

Still Buffering 181: How to Stress

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[theme music plays]

Rileigh: Hello and welcome to Still Buffering: a sisters' guide to teens through the ages. I am Rileigh Smirl.

Sydnee: I'm Sydnee McElroy.

Taylor: And I'm Teylor Smirl!

Sydnee: Well, sisters, we're recording a little late this week, and uh, last night I assume you both—it is post-Friday, post-Friday the Thirteenth.

Rileigh: It is now Saturday the Fourteenth.

Sydnee: But, uh, there was a very spooky day.

Rileigh: Yes.

Taylor: It was a full moon, blood moon?

Rileigh: Yeah.

Sydnee: Yup, on Friday the Thirteenth. Congratulations to both of you for surviving the night.

Rileigh: Thank you. I—

Sydnee: Especially, you, Rileigh—

Rileigh: —as a college student—

Sydnee: —being a teen and a college student, did you engage in risky behaviors that may have put you at risk?

Rileigh: See, I didn't fall into this trap!

Sydnee: [quiet crosstalk] I used "risk" twice.

Rleigh: I said, "I've watched enough horror movies. I know that teens in college who go to the—" First—okay, it's September. I know we're all excited for spooky season.

Sydnee: [laughs]

Rleigh: My dorm is already decorated for spooky season, but there was a whole block of houses down the street from my dorm that had a big costume party for Friday the Thirteenth, and I was just like... I get it's spooky, but, like, also, Halloween's not for another, like, six weeks. Who has their costume already?

It—[laughs] but I knew, all those teens, that's the riskiest place to be on Friday the Thirteenth, is the big costume party where there is probably, um... you know.

Sydnee: One of them is actually a murderer, just in a costume and so you won't know—

Rleigh: [crosstalk] Yes, there is probably a murderer there somewhere.

Sydnee: —or a supernatural being.

Rleigh: Yes, and everyone is in, like, a lowered state of awareness, and everyone's out partying—

Sydnee: That means they're turnt.

Rleigh: Yes. They are very turnt and lit, and, uh, I did not—I did not attend, because I didn't want to get, uh... get hit by that serial killer. So I stayed in my dorm, surrounded by... my spooky decorations, and watched a bunch of scary movies, um, walked down to CVS with one of my roommates and bought a little mummy that twerks and wears sunglasses.

Sydnee: [snorts]

Rleigh: Like, one of those, like, dancing stuffed things—

Sydnee: Sure, uh-huh?

Rileigh: —like we have a lot of at Christmas, and it's just, like, a little mummy that wears sunglasses and he shakes his butt. Um...

Taylor: I know—I'm—that's—that goes into the—any time that a robot has a butt that is a focus, it's, like, the—it's straight into the uncanny valley for me.

Rileigh: [laughs]

Taylor: I don't like it.

Rileigh: [through laughter] I bou—I bought him, walked back with him in my arms—

Taylor: [laughs]

Rileigh: —um, underneath the blood moon on Friday the Thirteenth, surrounded by a bunch of college students running by me wearing various forms of costume.

Sydnee: [crosstalk] Good night!

Rileigh: Um, it's also been, like, 95 degrees here, so it felt the least spooky because it was just so hot, and it was, like, 9 o'clock at night and super dark but still a hundred degrees.

Sydnee: Did you—did you yell statistics at them, like, "Statistically, one of you will probably not make it through the evening!"

Taylor: Oh, no... that's a bummer.

Rileigh: "Don't go off in groups alone!"

Sydnee: Oh, I just mean, like, horror movie statistics. I don't mean, like, real life stuff. This is—

Rileigh: Yeah! Like, "The first one of you that walks off by yourself will be the first one dead!"

Taylor: But I feel—but [unintelligible]—

Rileigh: "One of you'll be survivor girl."

Sydnee: "Don't have premarital sex!"

Taylor: But that's gotta be, like, an actual statistic, right, Syd? Like, full moons, like, the ER goes crazy? What is it like on Friday the Thirteenth and a full moon?

Sydnee: You know, it's—

Rileigh: Has to be like Fourth of July, right?

Sydnee: —okay, I'm not gonna—not to plug another podcast, but—

Rileigh: Oh, you're gonna say Sawbones.

Sydnee: —we did a Sawbones on the effect of the moon on medicine. It was one of our kind of funny ones, because—

Rileigh: I'm gonna bleep out the name of the podcast you just said. [laughs]

Taylor: Yeah.

Sydnee: I'm just saying—

Taylor: You can't be—what are you doin'?

Sydnee: —here's the—here's the, uh, bottom line: there isn't. There isn't.

Taylor: Hmm!

Sydnee: Uh, there isn't an associa—there is—it's a *perceived* association, because when wild stuff happens on the night of a full moon you remember it, and all the full moons that went by unnoticed you don't remember, so—

Rileigh: Well, hey, what about all the werewolves? Where do they go?

Sydnee: Well, not to the ER.

Taylor: [simultaneously] Not to the ER!

Sydnee: [laughs]

Rileigh: [laughs]

Taylor: That's all we know! What—it's weird, because I—I guess this is a perceived thing, not reality, 'cause I feel like—'cause I was behind the bar last night, and, uh, I feel like it's just—like, I work at this very calm bar, and it's all neighborhood-y, and then everybody last night for the first time I've been there it's like, "Why is everybody drunk? Like, why is everybody a mess?" Like, "Oh, it's—it's a weird non-holiday." But everybody's—

Rileigh: It is a non-holiday, and everyone was acting like it was a holiday! Like, y'all—

Taylor: Yes!

Rileigh: —it's just a date! Like—

Sydnee: Lotta—lotta Facebook memes about it.

Rileigh: Lotta Facebook memes about it.

Sydnee: I don't know. We—we started our annual, uh, Twin Peaks rewatch.

Rileigh: Hm.

Taylor: Oh!

Sydnee: So that was how we celebrated. 'Cause it is—we are moving into the fall. That is always the time of year where we restart Twin Peaks. We got a lot more to watch this time around.

Rileigh: Uh-huh.

Sydnee: Uh... so...

Rileigh: [laughs quietly]

Sydnee: It was good. It was the appropriate mood for the evening. It was dark, and...

Rileigh: [crosstalk] That's it. [laughs]

Taylor: [crosstalk] I like how you said "annual Twin Peaks rewatch" like that's a totally normal thing that a lot of people do every year.

"Ah, the Twin Peaking. It's time to do that." [laughs]

Rileigh: [laughs]

Sydnee: Uh, there—yes? It—it might just be us, but I bet there's somebody out there listening going, "Of course!"

Taylor: Hmm... that was one of those shows that I feel like I've watched... o—once, and then I watched the original again when I was gearin' up to watch the new ones. And it takes a lot outta ya! Like, I don't know if I could do that once a year! That's like a blood sacrifice, I'm not into that!

Sydnee: We—we actually had to fast forward a little bit through, um, the parts where... and this is just how you change as you get older... when Laura Palmer's parents find out that she's dead. We had to—this is not a spoiler, this is the whole premise of the—

Rileigh: Yeah.

Taylor: [laughs]

Sydnee: —of the show. Um—

Taylor: Sydnee!

