

00:00:00	Biz	Host	Hi. I'm Biz.
00:00:02	Theresa	Host	And I'm Theresa.
00:00:03	Biz	Host	Due to the pandemic, we bring you <i>One Bad Mother</i> straight from our homes—including such interruptions as: children! Animal noises! And more! So let's all get a little closer while we have to be so far apart. And remember—we are doing a <u>good job</u> .
00:00:21	Music	Music	"Summoning the Rawk" by Kevin MacLeod. Driving electric guitar and heavy drums.
00:00:25	Biz	Host	<i>[Continues through dialogue.]</i> This week on <i>One Bad Mother</i> —plants will help! Biz and guest Jade of the <i>Black Plant Chick</i> podcast talk houseplants. Plus, Biz has a breakdown.
00:00:36	Crosstalk	Crosstalk	Biz and caller: Woooo!
00:00:40	Caller	Caller	Thanks for asking how I'm doing, Biz! I'll tell ya how I'm doing! I am... 38 weeks pregnant. Not gonna bury the lead there. It's like 97* here where I live in Massachusetts where it's very hot. I have a three-and-a-half-year-old who is having some <u>very</u> strong feelings recently. And having disturbed nights of sleep for like the first time in three years. Coming into my room at 3AM just to snuggle.
			<i>[Biz laughs.]</i>
			My husband is a public high school teacher and we still have no idea if he's going to be in the building next year—this—in, like, a month. Or working remotely or whatever. I run my own business where I text people all day and <i>[inaudible]</i> shutdown since March. I'm lucky enough to be collecting unemployment but that will stop very soon when I have this baby. Which is really, like, insane to be bringing—getting ready to welcome a human into the world right now. Which is <i>[through laughter]</i> during chaos and uncertainty and disease and death. It's pretty intense. But I am wondering how dark my newborn forest will be—
			<i>[Biz laughs.]</i>
			—without any visitors or... support, really. From outside our home. So that's strict fucking crazy. Doing my best to do a good job. And... I thank you for keeping me going <i>[through laughter]</i> every week. I really appreciate your show. Alright. Love you guys. Everyone's doing a great job. Bye.
00:02:46	Biz	Host	Yeah! Thanks for checking in! <i>[Laughs.]</i> The forest—I keep thinking about the forest. For those of you who are new to the show and have not heard the beginning of <i>One Bad Mother</i> , way back—the first couple of episodes—Theresa and I talk about when you have a newborn in your house, that it sort of feels like you're in a forest. And for Theresa, her forest was this <u>beautiful</u> , light-filled, y'know, just glistening fairy forest that she never wanted to leave. My forest was a dark— <i>[Laughs.]</i> Dark, insidious place. Full of monsters. And I wanted to get outta that forest as fast as possible. Everybody has their own forest. And I was thinking how the pandemic—how all the sheltering at home—it has put us all back in a forest? Of some kind? Ya can't go anywhere. Your children are with you all the time. <i>[Laughs.]</i> They've possibly regressed and need you more than ever. I tip my hat to you if your forest is a beautiful fairy zone. My current forest feels like one that like I know is about to be mowed

down for like... y'know, to use the wood? *[Laughs.]* For something else? It's just sort of like a gray... bare... forest. Just there. You can see through the forest 'cause there are no leaves anymore in the forest. That's my forest! Basically, you are doing a good job. And I— *[Laughs.]* Was also thinking about uncertainty. Man. Uncertainty is not fun. No—like—again, with parenting as with life there is so much uncertainty already? And right now it is so... like... Dadaesque, like, in how— *[Laughs.]* How the uncertainty is unfolding surround—like, around us. So thank you so much for wooing with me and sharing and guys? We have got a lot of other woos for the next couple of shows. I might just have to keep asking for woos forever. 'Cause this is a delight!

00:05:08 Biz

Host

Before I tell you how I'm doing, the MaxFunDrive is over and we cannot thank you enough for your support. You guys really turned out this year for us and for each other and... I am so grateful. And we are going to be able to keep the show going, and I just want to say—thank you! I just—I'm—I'm really overwhelmed and I'm looking forward to doing a slumber party in September. *[Laughs.]* A virtual slumber party with some very special guests as a reward for hitting our 500 goal, which we definitely surpassed. Speaking of thank-you's, I also wanna do what we've been doing all pandemic. And just say—thank you. Thank you, thank you, thank you to essential workers. And—as we have already learned and continue to learn—what it means to be an essential worker means many, many different things. There are many, many different roles that we rely on out there. And... I just can't say enough. Thank you. And we see you. Thank you to all of those who are working on treatments and responses to COVID-19. That is invaluable work. Thank you to all of you who continue to help navigate misinformation? *[Laughs.]* In your communities? This is critically important. So thank you.

