

Wonderful! 133: The Self-Care Sedan

Published May 13th, 2020

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[theme music plays]

Rachel: Hi, this is Rachel McElroy.

Griffin: Oh, hello, this is Griffin McElroy.

Rachel: And this is Wonderful!

Griffin: Gonna do a little bit of a different ep. And... y'know, it's been a while since we've done a different ep. I feel like we are owed a different ep from time to time.

Rachel: You're so defensive already! [laughs]

Griffin: I feel like we deserve a different ep from time to time! Uh, we... what's the justification here? What's the reasoning for this here? I feel like there are certain weeks where Rachel and I have a tough time... coming up with... good, meaty, beefy, delicious topics.

Rachel: A lot of times...

Griffin: I just got—I got really hungry for like, a steak while describing that.

Rachel: [laughs] There's no shortage of wonderful things. But sometimes, there are wonderful things that... aren't ten minutes worth of wonderful, let's say.

Griffin: Yes. And sometimes, also, your brain is in a spot that won't really let you think of wonderful things...

Rachel: [laughs]

Griffin: Because of just everything that's going on. But you can't really blame that, 'cause your brain is also sort of predisposed to, uh, them dark thoughts. But guess what? We do have an episode for you this week. And maybe this one's even more... will provide more value. To you.

Maybe after last week's episode, you were like, "Damn, I can't go out and play laser tag right now." But this week, maybe this will be more actionable. What are we doing, hun?

Rachel: Uh, so, this week, Griffin and I are focusing on the wonderful things that are particularly useful to you right now, as someone stuck in your house.

Griffin: I think the way we've described it is a little self-care gift basket. We're gonna put together... or did we say gift box? I guess let's establish that first.

Rachel: [laughs] Is it a basket, is it a box?

Griffin: What kind of container are we gonna be putting... I've literally organized all of these things, thinking of like, sliding them into a box or a basket.

Rachel: Ohh.

Griffin: Are you going to have to sort of edit and, uh, twist...

Rachel: A lot of mine don't fit in a basket.

Griffin: Well, just find a way to kind of get it... in a container. Maybe it's not a basket. Maybe it's like a sedan. Maybe it's the trunk...

Rachel: Ohh, okay.

Griffin: Maybe it's the trunk of a mid-sized sedan.

Rachel: Still won't really work for me, but I'll figure it out. [laughs]

Griffin: It's a self-care sedan trunk that we're putting together for ya. Um, and... yeah.

Rachel: What about a bubble? What about a big, like, dome? What if you were—had a dome?

Griffin: It's the self-care biodome, and that's funny, 'cause my first thing is actually the movie Biodome.

Rachel: Are we not gonna do small wonders?

Griffin: Watch it! Feel good! I mean, these are all pretty small.

Rachel: Are these—they're all kind of—okay. Okay.

Griffin: Uh, if I had something that I was excited about, guess what? It's goin' in the fuckin' sedan. It's goin' in the biodome. So yeah, we just have a bunch of stuff to talk about, and let's just do that. Do you wanna start? Do you want me to crack open...

Rachel: I was hoping you would start.

Griffin: Okay, let me just, uh... Shkashkashka. Those are the keys. [makes a creaking sound] Oh, it's empty. Let me get this spare tire out of here, 'cause we don't want this... and we have a jack back here. They're not gonna want this in their self-care box.

My first thing that I have in the self-care sedan is just some celery sticks. Celery sticks are very important to me, right now, because—

Rachel: Wow, I didn't know that!

Griffin: Well, vegetables and produce, I now have a sort of new respect for. Um, there's a lot of stuff that, y'know, it's tougher to find these days, and I'm realizing that, um... and I hate to sing the Joni Mitchell song every single

time, but don't it always seem to go that you don't know what you got 'til it's gone? And they paved celery sticks – or all vegetables, really – and put up a parking lot.

Celery sticks? One, I like the taste of celery. So fucking sue me. I like it. I think it's a good vegetable, and I think it's a good vegetable on—

Rachel: Oh, what about all that chewing though?

Griffin: I like the chewing. I like the chewing, and I like the chomp.

Rachel: Oh!

Griffin: And I like the cool snap of it, right? On a hot day, eating some celery? Getting your chompers into one of those like, veggie trays on a hot, blustery summer day? [makes a chomp sound] Getting one of those cools you right off. It's like you're going into a swimming pool, but in your mouth. And also, guess what? I love dips. So sue me.

Rachel: Yeah! I reloaded on hummus, by the way, in case you were concerned.

Griffin: Fuck yeah, dude! Noice!

Rachel: [laughs]

Griffin: But like, Fritos. I've been doing—we're—we don't have a—we didn't have tortilla chips. We did have a very old bag of Fritos that I used to eat one of those little guacamole cups. I love guacamole. I do not like eating old Fritos.

Celery is like... you can eat a billion of those, and you're not gonna get that Frito gut where you feel bad, because of all the—the Frito-based foods that you ate.

Rachel: That's the thing, right? So like, uh, the desire to snack has... increased significantly. But, turns out, if you have a fruit or vegetable that is mostly water?

Griffin: It's good, baby! Let it ride!

Rachel: That's like, you can eat as much as you want.