Sydnee: This happens in the first 15 minutes of the episode.

Rileigh: [crosstalk] Spoiled it!

Taylor: They don't know yet!

Sydnee: Um—

Rileigh: I've never watched it, so you just ruined it for me.

Taylor: Wow.

Sydnee: You've probably heard the—through cultural osmosis, "Who killed Laura Palmer?"

Rileigh: Nope.

[pauses]

All I know about Twin Peaks is you all really like it, and when we were in Washington State that one time, you were like, "Twin Peaks!"

Sydnee: [laughs quietly] Well, you should watch it, except the scenes where her parents find out that she's dead are—they're rough. They're very well, um, done, in the sense that I feel the realism, and it's too much, as a—as a parent, I can't handle it.

Rileigh: Mm-hmm.

Sydnee: So. But other than that—

Rileigh: Is this a cultural difference that I started my annual rewatching of The Vampire Diaries?

[pauses]

Taylor: Yeah...

Sydnee: Yeah... [laughs quietly]

Rileigh: It's a good show.

Sydnee: I don't know what to say about that. [laughs quietly]

Rileigh: I watch it every fall! Like your Twin Peaks! Let me—

Sydnee: I watch—

Rileigh: —let me have my own Twin Peaks!

Taylor: I just—so you just equated Vampire Diaries to—

Rileigh: [snorts]

Taylor: —to Twin Peaks, on the cultural importance scale. [laughs]

Rileigh: I'm not saying it's the same! I'm just saying that I am a teenager in the year 2019, and I have watched Vampire Diaries in its entirety every fall for the last three years. I'm going to again this year.

Sydnee: If you wanna watch a show about vampires, Buffy is still right there.

Taylor: It is... still right there.

Rileigh: Well, yeah, I've already seen it all—that's, like—that's a *lot* of TV, though.

Sydnee: Good TV.

Rileigh: It's a *lot* of TV.

Sydnee: You can never have too much TV if it's good TV.

Rileigh: Well... [laughs]

Taylor: I suddenly feel like I—I've never once felt lacking for the fact that I don't annually rewatch a—[through laughter] some sort of television series! I'm like, "Wait, I don't have one! What—should I? Am I doin' something wrong?"

[extended pause]

Sydnee: You—you totally should. You should pick something that is, like, your thing.

Rileigh: Yeah!

Taylor: I guess—I don't know! It's—I didn't know you had to—I just—I feel like I—I feel like I watch my things year-round. There's not, like, a time period where I'm like, "Now it's time! I get to do this!"

Rileigh: [crosstalk] No, I do—I do that.

Sydnee: [crosstalk] Well—

Taylor: That's what bein' a single, childless adult's all about! You watch whatever TV you've already seen before whenever you want!

Sydnee: [laughs quietly]

Rileigh: *I'm* a—

Taylor: That's the—that's the only joy. [laughs]

Sydnee: Well, I didn't mean to *stress* you out, Taylor.

Rileigh: Oh, gosh.

Taylor: I know! I—now—oh, oh, right.

Sydnee: Perhaps—

Rileigh: [laughs]

Sydnee: [laughs]

Rileigh: It was such a good—*such* a good transition, Taylor didn't even get it!

Taylor: Oh...

Sydnee: Come on! Uh... perhaps you need some stress manage it—management.

Rileigh: Mamagent?

Sydnee: Excuse me.

Rileigh: [laughs]

Taylor: Perhaps I need a stress manage it.

Sydnee: [laughs]

Taylor: Thanks, doc!

Sydnee: It's the morning. I haven't been drinking. I'm just—

Rileigh: It's 11:45. [laughs]

Sydnee: I know—

Taylor: Yeah, it's not the morning.

Sydnee: —I just—well, I mean, I just can't talk. I don't—[laughs]

Taylor: Alright, let's talk—let's talk about stress... manage it.

Rileigh: [laughs] Stress manage it! Name of the episode. Stress: Manage It.

Taylor: That's sounds like a—like a campaign to sell, like, some sort of trapper keeper in the 90's. "Stress? Manage it!"

Sydnee: [laughs]

Taylor: And then, like, some cool triangles go across the screen!

Sydnee: 'Cause that's all you need to manage stress is a trapper keeper. That's the problem—

Taylor: [through laughter] I think so.

Sydnee: —that's—that's everyone's problem today, in 2019. Not enough trapper keepers. You bring those back, you stick some Lisa Frank stickers on the front of those suckers, and you've got your stress *managed*.

Taylor: I just need those good, good little stickers that reinforce the holes of my notebook paper, and then I wouldn't cry all the time! [laughs]

Rileigh: You need the scented stickers.

Taylor: [splutters] *Scented?!*

Rileigh: Yeah, scratch and sniff.

Sydnee: Uh... Charlie has a book of Lisa Frank stickers, and we were playing—

Rileigh: How do they still make those?

Sydnee: Uh, they—they're everywhere, still.

Rileigh: She is immortal.

Sydnee: And we were putting them on paper and coloring and stuff this morning, and I—I found one that I just loved. It was two little puppies that were sharing an ice cream sundae in a malt shop. [laughs quietly]

Rileigh: That's a very specific sticker.

Taylor: Yeah.

Sydnee: It is a very specific sticker! And so we put that in the center of our paper and made, like—it was supposed to be, like, radiating beams of love coming out from the sticker, [holding back laughter] but it looked more like they were falling into a vortex.

Rileigh: [laughs] Those poor puppies.

Sydnee: I wish I had a trapper keeper to put that on the front of, is what I'm saying.

Rileigh: Yeah.

Taylor: That would—that would go on your science, uh, trapper keeper, I think.

Sydnee: [laughs quietly] Uh, so, I feel like stress management—

[pauses]

Rileigh: Ayy, there you go.

Sydnee: There, got it, mm-hmm—techniques are a relatively newer idea for the teen community, from my perspective, 'cause if—if my recollection is accurate,

when I was a teenager, if I told an adult—generally, I'm not gonna say every adult in my life, but generally speaking, if I were to look at an adult and say, "I'm feeling stressed," a lot of them would have looked at me and said—or *did* look at me and say, "Why? You're a teenager! You've got nothin' to be stre—"

Rileigh: "What do you have to be stressed about?"

Sydnee: Exactly. "Wait till you gotta pay bills! Wahhh."

Rileigh: They Waluigi?

Sydnee: [laughs]

Taylor: [laughs]

Rileigh: "Wahhh."

Taylor: [through laughter] Waluigi is the worst at understanding stress.

Sydnee: [laughs]

Rileigh: You really should go to Luigi if you're feeling stressed. Waluigi and Wario are just not helpful at all.

Taylor: Yeah... I would maybe go to—I would maybe go to Princess Peach or Toadstool. They seem chill. They might offer me some tea and, like, just to hang out. I went to the absolutely wrong Mario person.

Sydnee: I bet Toadstool's got some better stuff than tea.

Taylor: Well...

Sydnee: [laughs]

Sydnee: He just—he seems like, you know. Like he can hang.

Rileigh: [wheezes]

Taylor: I mean...

Sydnee: [laughs quietly]

Taylor: No doubt.

Rileigh: What is happening to our podcast?!