And thank you—again—you have moved up to the top of my list, everybody, if you are volunteering to help with the election. Thank you, thank you, thank you. Again, it's another place we need to be really mindful about miscommunication. One of our most important rights is that of voting. And I cannot say thank you enough to people who are volunteering their time to make it a safe and possible thing to do right now in November. So thank you, thank you, thank you! I can get a little emotional when I talk about all the thank-you's.

00:07:45 Biz

Host

[Laughs.] And that really relates to how I've been doing! I'm—I'm alright. I'm right in the middle. I thought I would share that on Sunday—the past Sunday—I was getting out of the shower in the morning and I started crying and I pretty much didn't stop crying all day. *[Laughs.]* I mean, like—like, it was—I stopped crying, but it would go from like, crying to like stifling tears to tears on the verge to crying again to exhaustion from crying. You know that exhaustion from crying *[through laughter]* where you're just like, so worn out? You know, I've been worried about the show. I'm worried about The Future of everything. And... most important, I'm worried that somehow Stefan has managed *[through laughter]* to lose weight during the pandemic. And I am not! Y'know. The important stuff. I did talk to my therapist today about it and she suggests it may have less to do with the fact that *[through laughter]* Stefan's lost weight, but that he has the freedom to walk out the door every single morning to go for a walk and I don't because Ellis has a hardline, must-be-in-the-bed-to-snuggle-at-a-certain-time. But I'm going to

spend my next few months of sheltering in place working on boundaries. And stretching Ellis's *[through laughter]* stretching Ellis's boundaries. That's how I am. I'm... really trying to be aware of even the smallest acts of self-care right now? Puzzles. My jigsaw puzzles. Doing an easy crossword. Candle—my stinky candle that I really like. Or—a plant. Plants have entered my life. And I think that's gonna tie in nicely to what I'm gonna talk about today with the very lovely Jade of the *Black Plant Chick* podcast. Y'know—houseplants and how they can make us feel better.

00:09:48 Theresa Host Banjo strums; cheerful banjo music continues through dialogue.
 00:09:49 Theresa Host Please—take a moment to remember: If you're friends of the hosts of *One Bad Mother*, you should assume that when we talk about other moms, we're talking about you.

00:09:55 Biz Host If you are married to the host of *One Bad Mother*, we definitely are talking about you.

00:10:00 Theresa Host Nothing we say constitutes professional parenting advice.
 00:10:03 Biz Host Biz and Theresa's children are brilliant, lovely, and exceedingly extraordinary.
 00:10:07 Theresa Host Nothing said on this podcast about them implies otherwise.

[Banjo music fades out.]

[Biz and Jade repeatedly affirm each other as they discuss the weekly topic.]

00:10:12 Biz Host This week, I am so excited to welcome Jade. Otherwise known as the Black Plant Chick. And she is more than a plants woman. She has a real appreciation for nature and the significant role it plays in our lives. Jade takes comfort in knowing that her influence not only helps in saving plants, but also saving humans. Welcome, Jade!

00:10:33 Jade Host *[Laughs.]*
 Thank you! Hello, hello, hello! *[Laughs.]*

[Biz laughs.]

00:10:37 Biz Host So excited to have you here! I will—
 00:10:40 Jade Host Thank you.
 00:10:42 Biz Host I've already told you. My sister is a very big fan, so she would like that little bit of a shoutout that I just gave.

00:10:46 Crosstalk Crosstalk **Biz:** *[High-pitched, sing-song-y voice]* Hellooo! And I'm talking to *[inaudible]!* *[Laughs.]*

00:10:51 Biz Host **Jade:** Hi, sister! Heyyy!
 Before we get into anything, I need to ask you what we ask all our guests, which is—who lives in your house?

00:10:57 Jade Host Well, my son, who is nine years old. Who—at this very moment—is doing some interesting things off of my stairs.

[Biz laughs.]