Griffin: It's like a good sort of supporting co-star to the dip. 'Cause it's like, I'm just gonna—I'm gonna sit in the back seat. I'm gonna let it—I'm gonna stay in the background, and let you, hummus, take the stage, and command it. And I'm just gonna be back here supporting you. I'm not gonna try and, uh, y'know, I'm not gonna cut you off. I'm not gonna interrupt you. I'm not gonna overshadow you.

I think celery sticks are... bomb ass good, and I like `em, and let me just... look at that. They barely take up any space. We have so much more room in this sedan. What do you got?

Rachel: [laughs] Uh, you know it. You love it. It's muffins.

Griffin: Muffiiins!

Rachel: A lot—okay, a lot of folks are talking about bread right now. Everybody's on bread, right? Here's the thing about bread – huge time commitment.

Griffin: Hard.

Rachel: And you have to have some yeast. Or you can make your own yeast. Again, time commitment.

Griffin: Make your own yeast?

Rachel: Folks doin' that.

Griffin: Make your—how?!

Rachel: That's what like, a starter is.

Griffin: But you gotta have the starter to get the starter, right?

Rachel: Somebody's gotta make that first starter, right?

Griffin: Who made the first yeast? Anyway, sorry.

Rachel: [laughs] Muffins. Okay? No yeast. Hardly any time commitment. Alright? You can store it for a long time. I looked, saw, you can store muffins at room temperature for five days. Right?

Griffin: Okay.

Rachel: We keep 'em in the fridge. That's a week. That's a week right there, easy.

Griffin: Easy. We definitely push that sometimes. We definitely have some chocolate chip muffins in there that are at least two weeks old, but that's okay. That's okay.

Rachel: [laughs] Muffins take like, 20 minutes to make or less.

Griffin: No problem.

Rachel: Um, and then it's just like, flour, sugar, some baking powder, milk, vegetable oil, egg, and then, whatever you want your sweet stuff to be.

Griffin: Yeah!

Rachel: I have done... I've done applesauce. I've done cinnamon. I've done chocolate chip. Uh, anything. You thinking of banana bread? Why not pour that in a muffin tin? You got a little snack size.

Griffin: Don't be so close minded! Put it in a muffin tin!

Rachel: Yeah. I... I have been all about the muffins. We constantly have muffins in our fridge. I ensure that. That is my goal for each week, is to create a muffin.

Griffin: I mean, as long as we're exploring food, you know it. You knew this was coming at some point. Haaard candy! The candy that's hard.

Rachel: This is—this is... Griffin and I...

Griffin: Yes.

Rachel: We're Mars and Venus over here, because I am all about that chocolate.

Griffin: Yeah.

Rachel: Y'know? I want something creamy that I can bite into that—that scratches my sweet tooth, but in a very chewy way.

Griffin: Right. I mean, I like the chewy. If I had my druthers, I would eat Sour Patch Kids breakfast, lunch, and fuckin' dinner. Like, yeah. But the problem is that, that much raw sugar tonnage entering my system... hurts my body so fuckin' bad.

Rachel: It does! It really does.

Griffin: It really, really does. Hard candy gives you that flavor, but it dispenses it in a much more time-released manner.

Rachel: Yeah!

Griffin: You get that flavor for longer, so y'know, I'm good with a Lifesaver. I'm good with a Jolly Rancher. I actually have a bag of Jolly Ranchers in my car, which I drove for the first time in a very long time over the weekend, and those Jolly Ranchers in our oven-like garage... have not fared well.

Rachel: [laughs]

Griffin: Um, but... here's the other thing – I've been makin' hard candy at home.

Rachel: Yeah, I was wondering if you were gonna get into this!

Griffin: Our, uh—we work with a social media manager named Sarah who uh, came to one of the shows that we did in Florida and brought hard candy, and she was like, "I made this." And I was like, "You can—you can make candy?!"

Rachel: [laughs]

Griffin: And so, she hooked me up with the recipe. I got a bunch of different flavoring oil adventures to go on.

Rachel: And molds. Don't forget about the molds.

Griffin: And I got a bunch of molds. I got some, uh... I almost called it a pop stick. Our son calls lollipops pop sticks, and that's very good, but I made some for him, and it's like, he looks at me like I'm... like I'm his hero. For the first time.

Rachel: I know!

Griffin: And it's wicked easy, and—

Rachel: He's like, "You made this for me?"

Griffin: He's very sweet about it. But it's like, three ingredients, and then, whatever flavoring and food color you want to add to it, and then you just make it, and then you have—we have so much hard candy! And it's fun, and it tastes good, and it's a hobby.

Rachel: Oh, and the citric acid! Don't forget about that.

Griffin: I got some citric acid. I'm still—I'm afraid of the citric acid.

Rachel: Yeah.

Griffin: I don't want to burn my tongue or the tongue of my beloved family members.

Rachel: I am glad that you brought this here, because I feel like I have not found a way to appreciate you enough for the hard candy. Because I personally am not a huge fan of the hard candy, so I'm glad you brought it here.

Griffin: You don't eat my creations. That true.

Rachel: To get the recognition you deserve.