Taylor: [through laughter] I think we're trying—I think we're insinuating which character in Mario Kart would be most likely to give you drugs. I think that's where we went, just now.

Rileigh: [laughs]

Taylor: Yo, you're in college now! Stuff is gettin' real on this podcast! [laughs]

Rileigh: [holding back laughter] Sydnee, who's your number two?

Sydnee: Hey kids, don't do drugs. Even ones that you get from Toad.

Taylor: [laughs] But Yoshi, though...

Sydnee: Uh... no, Yoshi didn't know where to find drugs. [laughs]

Rileigh: [laughs loudly] No, Yoshi has those cheeks that he keeps stuff in. He just kind of, like, sticks his tongue out and is like "[Yoshi noise]"

Taylor: "[Yoshi noise]"

Sydnee: [laughs]

Rileigh: [through laughter] "[Yoshi noise]" [laughs]

Taylor: [laughs] It's just a weed brownie.

Rileigh: [laughs loudly]

Sydnee: Yoshi—Yoshi was the Scooby Doo of the situation. He was not the Shaggy. Shaggy knew where to obtain the drugs. Scooby Doo was just along for the ride.

Taylor: Well, who is the Shaggy? Are you—are you—

Rileigh: Toad?!

Sydnee: Toad!

Taylor: I—I mean—

Rileigh: "[Toad noise]"

Taylor: —I get it, his—

Rileigh: "[Toad impression] I've got your drugs!"

Sydnee: [laughs]

Taylor: [laughs] I know his head is an actual mushroom, but—

Sydnee: [laughs]

Taylor: [laughs] That seems—that seems like a pretty, like, daring move for him, if he's our secret drug lord of Mario world.

Rileigh: Do you wanna know something terrifying? Someone told me once that—or showed me once that that head is a hat.

Taylor: I think that's less t—how is that not—how is that more terrifying? That's less terrifying! I like the idea that that's—

Rileigh: Because then that's just, like, a bald—a bald—

Sydnee: What's under there?

Rileigh: —little guy under there.

Sydnee: Is it the stem? Does it look like a mushroom stem at the top, like, flat, cylindrical?

Taylor: No, it just, like, he's just like a little guy with a hat on.

[pause]

Rileigh: Uh—it says, "Though Toad has been seen wearing a mushroom hat on his head in the non-canon Mario cartoons—" oh, "it is a part of his head." But I swear I've seen pictures where he's taken it off. But also, here's a great picture of him wearing a top hat on top of his mushroom head. [laughs]

Sydnee: Aww.

Taylor: Okay. Well, I—I mean... 'cause, like, that—

Rileigh: Aww, look at this guy. Look at him! He's got a little fedora on, on top of his mushroom head!

Taylor: Oh... oh no. [laughs quietly]

Sydnee: What a cutie.

Rileigh: And a little sailor hat! Aw, I'm gonna send this to our sister group message.

Sydnee: So this—does this help you manage stress?

Rileigh: Yeah! [through laughter] Looking at pictures of Toad wearing hats!

Taylor: Creating—creating drug lord fanfiction for the Mario-verse is exactly how I manage my stress! How did you know?!

Rileigh: [laughs]

Sydnee: I just know you so well.

Taylor: [through laughter] That's exactly what I do!

Sydnee: Hey, I think that, uh, fanfiction is a totally legitimate form of stress management.

Taylor: I... yes? Sure, yes. Absolutely.

Rileigh: Um, but back to what we were legitimately talking about—

Taylor: [through laughter] Wh—what is that?

Rileigh: —writing does help me manage stress! That's a—maybe not fanfiction, that's never been my strong suit, but—

Sydnee: I would say if we're looking for, like, things that are universal or timeless, definitely, you know, journaling, writing, diaries, poetry, stories, whatever your thing is.

I would say that that has been a stress management technique that teens have embraced for a long time, because the idea of having, like, a diary where you kind of work it all out is not, of course, new.

Rileigh: Yeah.

Sydnee: Now, I assume you do it on the internet.

Rileigh: Yeah... I feel like that's what, uh—there are a bunch of, like, websites where you can upload your own writing. I know Wattpad—

Sydnee: LiveJournal.

Rileigh: Well—

Taylor: Yes.

Sydnee: [laughs quietly]

Taylor: Well—I mean—

Rileigh: [through laughter] Not LiveJournal anymore.

Sydnee: [laughs]

Taylor: Not anymore, but that was! That was a big thing. It was, like, a weird micro-generation, I think, that LiveJournaled, because I feel like my exact age range did. I don't know if your generation did, Syd. Your, like—

Sydnee: I didn't—I didn't get into LiveJournal. I don't know if it was just a personal—I mean, I was still writing, but it was analog. [snorts]

Taylor: Hm.

Rileigh: [laughs] [whispering] With a pencil!

Taylor: It was definitely that, like, "It's out there for people to see, it's on the internet, but you have to have, like, a very specific information to find it," but that was a stress relief thing.

Rileigh: Maybe Sydnee wasn't writing on LiveJournal, but Lenore was.

Taylor: Oh no!

Sydnee: [laughs] Now you know my secret.

Rileigh: [holding back laughter] Sydnee's nom de plume.

Taylor: That—that was not her LiveJournal. That was a DeadJournal.

Rileigh: [laughs]

Sydnee: [laughs] That sounds like something I would've said.

Taylor: [laughs loudly] *Lenore* would have said!

Sydnee: Yeah. Not me. Lenore.

Rileigh: And yes, that text you both just got is just three pictures of Toad wearing various kinds of hats. Just wanted to make sure you all were aware that that's on your phone now. [laughs]

Sydnee: That's good! That's good. I'm glad I have these.

Rileigh: Yeah.

Sydnee: I'll show them to the girls later. They'll enjoy them.

Rileigh: They'll enjoy that. Um...

Sydnee: What, uh—[laughs quietly]

Rileigh: [laughs] Anyways.

Taylor: [laughs]

Sydney: Is Tumblr that?

Taylor: [crosstalk] Sorry, I was [unintelligible].

Riley: Yeah. I was gonna say, there are websites—like, Wattpad is where you can publish your own writing, like stories, poems, whatever, to share with other people. That's more writing-specific, but I feel like Tumblr is that kind of community where it's like, one step farther away from Twitter, where Twitter is more of, like, a personal social media, but people still use it to share, like, stress or share writing or talk about things.

Tumblr is, like, a much more... personal, I would say, like—sharing, like, deeper things you've written, or, like, more serious things, instead of Twitter where it's just, like, making sarcastic, attempting-to-be-relatable tweets about the stress you're under. Which was what I tend to—tend to go for whenever I'm stressed.

Sydney: And I think a lot of that, uh, the benefit people receive from that, is you can get, like, instantaneous kind of, like, a feeling of community and reassurance from people, from Twitter. If people respond, you can feel like you are instantly—it's a virtual pat on the shoulder.

Riley: Yeah. You can tell if I'm having a really stressful day if um, I've tweeted more than, like, twice. If you look on my Twitter and it's like, "Oh, Riley has tweeted, like, six times today. [through laughter] Like, oh, she's just trying to be funny and relatable so people'll give her a sense of affirmation and community."

