

Ep 142 Solo

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SPEAKERS

Jen Marples

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Everyone's stressed it can be stressful over the holidays for myriad reasons, just the general reasons with nothing traumatic happening and just think of all the people out there that have had some some bad things happen this year and maybe this is a first Christmas without a family member. So I'm saying this as much to us to me as when we see everybody out there and we feel crazy and we feel grinchy just be kind just be extra kind to people and practice your patients tool. Hello, and welcome to the genmark will show I'm your host Jen Marples, the champion of midlife women and cheerleader for all women dedicated to helping you embrace and rock the second and best half of life. Each week, I'll bring you conversations with incredible women who will inspire us educate us and motivate us to live our best midlife. I'll also pop on solo to share my best advice, tips and tricks to help you unapologetically go for your dreams, embrace your age, and become unstoppable. If you're itching for a change, ready to pivot or looking for a second act. Stick around as this is the show for you. And know this, you're not too fucking old. Hello, beautiful ladies. Welcome to the Jen Merkel's Show. Today I'm going to give you 10 tips on how not to lose your midlife shifts during the holidays. I just had a post on Instagram sort of talking about saying no and how we need to put ourselves first and it just drummed up so much that it was kind of fun to see what people were going to say no to I'm personally saying no to holiday cards this year. Because yeah, for some reason, that gives me huge stress, huge stress. It's also a huge expense. And then I get them. And I've labored over them. And they're great. I think they are anyway, the kids always hate them. And then they sit on my desk for the entirety of the Christmas taunting me and I'm lucky if I get them out by January 1. So not this year, Satan not this year, I'm saying no to Christmas cards. I digress. I'm telling you a story before I even go through my list. **So here they are. The 10 tips for you not to lose your middle life shizzle during the holla dizzle.** Okay, I'm getting punchy. Number one. Say no. Say it often say it as much as possible. You've heard me say this a million times before this is especially important at this time of year when literally, we're probably all getting last minute and bites. Thank God, I don't have the things that the kids school anymore because my kids were all in high school, but you have those things, holiday parties, holiday boutiques. There's this this, that and the other happening right now. And there are other Christmas cards, which I just told you about. You gotta say no to Christmas cards or say yes, if it makes you happy. But I'm personally saying no, that's how I'm going to really sum up my Christmas dress this year. But just simply say no, I had somebody write to me and say that she sent out a directive and is going to say no to overspending

this holiday season that she's not the Bank of mom anymore. And everybody better get prepared to not spend or not to expect rather, the gifts that they're accustomed to, because that puts on a lot of stress too. So figure out what's giving you stress and making you contract. And then just say, No, ladies say no, say it loud, say it often. And say it with love. But you know, just say it as often as you need to. That was number one. Number two, be extra kind and realize that everyone's losing their minds right now. Everyone is stressed. Everyone is not saying no. Like I just told you to the first point by you being kind. And I'm going to use this as a tip that my kids used to get it they had to practice their patience tools, actually a tool that they learned in grade school. So I think we could all use that tool. And that's just be patient and kind with people. My husband said the other day is like God, everyone's crazy. No one knows how to park and everyone's speeding or not going fast enough. Again, just understand right now, everyone's stressed it can be stressful for over the holidays for myriad reasons. Just for the just the general reasons with nothing traumatic happening and just think of all the people out there that have had some some bad things happen this year. And maybe this is the first Christmas without a family member. So I'm saying this as much to us to me. So when we see everybody out there and we feel crazy and we feel grinchy just be kind just be extra kind to people and practice your patients tool. Number three, just don't kill yourself. Don't kill yourself over things that don't matter. Don't kill yourself because you want things to be perfect. Don't kill yourself over small little details that don't matter. Like if your husband bought the wrong brand of something you know at the store for a dinner party. True story. Just roll with it, let's just roll with it. Let's not kill ourselves over the small things and give ourselves some grace. Please, again, I'm saying this as much to you isn't saying it to myself. Number four, this has been a year. And so give yourself compassion. Give yourself compassion. It's been a year for most of us, there's so much going on in the world. It's been a weird year economically. It's been a crazy year with with kids is there's just a lot going on. I know what's going on with me personally, there's been stuck with parents, it's midlife. There's all those midlife II things that are going on. And there's also the worldly things that are going on. So just have some compassion for yourself, and kindness for yourself. If you didn't get everything done this year that you wanted to get done. That's cool. Because guess what, there's tomorrow. There's next year, there's the year after that, I personally had to fall back on some things or pull back on things rather, because I underestimated what it was going to take to do college applications with my son and just sort of manage that whole thing. God Almighty women out there listening, if you know, you know, you know if you've been through this, and I've gotten some of your great advice that kind of took me unawares. And so I had to scale back. And guess what, if you've got kids at home, we've only got them home for so long. And so they were going to wake up and they're gone, they're out there, they're fully launched. So again, if you've had to readjust because of personal circumstances, and because it's been a frickin year, we have, we've all pulled back for various reasons and in various ways. So just give yourself compassion, The world ain't over because you didn't do that thing. And just know you can still do that thing. Give yourself grace, give yourself compassion. Number five, start something new this month versus waiting till January, this is a little challenge I like to give myself. So you know, like January one, I'm going to be better with time management, or I'm gonna you know, eat healthier, I'm going to join the gym, I'm going to start a new, you know, XYZ yoga, Pilates salsa dancing, I'm going to launch a new program or add a new service with my business or you know, fill in the blank, I'm going to start dating, whatever it is. Take some baby steps towards that right now. You can play a little game with yourself don't make it like a big thing. Because I feel like when January comes around, all of a sudden, it's like after overindulging or not doing all the things you need to do with work or not checking up those things, checking those things off the list, we kind of go, we kind of hide