Griffin: Thank you. Uh, yeah. I think maybe I might make some today if Henry's nap goes well. Might make some of that chai tea candy that I'm very, very excited about. So we'll keep you all updated. Um, but yeah. Just the general concept, also, of getting a new hobby is very powerful during these times.

Rachel: Yeah, it's true.

Griffin: But you can't put a concept into the sedan. But I've slid the hard candy right next to my celery.

Rachel: Okay, so this... this is gonna be where my, um, my items... will be around the car?

Griffin: Okay.

Rachel: My first one, I'm taking you up to the roof, and I'm saying, why don't you lay down on top of that car for ten minutes and get some sun?

Griffin: Getting a little bit of sun! Okay!

Rachel: This is a thing I do. So I realized, something that was gonna be mentally healthy for me was to think about this as a long summer vacation, and think about it as if I am a 11-year-old, and I've just, y'know, I've broken for the summer. I got nothin' goin' on. And why not just sit outside for ten minutes, pretend I'm just catchin' some rays?

Griffin: Gettin' some of that good sun D.

Rachel: I've talked about how I love the sun, right? But here's the thing.

Griffin: Got it on your fuckin' bod, don't you?

Rachel: [laughs]

Griffin: Have we talked about that before?

Rachel: No, I don't want to!

Griffin: Oh, okay.

Rachel: I mean, we can talk about it. I—there was a period of time in our history, uh, in which tribal tattoos were very popular. And the year was 2000, and I was a freshman in college, and I wanted to get a tattoo. And I thought, "I want to get something that I'm not gonna get tired of," and that was the sun. So I have a tribal sun on my baaack.

Griffin: Well, it's on your shoulder.

Rachel: Yeah.

Griffin: Uh, and it's...

Rachel: It's about the size of my palm. It's not huge.

Griffin: No, it's cute!

Rachel: But it's not tiny, either.

Griffin: It's cute. I like it.

Rachel: It suggests an, uh... a different era. [laughs]

Griffin: Yes, absolutely. Hey, listen. You got out pretty good. There's a lot of worse sort of, uh, body mods from that era that you could've ended up with.

Rachel: True. Um... yeah, so I just—I go out for ten minutes. It's not like I'm like, full on sun tanning, like I'm at the beach. I just go out for ten minutes. It makes me feel like I'm on summer vacay. Does good things for my D levels. And uh, I would recommend it. I know a lot of people don't have, like, a backyard right now. They don't have a big space to really... really stretch out. But just ten minutes in the sun, I think it's important, and I'd recommend it.

Griffin: Yeah. No more than that. Be smart about it.

Rachel: Yeah.

Griffin: If it was any more than that, I would chide you. But you are very—you are very responsible with that.

Rachel: I get in and out.

Griffin: Take care of your skin. Give it just a... [kisses] A kiss of the D. That sounds awful.

Rachel: [laughs]

Griffin: That sounds awful. Uh, I have a Nintendo Switch on here, but I feel like that's—I would be retreading so much ground. But it has been like... truly, truly, I cannot imagine what these past—

Rachel: Well, and also, Switches, I think, are kind of hard to get right now. So...

Griffin: Right. But um... y'know, I don't think—I think this is a fairly fantastical self-care sedan, so...

Rachel: Oh, okay. Alright, alright.

Griffin: But I just like having games on hand. I wish I could say like, phone games? I used to like, play a lot of games on my phone, and I've tried out a lot, and there's just nothin' that's really setting me...

Rachel: Unless you are on that Words with Friends lifestyle that I am on.

Griffin: I can't. I can't. I'm not on it. Um, so, instead... uhh... no, y'know what? I'm gonna go ahead and stick with Nintendo Switch. I think a video game that you can play—

Rachel: Yeah, just a video game!

Griffin: —anywhere, I think, is very valuable. Uh, it's something that is... uhh... something that's beefy. You can really sink some time into. Something that's online. Uh, I have very much enjoyed that aspect of Animal Crossing, of getting to like, go visit friends and see their islands and stuff like that.

Uh, I have been playing an online Final Fantasy game. Final Fantasy XIV, which I used to play a lot off, and then fell off. I've been getting back into it, because uh, I got a couple buddies that play it, and it's nice to sort of circle back with them, and just seeing like...

I've talked about this before, but seeing—I think I did an online gaming segment, where it's just like, seeing characters move and knowing that it's like, other people moving them, is like, a very, very lightweight, but kind of, uh, cool, like, uh, social response. So, uh, yeah. Get with that. Get with that program.

Um, also, I know I have more topics than you. And uh, this episode's going by very, very quickly. And also, I missed this on the food segment, when we were talking about food. Get yourself a little jar of pre-minced garlic.

Rachel: [laughs]

Griffin: It go—listen. You put garlic in every—I put garlic in everything. Garlic goes in everything with me. I love it. But mincing it means either, a bunch of tedious knife work, or it means gettin' out the Slap Chop. Or whatever the off brand Slap Chop is. You got me.

Uh, first of all, that Slap Chop is dope as hell, but it's not very fun to clean, but it does make mincing garlic very fast. You know what makes it even faster? When someone else already did it for me and put it in a little jar.

Rachel: Yeah.