Sydney: [laughs quietly]

Taylor: You're not supposed to say that out loud, Riley! You just gave away the game!

Riley: [through laughter] I know, but I had to tell someone, Taylor!

Taylor: I tweet, like, six times a day! Don't give up my spot!

Riley: [laughs]

Sydnee: Can I tell you, sometimes if I tweet a lot—this is completely honest—it's because, like, Justin's out of town or something and I have been, like—I have had no adult interaction. All of my interactions have been with two little kids, and while I love my little kid interactions, sometimes it's just like—

Rileigh: Adult interaction!

Sydnee: —I need an adult to have a conversation with! I'll start one on—

Rileigh: "I need an adult!"

Sydnee: —on Twitter! [laughs] Just so I can put something out there, and then an adult will respond, and it's not—I'm not talking about... I don't know.

Rileigh: Descendants.

Sydnee: Descendants, or Elmo, or... Big Comfy Couch, that's our new thing.

Rileigh: Yeah.

Taylor: No, I get that. When I'm not, like, working at the bar, I don't leave my house much, so it's like, "Oh no, I haven't talked to a human in... three days. I should tweet!" [laughs]

Sydnee: [laughs]

Taylor: "That's the same thing!"

Sydnee: Is that—are we putting forth, like, a stress management technique is social media? 'Cause that seems... like a double-edged sword, to say the least.

Taylor: That's not. That is not.

Rileigh: That's not, no. no.

Taylor: I think—I think that is a—we just need to focus on *good* stress management stuff.

Rileigh: Although I did see a very good tweet that was like, "Me: sends tweet. My brain: are people going to push the button? People: push the button. My brain: here are the good chemicals." [laughs]

Sydnee: [laughs quietly]

Rileigh: People push the like button or the retweet button on my tweets and my brain said "Good chemicals! Happy!" [laughs]

Sydnee: You are liked. You are liked.

Rileigh: You are liked. Affirmation. Um, no, I don't think social media is a great stress management technique. If anything, sometimes social media causes more of my stress than it relieves.

Taylor: Yeah. But...

Sydnee: Yeah. I think—

Taylor: But what is—

Sydnee: —I mean, I think that the internet and social media, we can extract, 'cause I think the internet has the ability to help you deal with stress.

Rileigh: Yeah. For sure.

Sydnee: But it also has the ability to destroy us all, so.

Rileigh: The internet has cat videos.

Sydnee: There you go. That—that was kind of what I was getting to. The internet has lots of, uh, precious media that will put a smile on your face.

Taylor: Well, and you know, I—we're making fun of it, but, like, actually—because I was talking to a friend recently who, like, kind of was going through a stressful, bummer period, and she mentioned that she was watching, like, Vi—like, a collection of Vines that were like, "Vines to pull you out of a depression," or "Vines to make you smile when you're really sad."

Something like that, and kind of offhand I was like, "Wait. I watched the exact same collection of Vines when I, too, was going through a really sad, stressful period."

That is definitely a coping mechanism that I reached out to, and it worked! It's like, I'm just so in my head, I just need to focus. I'm gonna watch this 15 minutes of Vines of people, like, saying silly things and, like, dancing, and then it's gonna—I'm gonna start—I'm gonna get back to work after that. And it helped! [laughs]

Rileigh: Yeah. You don't appreciate how good Vine was until it's gone. Now it's gone, and now we just have to find those compilations. You don't realize how many Vines are in 15 minutes until you sit there watching, like, 10 collections that are all, like, 10 to 15 minutes and you're like, "I think I've watched every Vine that ever existed!" 'Cause they're only six seconds.

Taylor: Yeah... but I feel like all the Vines that we needed were made, and that's why those, like—I think that's why Vine ended. It's like, "Well, we got all these that we need."

Rileigh: "We got all the ones we need." They're also, if you're ever interested, there are, like, four whole collections that are just called "Griffin McElroy Vines." [laughs quietly]

Taylor: Oh. Oh no.

Rileigh: [through laughter] Just—just 20 minutes at a time of just Griffin's Vines.

Sydney: He—he did a lot of Vining, I believe.

Rileigh: I did a lot of Vining. I always like the comments when people are, like, asking who this guy is. [laughs]

Sydney: I didn't—I didn't know how to Vine or anything, and then it was gone, so...

Taylor: Well.

Rileigh: Justin, I feel like, did, like a Vine at some point.

Sydney: Yeah.

Rileigh: Maybe two.

Sydnee: I don't know if we're just a little... old?

Rileigh: Well, I was a little young when Vine came out. Like, I was just young enough that I was, like, preteen, so I wasn't really making Vines, and I wasn't really, like, with the culture enough to understand any of the jokes they were making 'cause I didn't have any social media or anything.

So, like, all the people—which I think is interesting. This is not really related, but—but all the people that were on Vine now are YouTubers. Once Vine died, they were like, "Well, movin' to YouTube! Now I'm makin' a bunch of money off YouTube." But they were all, like, my age currently when Vine became a thing.

Sydnee: Well, I wanna talk about some more strategies that might actually help people.

Rileigh: [laughs]

Sydnee: I feel like everything we're putting forth right now is like—

Rileigh: Vine!

Sydnee: —it's—it's gone.

Rileigh: Vine is gone. Vine is on YouTube? [laughs]

Sydnee: Uh, but especially since, like, my coping strategy has always been, pick all my cuticles off.

Rileigh: Yes.

Taylor: That's not a coping strategy...

Rileigh: I think I've adopted the same one from—from you, so.

Sydnee: Right. It's a bad one, and so that's what I'm saying. Let's get to some good ones. [laughs quietly]

Rileigh: Yes.

Sydnee: Uh, but first...

Rileigh: Let's check the group message. Scroll past all the pictures of Toad in our group message... to get to the ads.

Sydnee: So that I can tell, uh, you all—not just you, sisters, but all of you out there listening—

Rileigh: [laughs quietly]

Sydnee: —about ModCloth.

Rileigh: What's ModCloth?

Sydnee: Uh, ModCloth is... they are like no ordinary clothing website, because they don't just have clothes. [laughs softly]

Rileigh: Oh?

Sydnee: And also because the kind of clothes, the kind of fashion that you're gonna find on ModCloth, is celebrates whatever your style is, whatever your size is, whatever makes you feel good, whatever time of year it is, you're gonna find it on ModCloth.

Um, I love the clothes of ModCloth. I was shopping there long before I started saying I was on the internet. Uh, it's one of my favorite places to go look when it starts getting a little chilly out and you want some cute new sweaters or coats or pants.

ModCloth has everything you need. They have sizes ranging from 00 to 28, so whatever sizes you need, they've got you covered. Um, and if you have a question about the fit of something, they have a team of Mod stylists that can hook you up with complimentary sizing and styling help.

And, like I said, it's not just about the clothes. They do—they have amazing clothes. I have lots of dresses from ModCloth. I have lots of, um, cool graphic tees that I like to get from ModCloth—

Rileigh: [holding back laughter] Mm-hmm?

Taylor: [laughs quietly]

Sydnee: What? I like—

Rileigh: "Cool graphic tees."

Sydnee: That's my style, now. I like graphic tees.

Rileigh: What a cool mom. Cool graphic tees.