under the covers, and we don't want like the January ones. skerries Lord knows the Monday scary. Didn't know the Sunday skirts are bad enough. But like the January one skerries, let's put them at bay. And let's try some baby steps towards things right now. And guess what you can tell yourself, it doesn't matter. It's no big thing. I'm just gonna like, maybe you have a smoothie for breakfast instead of eggs, or whatever it is, or maybe it's a I'm just gonna start jotting down some ideas for something I want to do in January for work. But it doesn't have to mean anything. It's kind of play with your little brain trick with yourself. So you don't, you don't have to pay it. Any mind. You don't have to make it feel really important. This big end all end all be all thing. But you can just kind of start start taking some baby steps like getting healthy. Just start going on a walk today. It doesn't mean anything doesn't mean you're you have to lose 15 pounds in January, you're just starting to go on a walk today doesn't mean anything. Try it. It works. All right. Number six. Now I just told you to not put off some things in January that you could do now. But for my number six, I want you to consider the complete opposite. Just chill out. If you have been hard charging all damn near and doing the damn things. Girl, you're done. You're done. Put your feet up on the couch, tell your kids to make you some cocoa and let them decorate the tree. That's exactly what I did. By the way. outsource your Christmas decorating and Christmas shopping as much as you can't kick your feet up and chill the eff out. You deserve it. You deserve it. Number seven, be present. This one is really important. I have found myself doing a lot of stuff college applications. Like I mentioned, working my ass off. I'm actually in a big big work push mode. Right now I'm going through I'm redoing my website. I'm preparing for a keynote speech. So I'm hard charging for the next few weeks. And it's all good but what I need to remember is to be present and to and this is what I want to share with you choose to breathe, be present so you can be running around with work. There's the end of your clothes for a lot of you if you're in sales, there's a lot going on. But when you're at work, be at work. And when you're with your kids be with your kids when you're with your friends Have you with your friends with you and your family with them be with your family. So try to just compartmentalize like that, put the phone down. And even if it's just for 10 minutes, and you're checking in with a kid, be present. And I think that's the biggest present that we can give ourselves and to each other during the holidays. Number eight, say yes, to friends and family outings that fill you up, and that bring you joy. A lot of times, we kind of pull things off the list, and we're like, we're too busy to do things, or maybe too busy to travel to see parents or we're too busy. To see those friends, we've got to make that a priority, because that's what fills us up. Unless, of course, it doesn't. And that's gonna be my point number nine. But I just came off of a holiday lunch with girlfriends. And we laughed, and we cried, and we laughed some more and cried some more. And it was a lunch that turned into a happy hour, which turned into a whole thing. Because this one group of friends gets together one time a year, we see each other sporadically throughout the year. But we know at least we get to see each other once a year, everyone has so much going on. It's unbelievable. And that's why we're laughing and crying and mostly crying. But we all realized, and said out loud, that this is the absolute thing that must be the priority. To stay healthy, and sane. We need that time with friends. And I just took myself to see my family a couple of weeks ago for my birthday. And I was so busy, I felt guilty leaving my kids and I said you know what, my dad has not been well this year. And His birthday was the day before mine, all my siblings were out and I said what a gift if my father can have all of us there and most of his grandkids for his birthday YOLO. We all know at this point in time in life, that we need to do the things that fill us up and make us happy. Even though we don't have time, nobody has the time, we have to make the time and put those things at the top of the list. Number nine. And this is the direct opposite of what number eight was. So number nine is saying no to all the things and the family commitments that

bring you down and cause stress. I did a podcast episode actually about this, I don't know probably year and a half ago. Because for a lot of you I know the family commitments are very stressful. We all even in the closest have families. There are times when you're at war, and a lot of families aren't super close. I get it. There was a point in time where I was dealing with some things with my own family. I've seen it with my husband's family, there were years that we've had to we had to pull back for our own sanity, and our own mental health. I am giving you permission right now to do the same thing. You don't have to go into stress, spiral anxiety spiral. Just because it's the holidays and it's the everything has been done a certain way. You don't have to sacrifice yourself do not sacrifice yourself per tradition, and to make other people happy. Number 10. Ladies, I want you to drink the eggnog. I want you to drink the champagne. I want you to wear the heels. I want you to wear the sequins. I want you to do whatever the hell lights you up and makes you happy this Christmas season. And if that is Netflix sing and chilling and watching Love Actually, I feel it in my fingers. I feel it in my toes. Sorry, I just broke your ear Charles with that movie. I don't know why it's like not that great of a movie, quite honestly. But I have to watch it like every year. And you know, the best part of the whole movie is you know, when they're singing that song and that beautiful team that puts that song together the singer and his agent hit spherical. But whatever movie that is for you. It can be maybe in St. Louis, you can cry to Judy Garland, you know, singing Have Yourself a Merry Christmas. I mean, oh my god, that one always brings me to tears. Whatever it is, it can be meeting those girlfriends for some holiday cheer. It can be making cocoa and cookies with the kids, whatever it is just really lean into whatever makes you happy. You deserve it. You're not too lucky and old. To have a great holiday season. And you're not too effing old to do it brings you joy. You're not too old to say no. And you're not too effing old to shut it all down and give yourself a break and just say I'm done. And I'm you know, 2024 you'll be here when you come and I'll see you when I see you. You have permission to do whatever you want. Alright, I wanted to keep this quick because I know you all are busy. You're running around, you're doing the things but hopefully this will make you less busy and maybe take one or two things off your list and help you think about things a little bit differently. I love you all I will see you next week with another guest on this fabulous podcast that I love so much and I wish you all happy holidays and I wish you peace and I wish you joy and I wish you lots of love we'll see you soon