Griffin: And I know people are gonna say like, "Oh, when it's fresh..." I know. I know. I know. I know! But when it's in the jar, I don't have to do it, and I can just kind of do a little, 'boop!' I don't even have to get a spoon in that. I've stopped using a spoon and dipping the spoon in and getting some of that. I just open the jar and just do a little like, splash of it, right into whatever I'm cooking.

Rachel: [laughing]

Griffin: And then I go—and then I go on with my day. And it makes cooking so much fuckin' faster.

Rachel: It's like, yeah, I know I could make my own raisins if I let those grapes dry out.

Griffin: Yeah!

Rachel: But sometimes, you just want to buy raisins.

Griffin: Sometimes you do want to buy raisins. I will say, uncut, like, a big bulb of garlic? That keeps forever. And I appreciate that.

Rachel: It does!

Griffin: I buy some rosemary to like, season my uh, sous vide projects with. That shit lasts like, six minutes, and then it's like, toast. And then it's like putting old pine needles on shit.

Rachel: Hey, I got a secret though. A lot of our, uh, neighbors have rosemary in their front yard.

Griffin: [gasps] Are you plundering our—

Rachel: No, I'm not. I'm not. But I could.

Griffin: But you very easily could.

Rachel: [laughs]

Griffin: Yeah. So, uh, I'm gonna—here's the problem. I don't necessarily want to put this jar of pre-cut garlic in the sedan?

Rachel: Well, keep it closed.

Griffin: I gotta keep it very closed very tight. And I'm gonna wrap it in like, foam, because if like, we hit a curb or something, and the thing shatters, it's going to ruin the rest of the items in the self-care sedan.

Rachel: [laughs]

Griffin: Um, hey, can I... open up the passenger's side door of the sedan and holler at you to steal you away?

Rachel: Yes. [laughs]

Griffin: I know that was a long one. I saw this thing online that was like, um, whatever the number one song was on your 12th birthday is like, your official theme song for life. And I saw some people post some like—

Rachel: Oh! Interesting!

Griffin: Post some, uh... you can do it. You can type in, uh, your birthday, and then, y'know, the year, and then, uh, number one song, and it'll show you. People were posting up some fucking bricks, and I—

Rachel: Wait, you're supposed to be 12?

Griffin: Yes. Your 12th birthday. Uh, people were posting up some fuckin' bricks, and I was gettin' real, real worried, but then I checked mine, and it was No Scrubs by TLC, and I was like... this is... we can work with this. We can work with this. If this is my entrance music into the wrestling ring, then we can do this. We can work with it.

What'd you get?

Rachel: Oh, mine was The Sign by Ace of Base. [laughs]

Griffin: Oh! Fuck yes, that is so appropriate for you I feel like!

Rachel: I do love Ace of Base.

Griffin: You do! I feel like I've heard you karaoke that song or something before. I feel like... or it used to like, come up in our—we had like a '90s playlist that we used to play for Henry all the time, and it would show up in it a lot. And you were always very enthusiastic about it.

Fuck yeah. We scored so big, man.

Rachel: [laughs]

Griffin: It could've been like, uh, Sex and Candy by Marcy Playground or something.

Rachel: Oh, yeah, that'd be hard.

Griffin: I can't believe I remembered the name of that fucking band.

Rachel: I feel like everybody remembers the name of that band, specifically because of that song.

Griffin: Yeah, I guess so. Anyway... I'm rolling down the window on my passenger's side to holler at you to steal you away.

Rachel: Okay.

[ad break stinger plays, becoming 'The Sign' by Ace of Base]

[advertisements play]

Rachel: Can I read a jumbotron for you?

Griffin: Yes you can.

Rachel: This message is for Steven. It is from Mal. "Peanut, I adore you. Thank you for loving me and loving me and loving me again. You're the bestest and my beanie, and I cannot wait to spend the rest of my life with you. Sorry one of my Animal Crossing villagers shares your nickname. Let's make quesadillas sometime. Love, Mal."

Griffin: Which villager do you think it is? Do you think it's like, uh... what's a bad—what's a ba—who wouldn't you want to share a nickname—

Rachel: I mean, Peanut. Isn't there a Peanut?

Griffin: Oh, yeah. I think there actually is.

Rachel: Yeah. Yeah, that's what's happening here.

Griffin: Do you know about, uh... this is a complete Animal Crossing tangent, but there's a villager named Raymond who is the cat that has the two different color eyes.

Rachel: I have him!

Griffin: You got him, like, very, very early on.

Rachel: Yeah.

Griffin: Are you aware of how horny, sort of, the internet is for this...

Rachel: [laughs] No!

Griffin: ... animal? Okay.

Rachel: No! I mean, he's very dapper.

Griffin: Well, this is—it's not appropriate for this podcast. Remind me to circle back when we're done recording. But the internet very badly is uh, very, very attracted to this rabbit. Or—rabbit. It's a cat. I was showing my own sort of, uh... I was thinking of Lola Bunny. Anyway...

Rachel: [laughs]

Griffin: Uh, here's another one that was sent in by, uh... Kiester? Or, no, it's for Kiester. It's from Sarah, who says, "Dear Kiester, I can't believe we have been in wedded bliss for five years now. I'm so lucky that you found me in that anime group seven years ago and told me about your lucky halo underwear. I can't wait for many more years of late night Hogwarts runs, Stardew farming, Pokémon catching, and reading Daddy Hugs to Baby Bee. Love your butt, Sarah."