Sydnee: That's my new thing. And, uh, they also have every accessory. They have shoes and jewelry, they have all kinds of stuff for, like, your room or your dorm room, Rileigh, whatever, those kinds of things to decorate the place, and they always have, like, not just seasonal things, but holiday-specific. So, like if you go right now you can also find some Halloween-y kind of inspired, spooky things.

So, Taylor, if our listeners wanna check out ModCloth, what should they do?

Taylor: Well, we have a limited time offer for y'all. You can get 15% off your purchase of 100 dollars or more, including all sale items, if you go to ModCloth.com and enter code "buffering" at checkout.

That's ModCloth.com, and enter code "buffering" to get that extra 15% off all sale items through the end of September. So use that code "buffering," and get that discount, and get all that good stuff! Get some spooky stuff! They got it up already. I'm excited about that.

Rileigh: Yeah.

Sydnee: Woo-hoo!

Rileigh: Um, sisters, I wanna tell you about Native Deodorant. Native Deodorant is made with fewer, simpler ingredients, so you know everything that's in your deodorant, everything that's going in your pits, or whatever you wanna call it, Sydnee?

Sydnee: Axilla.

Rileigh: Axilla, the fancy word. That's it.

Taylor: Eugh...

Rileigh: Um, it comes in a wide variety of enticing scents for men and women, plus new limited-edition seasonal scents that are released throughout the year, so you can even get your underarms feelin' spooky with some seasonal scents this time of year!

Taylor: [laughs quietly]

Rileigh: Um, and they also have unscented formulas and baking soda-free formulas for those with sensitivities, just in case, you know, those scented deodorants aren't your thing, and they offer free returns and exchanges in the USA. So, you don't like it, you wanna switch it out for something different, Native's got you covered for free!

I've tried Native. We all have. I love it. It smelled great. Um, I love the smell of... my underarms, for once? You know, that's usually not something you can say. You don't love the smell of your pits. I love the smell of my pits whenever I'm wearing Native, because it just smells so darn good!

Sydnee: And you like to know what you're puttin' on your skin.

Rileigh: Yeah!

Sydnee: You know, whether it's under your arms or anywhere else. It's nice to know, as somebody—I am someone who, my skin breaks out from many things.

Rileigh: I got super sensitive skin.

Sydnee: Yeah. It's like to not have to guess.

Rileigh: Yeah!

Sydnee: It's *nice* to not have to guess.

Rileigh: And Native makes it so you don't have to, 'cause you know everything that's going in your deodorant. So, Taylor, if our listeners wanna check out Native, what should they do?

Taylor: Well, you should go to NativeDeodorant.com, you can get 20% off your first purchase if you use our promo code "buffering" during checkout. So that's NativeDeodorant.com, promo code "buffering." Get that 20% off, and get your pits smelling good, and spooky? I guess you could—good and spooky. Uh... yeah.

Sydnee: Sure!

Raleigh: Yeah! Get your pits spooky, this spooky season.

Taylor: Haunted—haunted with a delicious scent!

Raleigh: [laughs] There you go.

Sydnee: It'll be spooky how good you smell!

Taylor: There you go. There it is.

Sydnee: So, we were gonna talk about—like I said, really since I was a teenager, I coped with stress by not coping with it, by bottling it all up inside, and peeling off my cuticles. [laughs softly] Uh... no, that's not true. But that was probably the main thing that I did with stress, and I hate that I did that. I still do it to this day. I try really hard not to, and I have seen—Raleigh, I know you do it, and I also see Charlie do it sometimes.

Raleigh: She's too little.

Sydnee: And I feel—well, I feel personally responsible for both of you, because I feel like you, as a younger person, and Charlie, as a younger person, watched me do it.

Raleigh: Yeah. I always can tell if it's been an especially stressful day if I look down at my fingers and I'm like, "Oh no, three of them are bleeding!" [laughs]

Taylor: [groans] Well, but there was—there used to be kind of a weird—I think it's changed now, but, like, it was a weird sort of, like, badge of pride, like, "I don't—I don't ever say when I'm too stressed out and take a break, I just keep workin' through it [through laughter] and find really unhealthy coping mechanisms to get me through it!" Like...

Sydnee: I do think that used to be—I mean, I remember—this was not necessarily *my* attitude, but I remember feeling like the societal message when I

was younger that, uh, if I—especially as a young person specifically. If I was feeling stressed, then there was something wrong with me.

Like, then it was—it was just something I needed to, like, get over or get past, and it was not something to share or tell people about, because I was a kid, I had everything given to me, I didn't have real fears or responsibilities or worries, and so I should just, like, get over it, and, I don't know, go to a football game, I guess? What did they tell—like, go to the malt shop?

Rileigh: Yeah. Go to the mall with your friends, buy some clothes.

Taylor: Yeah, that's the thing, yeah.

Sydnee: Join the cheerleading squad.

Rileigh: Yeah. Um... I actually talked about this when I was on *Is This Adulthood?* We talked about, like, how you kind of romanticize stress when you're in, like, a college setting or high school setting and you're younger. And it's kind of like a whole, like, pride thing, or competition thing where it's like, who can—who can say they've taken care of themselves *least* this week? Who's gotten the least amount of sleep? Who's the most stressed? Who's had the most caffeine? That person is, I guess, winning? At something? I don't know.

I know that that seems to usually be, like, a very weird competitive environment, especially for me. Like, I usually am surrounded by other, like, high-achieving, over-achieving students who are usually doing the most and have the least amount of free time, and there's always just this weird competition. Like, why do you wanna be the most stressed out? But also, like, why is it—why is it *appealing* to be the most stressed out all the time?

Taylor: That's true. I had—like, I didn't—in high school, when I was on the tennis team—I've talked about this before, but, like, I would walk around with, like, a bruise on my leg the whole season because I would get so stressed out, like, when I was practicing or playing, that I would, like, tap my—it started as a tap with my racket at the side of my leg, but it would get very violent.

And for some reason that was like, "Yeah, I'm hardcore. Like, I—I don't express the fact that this is putting a lot of pressure on me and I'm afraid of failure. I just beat myself in the leg with a tennis racket, and that's 'cause I'm just so hardcore." [laughs] It's like, "No!" I should've taken a break! I should've maybe

had a discussion with myself that winning isn't everything! Nope, nope. Just gonna beat myself in the leg.

Sydnee: Well, and I think what we're all talking about, in a grander sense, is part of the problem with, like, American culture. I think the—and maybe this is shifting, is what we're getting into, is that this concept is shifting, but for a long time, there has been this idea in our country that if you—like, to be successful, it's not just about the results of your work.

It's about the work itself, and, like, are you the first one and the last one to leave every day? Are you, like, not ever getting enough sleep or ever getting enough food? Are you eating all your meals in your cars? Are you, you know, are you rushing to get everything done—still getting it done, 'cause falling behind is not something they value.

Rleigh: Right. You still get it all done.

Sydnee: You get it all done, but do you feel totally exhausted and miserable all the time? Because if you don't, you're not working hard enough.

Taylor: Right.

