more recently as I've gotten older I'm just more, I guess I'm less willing to put up with things that don't serve me and I used think it was selfish before and I don't believe that it is. Life is so infinite and we often pigeon or pull ourselves or sort of make ourselves believe that this is it that wherever you are right now in life or wherever you work or whatever you're doing that this is it and this is where you are and this is where you'll be and you have to make it work and then the reality is that the world is infinite and your life is infinite. You can make it whatever you want and if people are going to treat you like you're incompetent, you can address them with that information, try to figure out what is going on, why there maybe is miscommunication or misunderstanding. If it doesn't seem like anything can be resolved, I think you have a hard decision to make. Do you want to stay somewhere where people don't see you as a person who knows things, the basics. Or do want to go somewhere else or start somewhere else? So I don't know generally my advice is just to be honest. At the same time, I am guilty of playing the game because ya know as a black woman in America you can't just say no. You can't always confront the things you want to confront and at the end of the day we do have bills. I need to do XYZ to make the life that I want and so I'd say early on in my career I definitely played the game of the smiles the coat switching, the sort of rushing off when people said things that were a little weird and probably shouldn't have been said but hey I'm not going to say anything, I'm gonna go and get this free snack and sit at my desk and just do my work

and make sure I get a good review. And as I sort of built up my credibility and who I am and was more and more sought after by different companies I realized I think it's okay for me to speak a little bit more, I have more influence, people respect me. If I say, ya know,, I noticed XYZ, it makes me feel like this, are you open to talk about it versus being afraid to do that when you're maybe entry level or its your first job or you just joined the company and you've only been there a month and you're noticing things are wrong. I'd say that's probably my advice. I think its, its never going to be black and white and it's always going to depend on circumstances and at the end of the day whether its respect, whether its needing respect, needing money, needing security like I'M always going to advise people do what they need to do for themselves to get what they need and again that's respect, money, security. There's never going to be a right answer of everybody's gonna get up and pick it. Like no everyone can't. I find myself now is one of my care things when I get frustrated with someone or something that's like ongoing I need to get up and say something about it and i'm fed up to the point of almost snapping, I actually just write whether it's on my notepad, like handwriting or on the phone, I just write down what I'm feeling and like as if I were saying it to them just to get it off my chest and then I'm like, "huh, yeah you definitely should never send this." I'm a big fan of unsent emails, I never, they just stay in my drafts forever. And just sort of just to get out your ideas and your thoughts and then you can go back and clean it up and make it actually polite and professional and refigure out, well what is the end goal and do I think this is going to help accomplish that or is a wedge we can't get over."

AJ: So on that amazing note, I want to thank all of our listeners for listening to another episode of Self Care Sundays. I am excited to announce that Self Care Sundays is now streaming on Spotify and RadioPublic. Before we wrap up here, I want to offer a special shout-out to our patrons on Patreon. Their generosity makes our show possible and are a huge reason why you're hearing this episode today. We are especially grateful for the support of our super contributors:

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For our listeners, where can they follow you and stay up with you and all of your work?

AC: Yeah, you can find me on Instagram and Twitter at @angieidunno, D-U-N-N-O, all one word. You can find me online at angiecoleman.me, and follow the Lesbians Who Tech social. I do most of it. We're doing a campaign right now to highlight our really cool employees, and so you know, I'm one of them, I'm on there. And that's at, uh, @LWTech on Twitter and Lesbian Tech on ... or @LesbianTech on Twitter and @LWTech on Instagram. I know my job!

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

On behalf of our producer Jess Talwar, our communications interns Kennedy Freeman and Sophie Gomez, our audio engineer Cato Zane, and myself, thank you for listening and we'll see you next week.

[outro music]