Love your butt, I don't know if that was declarative, or...

Rachel: [laughs]

Griffin: If it was... y'know what I mean?

Rachel: Like, "I'm your butt, and this is from me"?

Griffin: Oh. Oh, shit. Okay, so there's three ways to read this. So one is, "Love, your butt, Sarah." Or, it's, "Love your butt!" Or, it's... "Love your butt."

Rachel: Oh, I didn't even think of it that was, as like, instructional.

Griffin: Right. "Love your butt." What's that called? What's the—there's declarative, interrogative... what's it called when you—

Rachel: Imperative?

Griffin: Imperative, yeah. I think that's it.

Rachel: Mm.

Griffin: Wow, we're frickin' smart.

Rachel: Aren't we? [makes a high pitched noise]

Griffin: [makes a high pitched noise]

[Maximum Fun advertisement plays]

Griffin: Ooh, this sedan's got a lot more room in it. And also, right next to it is somebody laying out in the sun. Which we're gonna have to—

Rachel: On the roof!

Griffin: On the roof. We're gonna have to cram them into this sedan somehow, but what you—what you got next?

Rachel: Okay. I am asking you to climb in the back seat.

Griffin: Oh? Oh—yes, I am there. Absolutely.

Rachel: [laughs] Fall asleep...

Griffin: Oh.

Rachel: And have good dreams. Here's the thing. Here's the thing.

Griffin: I have no control over that!

Rachel: Here's the thing, though.

Griffin: Okay.

Rachel: Last night, I had a dream where me and my best friend Sarah were at a bar together. And I woke up and I thought, "How nice that I can still have dreams where I can go out and do things with people I care about."

Griffin: Yes.

Rachel: So here's what I'm saying. I want you to really treasure those dreams, and where possible, y'know, try and create an environment where you can have those dreams.

So I was reading about dreams, right? And during non-REM sleep, your brain slows down. But when you enter REM, that's where your brain becomes as active as it is when you're awake.

Griffin: Ohh, okay.

Rachel: So here's the thing, right? You gotta get... you gotta get that REM. That REM happens towards the end of your sleep cycle.

Griffin: Right.

Rachel: And there's just nothing better than having those dreams where you see those people that you don't get to see anymore, and you get to spend time with them, and you get to do fun things out in the world. I really treasure those dreams now, and I know I can't make myself have them, but it's nice to wake up and be like, "Oh, I got to do this fun thing with my friend." How cool is that?

Griffin: To add to that, I would say, if you are having, like myself, extremely vivid bad dreams all the time during this quarantine... do yourself a favor and Google it. Like, "Why the fuck am I having such bad, bad dreams?" Or, "Why the fuck am I so sleepy all the time during all this?"

Because you're gonna find a lot of articles of, uh, actual smart scientist people explaining why you are responding to the, uh, global trauma that we are all experiencing right now, and how that's perfectly normal. Reading stuff like that makes me feel a lot better.

Rachel: Yeah, that's true.

Griffin: Um, knowing that there is a... a reason for it. Uh, I have... let's see, what else am I gonna tuck in there? 'Cause you've just tucked dreams in there, and it doesn't leave a lot of room.

Rachel: [laughs]

Griffin: Uh, okay, let's hit you with this. Scents. Now is the time to start getting into scents. Scents. Smells.

Rachel: [laughs] Smells.

Griffin: Good smells.

Rachel: Yeah.

Griffin: Not, uh... my olfactory sense is one I neglect, I would say, more than my other ones. But this has been the period where I'm like, y'know what? I'm makin' hard candy, I'm trying to change, I want something

positive to take out of all this nastiness. And so, this is the time when I'm like, what if I start smelling good? Starting today. This far, no further.

I'm not going to provide free advertising for the brand that I have, uh, decided to go with, but I have a very nice little container of solid sort of like, wax cologne that I uh, do a little dab of there. A little dab of there. Little yabba dabba dabba right there on my wrists.

Rachel: [laughs]

Griffin: And then uh, I go about my day. And a lot of the time, y'know, it's just, I guess, for Rachel, and it's for myself, too. I like—

Rachel: Yeah, for sure!

Griffin: I've never thought about scent that way.

Rachel: That's true.

Griffin: I like sitting at my computer and catching a whiff of something and being like, "Mm! Something smells quite handsome." And it's me!

Rachel: I do this at night before I go to bed. I usually put on a nice lotion.

Griffin: You always smell so good in bed.

Rachel: And it's, uh... it's real pleasing to me. So yeah, I agree with you.

Griffin: I think it's, uh—I think, in addition to new hobbies, some sort of new routine is very cool right now, because it like—for one thing, it gives you a nice way to kind of mark the time a little bit more. Because time has, uh, become so abstract and strange, and you gotta tame it like a wild, abstract bronco. And having routines like this, I feel like, are very helpful.

Rachel: Yeah.

Griffin: So get into—get into—make—find a way to make yourself smell a different way. It's fun.

Rachel: That is fun.