Sydnee: I feel like for a long time there's been this kind of, like, unspoken pressure that if you aren't absolutely beating yourself to death, you're not doing *enough*. No matter how successful you are, it's still not enough if you're saying, "I'm gonna take a vacation now and not worry about anything for the next week, and just relax and be with the people I love," and whatever. No. that's not okay.

Even—it's, like, about—I know, man, in the field I'm in, I *know* it's a badge of pride. Like, "Even on vacation I still check my charts and do notes and answer calls and do work. Even on my vacation I do work."

People say that all the time and it's like, that's—it shouldn't—

Rleigh: You shouldn't do that!

Sydnee: Well, it shouldn't be, like, that's—"Oh, good. Good for you. Good for you, working even when you should take care of yourself."

Rleigh: Right.

Taylor: Well, and that's—I mean, I think, like, taking a vacation, taking a trip, like, taking time off—like, that is something that—I don't know. There's a weird concept where it's like, "No, no, no. You work—you work as hard as you possibly can, and then you retire, and then you get to take vacations."

It's like—like, the first time that I booked a trip out of the country I got pushback, 'cause it's like, "What—it—what are you doing? Like, you're 23! You can't afford that!"

It's like, well, I could. I could afford a week off and I could afford this, so I'm gonna do it now. I don't know when I'll get to do it again, and I'm definitely gonna have to work really hard when I get back, but I don't wanna buy into this thing where I don't get to ever do anything—I don't get to ever take a day off until I retire. [through laughter] Like, that's not—that's not good for me, I think.

Sydney: No, it's not. And it bleeds not just into vacation but, one place that I've seen it very personally and among my friends and colleagues, is when it comes to, like, after you've had a child. Our idea of, like, "If you're really tough, you will work until the moment you are giving birth." [laughs quietly] "And then you'll just pop over to the—[laughs quietly] pop over to labor and delivery, have that kid really quick, and be back to work in two weeks."

Riley: Yeah.

Sydney: "If you're a good—a good employee and a tough person and a strong person—the faster you come back, the tougher you are, and the more we value you. The more you're celebrated for that."

And it's just so totally backwards, and it destroys people. I mean, people are constantly going back to work too early. They, you know, they need to be home. They are recovering. After having been through it twice, I can tell you what your body goes through when you give birth. Like, carrying a child and giving birth, and then the aftermath. Like, you need some time! And you want some time at home, to, like, figure out this new little person who has joined your family and, like, how are we all gonna work together now to be a new unit?

It's incredibly challenging, not just for the person who's given birth, but if there's a partner involved, too. And everybody should be able to take time off and focus on that, and make that their top priority for a while. And it is almost impossible to do without going broke or getting fired, in our country.

And beyond that, it's also not Valued! In the—with a big V, by society. You know what I mean? Like, I don't mean that *I* don't value it. I mean that there is a pressure that it's bad, where every successful country in the world does it differently.

Rileigh: Yeah.

Taylor: Yeah, that's true. I mean, that's, like—it was years and years, as somebody that's come up in the service industry, where I think, like—like many industries, but it's, the more hours you're willing to work, the more—if you're gonna pull doubles and clopens, like, you're solid. You're an important part of the time.

You gotta do that to, you know, like, earn your spot, and I did that, but there was a point where I had to go, like, "Hey, there's the person that I can be for you all working 60, 70 hours a week, and that person *sucks*. That person's mean, that person's grumpy, that person doesn't wanna be here, and then there's the person I can be for you working, like, 40 to 50 hours a week, and that person's nice. That person's chill. So, like, it's not that I can't do that, it's that my best version of me involves me taking time for myself. And that's what my job deserves, so if you really want me to respect me job, let me give you 40 hours of quality work and not 70 hours of, like, this is a weird, angry, screaming monster." [laughs]

Sydney: Right.

Rileigh: Yeah. And, I mean, I think when you're in school, especially, like, high school and college and then if you wanna go to school after college, there's always this pressure that, like, everything you do is just going to be, like, for your resume. So, like, you know, you're in high school, you have to work on getting your GPA up and your ACT score, your SAT score, and take all these extracurriculars and do all that kind of stuff to get into a good college.

And then you get into college and it's like, okay, but everything still has to be a good resume builder and a good—good for your GPA, you know. You need a good MCAT score, LSAT score or whatever, if you're gonna go to law school, medical school, if you're gonna apply for a job right out of college you need all these good things for your resume.

So, like, you just have to spend all this time constantly filling up your life so you have no free time and stressing yourself out so that you can, like... just get to

another thing where you're gonna have to spend all your time filling up all your time with things you don't wanna do that stress you out!

I mean, I know people that I go to school with that fill up their class schedules with, like, 20 to 24 hours, and they don't need to. It's not like they're trying to graduate early or anything, they just, like, want to.

And then take, like... you know, they work a job and they are in three clubs and they do all this different stuff and it's like, "Why—why do you... do all that?"

I mean, I—I take hard classes, but I also allow myself time to just, like... just have a day off. Let's finish classes after two hours on Fridays, so I can have all of Friday just for me!

Sydnee: And I think it's about what's fulfilling to people. I think if somebody does all that and they feel, like, happy and fulfilled and not wanting—

Raleigh: Right, then keep doing it, for sure.

Sydnee: —then, great, awesome. Do your thing. But I think the problem is that I would almost say there is a, like you said, they're romanticizing it. There's, like, a value placed on how beaten down it's making you. Like, there's—and we have seen a turn away from this with, like, the idea of self-care.

I always think of it as like a movement, because it really... it's not something that I remember even being spoken of when I was young. I mean, you know? I mean, Teylor, do you ever remember people talking about self-care?

Teylor: No, and I think any acknowledgment of weakness—and I'm using that term, like, ironically—would've been frowned upon. Like, I need to—I could finish this assignment in a timely manner, or I could, like, take a break because I need one. Like, that would've been like, "Oh, so you're failing. You're failing, by taking care of yourself." [laughs]

Raleigh: Yeah.

Sydnee: It's very true, this idea that, like, not only is it okay to stop and take care of yourself, but it's actually important, and it's something not just you *can* do, but you *should* do. It's still weird for me to... hear, because it's not—it was not what I took in. And I don't wanna say it was from our parents, I'm not blaming our parents for this. It was just society as a whole.

Rileigh: [crosstalk] Right, it was a societal thing.

Sydnee: It was every message I got, was "If you're stopping to, like, get a massage or take a bath or read a book or listen to some music or go for a walk or whatever, or just take the time to cook yourself a decent dinner instead of fast food, that's wasted time."

And it's so—I mean, it's refreshing, but I think, like, it's gonna take more than that. We have to change the way we look at success, and how we treat our workers in this country, and what a truly, like, happy, productive worker is, and what they need to be that.

I mean, there's so much more to it than just, like, "Here's a coupon for a massage." You know what I mean?

Taylor: Right.

Rileigh: Yeah. I think it was probably the most rewarding and happiest day of my entire school career, just last week. I had had a super awful, stressful day, like, class for like six hours straight and, like, hundred pages of reading to do, three assignments due at midnight, like, just the worst day. Didn't have any time to do anything. Didn't even get to shower.