Griffin: I've been burning more candles, too. I've been like—I just looked over. I've gone through... my trash can was full of empty candles, 'cause I've just been really rockin' 'em.

Rachel: [laughs] Um... along those lines of new hobbies, uh... and we're not the only ones doing this. I know both Griffin and I are doing this. But skin care!

Griffin: Skin care.

Rachel: Here's the thing. I was lucky enough. I have had maybe two or three facials in my entire life, and I happened to have one right before quarantine, and I found out some guidance on the skin care. And it's kind of changed things for me a little bit.

First of all, I was exfoliating too much.

Griffin: Oh my god.

Rachel: You are not supposed to exfoliate as much as I was exfoliating.

Griffin: There would be days where you would just be a skeleton skull.

Rachel: [laughs]

Griffin: There would be days where you would come to bed and be like, "Hararara! Wanna kiss?" And I'd be like, "No, you're a spooky skeleton skull."

Rachel: I was told to exfoliate like, once or twice a week, tops.

Griffin: No. But you look like a muscly—you look like one of those, um, muscle statues that they have at schools to teach you where your muscles are.

Rachel: Oh, okay. I was confused about where you were going with that.

Griffin: You did—you did give me quite a bad scare.

Rachel: Statue. I think statue is what threw me. I think most people wouldn't call them a statue.

Griffin: I forget what they're called.

Rachel: A mannequin. A mannequin is usually what you hear.

Griffin: Yeah, a scary muscle mannequin. That's what you were to me.

Rachel: Uh, do that. Do some—do a mask. Do a mask maybe once a week. Uh, moisturize, y'know, regularly. Uh, wash your face every day. That wasn't even something I was doing. I wasn't even washing my face every day.

Griffin: [sighs]

Rachel: Now?

Griffin: But you were exfoliating? How's that possible?

Rachel: I was—so, instead of washing, I was exfoliating often.

Griffin: Whoaaa.

Rachel: I know. I know, I thought like, "Why clean the skin when you can just remove it?" [laughs]

Griffin: [laughs] That's how Nicolas Cage cleans his face.

Rachel: [laughs] Uh, so yeah. So I think, I mean, you've got time. You're looking to create a new routine. This is obviously one that's good for you, so y'know, it doesn't feel like... let's say you're somebody like me, and you're very practical. And you think, "I only want to do things that are good for me and useful." This is one of them.

Griffin: Yeah. I would also like to put in the trunk, the mindset of, you can also do things that aren't good and useful. That make you just happy.

Rachel: Yeah. This is gonna take some work on my part. [laughs]

Griffin: I... my creation of hard candy was very difficult for Rachel to understand.

Rachel: [laughing] It was difficult for me.

Griffin: It was very—I remember we had a conversation about like, "Yeah, I just ordered stuff to make candy." And you were like, "I don't understand how that's going to benefit me and Henry and our family." And I had to be like, "Oh no, it's just, I would like to make hard candy. It'd be fun."

Rachel: I—okay, here is a thing. This is probably common for a lot of people. I am entered into a survival mindset, where I think like, "Alright, what is this gonna do for the family? How is this gonna get us forward? What is this doing to make sure that all of us, y'know, can thrive as a unit?"

And Griffin was like, "Hey, this is just something I want to do for me." And I was like, "Huh. Oh. Yeah, okay. That's probably good, too."

Griffin: Yeah. Uh, although now, I can sort of write it off on my taxes, because Henry has eaten at least two of the pop sticks.

Rachel: That's true. That is true.

Griffin: So I'm in the clear, sort of justification wise. Uh, what do I got?

Oh, speaking of our little beautiful angel, I'm gonna talk about one of his toys that I always snatch up and play with for hours on end. I am talking about Magna-Tiles. Magna-Tiles are so good. These are little geometric shapes. They are squares. They are triangles. They are different kinds of triangles.

Rachel: Different colors, too.

Griffin: Different colors. Everything is different colors, and they're plastic, and inside of them, on the edges of these shapes, they have magnets. And so, you just snap `em together, and folks... it is... hypnotic. It is so soothing to just take six squares and make a fuckin' cube out of them, and then you put some triangles on it, and what's that? It's a house! And then you make a few of those, and now it's a castle, but then you build like, a robot torso, and put it all together, and now it's like a robot made out of houses?

Rachel: And they're pretty big, too, so it's not like a LEGO, where y'know, there's hundreds of them, and they're all over your floor. Y'know, these are chunky enough that you don't lose sight of them.

Griffin: Mm-hmm.

Rachel: Uh, they're very smooth.

Griffin: And you can—when you make them into 3D geometric shapes, you can put stuff inside of them.

Rachel: Yeah.

Griffin: Like Batman, and now it's like, this crystalline robot has captured Batman, and there's so much narrative stuff to play with there.

Rachel: I have—I have a new hack where I realize, "Hey, it's a magnet. We can stick this to the fridge." And then we made little apartments for our little action figures on the fridge. It was real fun.

Griffin: Mm-hmm. And then we did—we acted out whole, like, plays. Like, very short, one act plays, where the Riddler was in a romantic relationship with the Penguin. But y'know, things were getting very tense between the two. I don't want to spoil it, but things were getting very tense between the two of them. And then Henry walked up and did do a big smash, and our play—and our whole set fell apart.