And the next day I had one class, and it was only 50 minutes, and I didn't have any homework due or anything and I was like, "You know what? I am taking a mental health day. This was the worst, most awful, stressful day. I'm going to email this teacher and say, 'Hey, I know this doesn't count as an excuse, but I need a mental health day, so I won't be in class today. If there's anything that's due, I will email it to you, and that is that. I am taking my day.'"

And this teacher emailed me back and was like, "That's great, take care of your mental health. That's a great idea. That's more important than being in class all the time, and you can't do your best work if you're not feeling like your best self. If you need anything, let me know, and keep taking care of yourself."

And it was just so nice! Like, this professor was just so understanding of me being like, "I had a really horrible, stressful day. I need a mental break." And she was like, "Yeah, go ahead. I get it."

Taylor: Yeah.

Sydnee: That's really nice. I feel like that's a rarity. Even today, I feel like that's a rarity. I would—

Rileigh: I will say, they're not—you know, all my professors that I've ever had, I don't know if they would react the same way, [through laughter] but knowing that there is at least one is like—it's comforting.

Sydnee: Well, and it's—I work, you know, at a med school residency program, and I would love to believe that if a medical student or a resident or a physician said something like that to their boss, that there would be understanding. I would love if that were true, but I think I would be lying if I said that that would be acceptable, the vast majority of the time.

I'm not saying there's not somebody out there who's, you know, understanding, but the pressure and the expectations and the idea that, like, you don't take a sick day. You come to work with a fever. You drag yourself in, no matter how totally exhausted, or if it's your mental health, your physical health, your any—it doesn't matter. Destroy your own health for the sake of your job.

Rileigh: Right.

Taylor: Well, I mean, I've even—I've been on the other side of that in the restaurant world where it's like—and you'd think beyond any industry, like, if you're sick, stay home, for the love of God, you're making food. You're serving food. *But*, like, coming up in the industry, sick days weren't a thing. Like, you didn't call out! If you called out, there's nobody to take your job. Like, if you're—you're filling the one position that you have. If you call out, you're—you're screwing over the entire restaurant. Like, that's not a thing you can do.

And now it's like, having, I think—like, now, you know, I'm older, I work with younger kids under me, and they will call out. They'll—"Yeah, I'm really sick today. I can't come in." I had that moment of like, "You can't do that! [quieter] Oh, I—actually, you probably should. You probably should, and I have to change the way *I* think about this, because it's totally fine that you do." The problem was that *I* didn't think that *I* could. [laughs quietly]

Sydnee: Well, and it's—I think that what we're seeing, hopefully, is that shift. It's the same idea of like—it's like the student loan thing. "I already paid off *my* student loans. You should have to, too!"

Well, no! Because the system was, like, hard and crappy and unfair—

Rileigh: Doesn't mean it always has to be.

Sydnee: —doesn't mean that the solution is to make sure it's unfair for everybody. I've paid off all of my student loans, and believe me, I had a lot of them. I'm not—you know, I mean—

Rileigh: Med school's expensive.

Sydnee: Med school is expensive! It took me a long time. But if I knew that nobody else had to do that, I would celebrate that! That would not—and that's the kind of, I think, cultural shift we're starting to see, is the "I had it hard. I don't want you to have it hard like that."

I think that hard work is important. I'm not saying hard work doesn't matter, but when the system's stacked against you and it's unfair, that... all that does is make everybody angry and sad and filled with hate and lash out at each other. It doesn't—it doesn't bring us up as a society, so, like, I applaud that.

Let's make things more fair. Let's encourage—I know that I went through years never taking a sick day, and do you know how many vacation days I lost 'cause I didn't take va—I went through residency an entire year one year, I didn't take any vacation. Why?! Why did I—

I look back and go, "Why did I do—" I had three weeks I could've taken. I didn't take *any*. And at the end of the year, I said, "[proud tone] Guess what? I didn't use any of my vacation."

And now, I look at my residents and I'm like, "Go places. Do things. Get away from work. Hand your pager off. Make sure your patients are accounted for, and then go somewhere and take a break. *Please* take your vacations. If you're sick, stay home, take your sick days. There is no honor in not taking care of yourself!"

Rileigh: Right.

Taylor: Well, and I think it's—you know, I think we're—I have hope, because I feel like it's a two-part sort of revolution. I think younger people are more comfortable saying, like, "I need a break. I need a day. I need to manage my stress."

And then, you know, Syd, our generation—which experienced it and suffered under it—still has, like, the awareness to say, "Oh, maybe the way that I was indoctrinated was wrong."

I mean, that's—that's the way I've always felt. Like, moving up in the restaurant world, it's like—I felt like there was a lot of, like—people would get to a position of power, and then, it's like, "Ha ha! Now *I* get to abuse the people! I was abused the whole way up, now I get to abuse the people under me. Like, that's just the way it goes."

And it's like, "No, no. Now that I have a position of power, I can *take care* of the people the people under me. I can enforce change. I can—" you know.

Sydnee: "I can break the cycle."

Taylor: Yeah! And that's—you know, it's like, that's—that's where we're at, which I think is really important! [laughs quietly]

Rileigh: Yeah. And I feel like I can definitely see that amongst, like, my peers and my professors. I have, you know, some friends that are more like how I try to deal with my classes and my stress that are like, "You know what? I'm gonna schedule it so I don't have classes at all on Fridays, so I get, like, an extra day off that's just for me."

But I still have some peers that are like, "No, I'm gonna schedule as many classes as possible, and be in class every single day from 9 AM until 6 in the evening." And then, you know, wanna talk about how little time they have to sleep, and how much homework they have, and how they never take a day off.

Which, like, if that's what makes you feel good, go ahead, but... I just feel like the way that I—and I used to be a lot like that. I used to be very, like, you know, "Never gonna sleep! Always gonna depend on caffeine! Just gonna do work all the time and never have free time for anything else, and that's what makes me successful and more desirable in the eyes of... I don't know, colleges and law schools and jobs!"

Which I don't think is even true. I don't even know why that's, like—you know, an attitude that's fostered, but... you know.

Sydnee: I think efficiency is so important. So, like, somebody who can get all their work done in fewer hours and then get home to have dinner with their

family, and they're still doing a good job and getting everything done, for me it's like, that's better than, like, "I don't know. I was there for 24 hours and I still didn't get everything done [holding back laughter] and I'm a mess and I—I hate my life and I'm miserable."

I would say, like, something is broken here. This is not func—this is not working. Let's fix it, because this is not... working for anyone.

Rileigh: And, I mean, if you're staying extra to do extra work, or trying to get ahead of the game, or taking extra classes to get ahead, it's like... [sighs] I don't know. At a certain point, if you're doing to please other people, make your resume look good for future employees or a future school or whatever, I think at some point you just have to be like, "You know what? I did what I need to do. I did what is required of me, my responsibilities. I have achieved everything I have to do, so the rest of my time is for me."

Like, you have to stop worrying about pleasing everyone else, and being the best for everyone else.

Sydnee: Do you really wanna work for somebody who would want that of you, in the future?

Rileigh: Right!

Sydnee: You know?

Rileigh: Like, I would rather create and work in an environment that's much more, "Take care of yourself." I'm not saying don't work, just, like, fulfill your responsibilities, what you are asked to do, and then do—don't kill yourself doing everything else.