Rachel: Yeah. He's still at that age where his greatest delight is to destroy things that you have made.

Griffin: This is not—I am not joking. Whenever the Magna-Tiles come out, that's my... meditation. That's my chill moment.

Rachel: [laughs]

Griffin: Maybe to a fault, because Henry will be like, "Hey. I do have action figures over here." And I'm like, "Daddy's almost done building this really badass mech."

Rachel: [laughs] Yeah, sometimes like, Henry is like, "I don't want to play with that, and I understand that you are playing with that, but I would like you to play with me."

Griffin: Right. Yeah. Magna-Tiles, man. So chill. Let me toss those in there. Oh no, they landed next to the Switch, and the magnets erased all my games!

Rachel: Is that a thing? I always worry about that. Like, if I have a magnet in my purse, and I have my credit cards, am I in trouble?

Griffin: Uh, with your credit cards? Yeah, I think so. Right?

Rachel: How strong does the magnet have to be? I need to do some research on this.

Griffin: I mean, if you took like, that neodymium magnet that's like, always in my room for some reason so I can get little screws out of the shag

carpeting, uh... that's a rip. That's a rip on whatever tech you've got on you. Um... but yeah, I don't know. I think a Magna-Tile, you might be okay.

Rachel: Okay. Um, this one is gonna be a little tricky. I'm asking you to bring your laptop into the car.

Griffin: That works. I can fit that.

Rachel: Okay.

Griffin: Okay.

Rachel: Because I am recommending something that we have started doing, thanks to our very dear friends, which is a weekly happy hour.

Griffin: Yes!

Rachel: This... I was skeptical, right? Because I don't love Zoom. I don't love the Web X. I find it difficult to talk to one or two people in that kind of setting. But with our weekly happy hour with our friends, we've got, sometimes, like, up to like, 12 people in there. And we're all playing a game together on our phone, like a Jack Box game. Y'know, we're all like, playing with our Zoom backgrounds, y'know. We're all lookin' at each other's beards. [laughs]

Griffin: Yeah.

Rachel: And I feel like, this is fun! And I'm so grateful to have that consistent time on my calendar where I know I will see everybody.

Griffin: Yeah. It's uh, it is—it is invaluable. It is genuinely, uh... I get emotional thinking about it, because like, I feel like that's the kind of stuff I am going to remember from this period.

Rachel: Yeah.

Griffin: Or, I fucking hope it's the thing that I remember from this period.

Rachel: It's just such a delight. Even the like, mechanics of it. The way like, somebody will pop up on your screen. You're just so delighted.

Griffin: And then everyone's like, "Norm!" When they pop in.

Rachel: Yeah!

Griffin: Yeah. We don't have a friend named Norm, but that was an example.

Um, I have, uh... I have here – and I can slide this in – the complete works of Hayao Miyazaki. Or really, just any Studio Ghibli flick that you are feeling.

Rachel: Oh, that's a good call.

Griffin: Any kind of feel good anime that you want to slot in there. Go for it. But I'm talking like, specifically like, Spirited Away. I'm talkin' Totoro. I'm talkin' Howl's Moving Castle. Talkin' about—

Rachel: The soundtracks on those are so good.

Griffin: The soundtracks on those! Uh, Henry is very into Kiki's Delivery Service. Uh, and that's so good and transportative, I think. Those movies sort of are designed to be very transportative, and that is—I love being transported, these days.

Rachel: Is transportative...

Griffin: That's a word.

Rachel: Okay.

Griffin: I use it a lot. So I've made it a word through brute force, at this point. Uh, and if you've seen those movies, or you don't feel like watching those movies, you have another way to get away with the uh, with the

Hayao Miyazaki collection, and that is the Studio Ghibli museum, which has been a fairly, like, clandestine place.

It is in Japan. You have to like, buy tickets to it well in advance to actually get in. And then it's this like, actual little town that is sort of modeled after Studio Ghibli movies, so it just beautiful, and... uh, mysterious, and very cool, but they don't let you take any pictures of anything. So like, there's an element of actual mystery to it. But they've just started doing like, YouTube video tours of it, and...

Rachel: Oh, that's awesome!

Griffin: The videos are fairly short, but again like, it is, for me, 'cause I didn't get to go the couple times we've been to Japan, like... it is the, um... the first time I've gotten to see all the stuff in there, and it's so fucking cool. It's so cool and good. God I love those movies.

Rachel: Okay, with this one, I'm asking you to fold down the back seats. Make a little space for yourself.

Griffin: Okay... no, that's good, 'cause I can lay out in the sun there now too.

Rachel: Well, you'll be in the car, so that wouldn't be ideal. I'm talking about like, one of those vans where you can fold down the seats and be in your car?

Griffin: Okay, good, yes.

Rachel: Mm-hmm. Because I'm asking you to do a YouTube work out.

Griffin: Okay.

Rachel: Uh... [laughs] Here—here's the thing with the fitness. Right? Uh, so I was real into the walks for a while. Weather doesn't always make that possible.

Griffin: Right.

Rachel: And not everybody has, y'know, the equipment, let's say.

Griffin: Yeah.

Rachel: Um, I found YouTube workouts to be just kind of an endless source. 'Cause here's the thing – yeah, there's 30 minute workouts. But y'know what? There's also 10 minute workouts.

Griffin: Yeah.

Rachel: And there's 20 minute workouts.

Griffin: 20 is the sweet spot.

Rachel: There's yoga. There's cardio. There's dance. There's Pilates. There's barre. It's... there's a lot out there. And here's the thing – some of them have weights. We had a, for a while, before I did the work to find our weights and bring it upstairs, I was using a five pound container of hand soap as my weight. [laughs]

Griffin: Yeah, I remember that.

Rachel: My friends and I set up this little spreadsheet where we can like, track our fitness.

Griffin: Oh!

Rachel: And our goal was just to do 70 minutes in seven days. So y'know, that could be just like, two workouts. Or that can be ten minutes a day. But we like, put our little times on there, and it's kind of like a nice way to hold each other accountable, and also, to set a very reasonable goal that you can very easily exceed is satisfying.

Griffin: That's Supernatural. I've been playing a VR workout game called Supernatural that I talked about on Besties. Uh, and Justin's playing it also,

and there's like, a weekly scoreboard that shows like, how many points you've earned that week. And staying on top of that has been a real... a very important thing to me in my life. Uh, and it's—I feel, uh... for me, it's not even a health thing, necessarily. Like, I just kind of feel better on days when I do it.

Rachel: Yeah.

Griffin: Like, I feel like I have more energy to tackle whatever Henry has to throw at us that particular day.

Rachel: It's a very tangible thing you can accomplish, y'know? A lot of us are doing things every day that don't feel especially satisfying. But to have like, a thing that you did that's quantifiable, that makes you feel good, is nice.

Griffin: Yep. I think I might actually... oh, I have, uh, gettin' into puzzles here. Find a puzzle. Something that can occupy ya. And I'm not even talking about puzzle puzzles. Like, it could be—so, Rachel and I have been watching Survivor. This season has been... the last season was fucking miserable. The last season made us both want to stop watching the show.

Rachel: Yeah, not good.

Griffin: They uh... they fucked up in a lot of ways, uh, both sort of as a television product, and as an ethical sort of thing. We did give this next season, the one we're on now, a second chance, and it's been fuckin' real good.

Rachel: It's like, all the superstars.

Griffin: It's all the superstars.

Rachel: Competing together.

Griffin: Uh, and it's good. It's good play. It's good stuff.

But anyway, uh, they do a lot of slide puzzles on there, and I kept talking about how like, I think I'd do pretty well at this show until it came time for me to do a slide puzzle. And I would absolutely shit the bed at that point, 'cause I don't know how to do a slide puzzle. So I've been learning how to do slide puzzles.

Rachel: Oh, good!

Griffin: There's a fairly formulaic way to do it, so just when I have a little bit of time on my hands? Brrp boop boop boop! Solve a slide puzzle.

Justin's big into Rubik's cubes these days. Anything that you can just sort of occupy your hands with a little bit. That's good.

Rachel: Yeah.

Griffin: Um... that's a pretty good sedan.

Rachel: Yeah!

Griffin: It's weirdly... there's like, one little corner where there's some hard candy and celery just kind of rattling around, and a little jar of precut garlic. And then there's a human being laying down and sleeping and dreaming in the sun for ten minutes.

Rachel: Yeah, it's a weird car.

Griffin: It's a weirdly shaped car. It's like a Tetromino in a way. Like, it's an L-shaped vehicle. Um... but y'know? There's no wrong way to do this thing we call life, these days. That's not true. There's wicked a lot of wrong ways to do it.

Rachel: There is.

Griffin: Get smart. Be smart about it. But take care of yourself with this incredible sedan Rachel and I have created.

Rachel: Yeah. Just thinkin' about all these little things together in a car is kind of a nice way to like... y'know, give yourself some calm.

Griffin: Yeah. But don't steal the—don't—please don't steal the car. This is honor system.

Rachel: [laughs]

Griffin: Uh, thank you to Bo En and Augustus for the use of our theme song, Money Won't Pay. You can find a link to that in the episode description. And thank you to Maximum Fun for having us on the network.

Rachel: Yeah, Maximum Fun hosts are doing a lot of work right now to produce a lot of great content every week. And so, if you go to MaximumFun.org, you can see a lot of that content and learn about a lot of people out there in the community that are doing good things.

Griffin: Uh, yeah. There's a new one called The Outer Reach, which is a short, limited engagement storytelling podcast about—it's like a space sci-fi story that is very, very cool. You probably have heard a promo for it on this show or another. But yeah, check that one out.

I think, uh, we have done what we usually do for the outro bit, for the span of the entire episode, so... I think, in lieu of just our usual sort of outro, y'know, message of suggestion, of things to do to make you feel better... maybe I'll just put the whole episode in again right now?

Rachel: [laughs] I like that.

Griffin: And people will tune in and be like, "Hell yeah, it's like an hour and a half long episode of Wonderful." And now you've realized why. But we can do it—we can run the whole thing in reverse. [reversed audio]

Rachel: [reversed audio]

[theme music plays]

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