Sydnee: [crosstalk] It's an environment that accepts you have other things in your life.

Rileigh: Yeah!

Taylor: Well, and it's not a purely—it's not selfish to behave that way. Like, I think it's actually—it's better for everybody when we're all, like, more well-managed. When we manage ourselves well, we're better people to go out in the world and be respectful of other people's time. I mean, that's—that's important.

It's not just for you. It's for—literally everybody in your life benefits from a more, like, relaxed, less-stressed version of yourself.

Sydnee: As does the workplace. There are many studies that show that happy workers are better workers, and happy workers have vacation and sick days and health insurance and benefits, and feel the ability to, like, talk to their bosses about flexibility and changes. Happy workers are better workers, so it's—we're all better off.

Rileigh: For sure.

Sydnee: I just wanted to say, Mom suggested this topic. [laughs quietly]

Rileigh: Thanks, Mom!

Taylor: Thanks, Mom!

Sydnee: She didn't want me—she didn't want me to tell you guys, 'cause she thought you wouldn't want it if you knew Mom suggested it. [laughs quietly]

Taylor: Now, wait a second! That's not fair.

Sydnee: That you guys wouldn't think it was cool enough.

Taylor: I don't ever do that.

Rileigh: I just wanted—I wanted to let everyone know this really quick before we finish, this social experiment I've conducted on Twitter during this episode.

Taylor: Okay.

Rileigh: I just tweeted three pictures of Toad wearing hats with no context, [holding back laughter] and so far I have... hold on. Um, again, no context, just—I have 5 retweets and 79 likes, and it's been, like, 20 minutes.

So, people love Toad with hats, and that's why social media makes my brain give me the good—good juice.

Sydnee: There you go! You heard it here first.

Taylor: I—uh—

Rileigh: And if you're looking for context, here it is. [laughs quietly]

Sydnee: Well, to manage my stress I've got a, uh, five-year-old's birthday party to go to today, so—

Rileigh: That does not sound like a very stress—good stress manage it technique.

Sydnee: There will be cake, I bet.

Rileigh: Probably, that's true. That's good. Stress it—stress is managed by cake.

Sydnee: That helps me manage stress. Cake.

Taylor: Yeahh, I'm gonna—I'm gonna take a nap after this, 'cause I gotta work another late night. [laughs] So—

Rileigh: Oh no!

Sydnee: Well, you take a nap. Rileigh, are you gonna manage your stress in an effective way?

Rileigh: Um, I'm gonna get Chipotle!

Sydnee: Alright!

Rileigh: So that's how I'm managing my stress. [laughs]

Sydnee: [laughs quietly] I was gonna say, "With diarrhea," but then I thought, "That's mean to Chipotle, and I do like Chipotle, and I eat there—"

Rileigh: [crosstalk] I love Chipotle!

Sydnee: "—so I won't say that." [laughs]

Taylor: No, don't say that. Food—

Rileigh: Don't talk about Chipotle like that.

Taylor: —food's a great way of managing stress, 'cause—especially, Syd—actually, Rileigh, you're the same. I know the both of you real well, and sometimes? It's like, y'all just need to eat. Y'all just need to *eat*. [laughs]

Rileigh: If we don't eat, we get, just... bad. [laughs] Mean.

Sydnee: Yeah. It's my—

Taylor: [through laughter] So, so mean!

Sydnee: —it's my sugar day, so I'm eating chips and salsa today and I'm very excited about it.

Taylor: I—I—

Rileigh: That is one of my worst qualities, is that if I get hungry, I just am mean. [laughs quietly]

Sydnee: Yes. I—that is true for me, too.

Taylor: As someone that loves you both, I've just had to accept this. Like, "They're not mean, they're just hungry!" [laughs]

Rileigh: Yeah!

Sydnee: That's—it's fair! It's totally fair.

Rileigh: And then I get food and I'm like, "You know what? I was awful." [laughs]

Sydnee: And guess what? Both of my children are that way, too, so, sorry, world.

Taylor: [through laughter] Well, there you go.

Rileigh: [laughs] Keep passing on this gene!

Taylor: So if you're stressed right now, hopefully you're less stressed because you listened to this podcast. But if you're still stressed, check out some pictures of Toad wearing hats, eat a burrito, uh... I don't know, allow yourself to prioritize yourself over what you feel you must do to exist in this society. You know, stress relief! [laughs quietly]

Rileigh: Yeah.

Sydnee: And if you need to take a mental health day, you should take it, and not—there's no same in actually saying that's what you need it for. The more we talk about it, the less stigma there is against it, and the more we accept that this is just a normal part of health. Just like all other parts of health, mental health is part of it.

Rileigh: You can help break that cycle when you say, "Hey, you know what? Takin' a mental health day." And that's okay.

Sydnee: So if you feel comfortable, saying it out loud is very powerful.

Rileigh: Yes.

Sydnee: And, thank you, sisters.

Rileigh: Thank you, sister.

Sydnee: Thank you, listeners. I hope you have a stress-free weekend. Uh, thank you to the Maximum Fun Network for hosting our podcast. You should check out MaximumFun.org for many wonderful shows that you would enjoy.

You can tweet at us @stillbuff. If you have more pictures of Toad in hats—

Taylor: [laughs]

Sydnee: —I know Rileigh will enjoy that.

Rileigh: I love them! And if you wanna look at 'em, look at my Twitter. @rleighsmirl.

Sydnee: I, uh—[laughs] are you pluggin' your Twitter?

Rileigh: [through laughter] Yes. You plugged your podcast, I'm pluggin' my Twitter.

Sydnee: Okay, go for it. Uh, and you can email us at stillbuffering@maximumfun.org. And thank you to the Nouvellas for our theme song, Baby You Change Your Mind.

Rileigh: This has been Still Buffering: a sisters' guide to teens through the ages.
I am Rileigh Smirl.

Sydnee: I'm Sydnee McElroy.

Taylor: And I'm Taylor Smirl.

Rileigh: I am a teenager...

Sydnee and Taylor: And I... was... too.

[theme music begins in the background]

Taylor: Can I hear the Waluigi impression that started this all, please, Syd?

Sydnee: What did I do?

Rileigh: You went "Wehh."

Sydnee: "Wehhh."

Rileigh: [laughs]

Taylor: [laughs loudly]

Sydnee: Is that right?

[theme music plays]

Sean: Unless you binge watch TV at least 80 hours a week, Inside Pop is definitely not for you.

Amita: Sean, that's a little extreme, and also not quite true!

Sean: Okay, Amita. How about, "Inside Pop is the podcast for people who love and appreciate the best pop culture has to offer"?

Amita: Oh, much better.

Sean: In every episode, we interview the people who create the culture you crave.

Amita: Past interviews include the showrunner of Ave DuVernay's *Queen Sugar*, and *Mudbound* director Dee Rees.

Sean: You'll also get the very best pop culture recommendations in our Big Sell segment.

Amita: Plus, the opinions of two TV producers who are pop culture obsessives, and actually *do* binge 80 hours of TV a week.

Sean: Eyeballs... so... tired...

Amita: Listen to *Inside Pop* every other Wednesday, on the Maximum Fun Podcast Network.

[music plays]

[chord]

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