Um... yes. *[Laughs.]* And, y'know, you can give them that talk, like, "Okay, listen. Mommy's about to get on a call. You need to—" But they don't do that. So my nine-year-old son and—plus my 60+ plants—are in this home with me.

00:11:27 Biz Host Yes!

[Jade laughs.]

00:11:29 Jade Host It's 60!
00:11:33 Biz Host Yes. 60+. I don't even know.
00:11:34 Jade Host Is there a jealousy issue?
00:11:37 Biz Host You know, I'll be honest. I think so.
00:11:38 Jade Host Ohh!
Because I can get a little upset when I notice him running through my plant area? And I'm like, "If you don't—" You know, you do that tight-lipped, like, "You—don't—get your—"

[Biz laughs.]

Because, y'know, first of all you'll hit something. You'll knock off a Ficus leaf or you'll knock over and spill all kind of soil onto the ground. And listen. Let's just not—just stay out of that area! So there is a little bit of like... *[simpering voice]* "Oh, mom, you love your plants more!" *[Laughs.]*

[Biz laughs.]

It's like, I don't. I mean—y'know. But—

[Biz makes uncertain noise.]

00:12:11 Biz Host Depends on the day. *[Laughs.]*
Yeah. Depends on the day. That's right. Again, can I ask if you have found out yet if you will be doing remote learning or in-person learning? I just have to ask this nowadays. Because it is the world.
00:12:24 Jade Host So this has been a bit stressful. This time.
00:12:28 Crosstalk Crosstalk **Biz:** Oh—oh yeah?

00:12:31 Jade Host **Jade:** Okay? *[Laughs.]* Yes.
But we are going to be virtual learning 100% until October as of now. And it's one of those things where I'm like, okay. So what days do I go to school? So that I can prepare to be able to help him—what he's doing. Because I haven't been in school in a long time. You guys are doing things completely different. So is there a tutoring session for the parents, like, on the weekends *[through laughter]* or something?

[Biz laughs.]

00:13:00 Biz Host Y'know. But yes. So we're 100%.
Yeah. We are, too. I got two of 'em and we are, too, and, y'know. This is beginning to make me maybe have some suspicions about why plants. So I wanna talk to you first about how your interest and love of plants started? How did you get to 60+ plants in your house, and the podcast! I would... I would love to learn more about this.
00:13:30 Jade Host Okay. Well so initially it started where I had a different brand going on before I became a plant influencer.

[Biz laughs.]

00:13:40 Biz Host Um— *[Laughs.]*
00:13:45 Jade Host Oh, we live in strange times! *[Laughs.]*
00:13:48 Biz Host You know? It's like, I'll take it. Give me that.
I love it.

00:13:49 Jade Host But I was a sex advocate. I—an erotic storyteller. Writing books. I still write books. And so... I was dressing up my office space for YouTube videos. And I was like, "Ooh, I gotta add some green in the background and make this look really, really good." And so I bought an umbrella tree and I bought a corn plant and I put them in my office. And my office only has one window. It is, like, a southwest-facing window. It's blocked by another house. Horrible. And as I watched those plants I was like, "Oh, they just don't look that good! Like... the leaves don't look—it just didn't look happy!"

[Biz laughs.]

And I was like, "Okay. I'm not the type of person that likes to bring living things into my home and—only to watch them die." Right? I just—anything. A pet. Anything. I don't like that. And so I started to do a little bit more research on how to keep those particular plants alive and I was like, "Okay. I can do this. Let me move it into my bedroom where it gets a lot of bright light." And then it went to—okay, let me grab another plant. I think I was at IKEA one day and I bought a palm tree type plant. And I was like, "Hm. I have all this space; let me keep adding." And then I just was adding. But I wasn't adding as much as I am now? But it was more of... just a slow progression.

And then when the pandemic hit, it wasn't even Instagram that welcomed me into this world of plants. It was just—okay, the only store that I feel comfortable with going into is like a plant nursery because it's not super-crowded and, y'know, let me just go shop for some other stuff. And then one by one by one, I started bringing in more and more plants into my home.

And so I was making sort of a pivot from the brand that I had... for, like, two years. 'Cause I was just exhausted. It wasn't really feeding into what I needed as a person and to be able to nurture myself. And so I was letting all that go. And I wanted to leave that social media stuff alone for a little while so I created a plant page. All I was thinking was—first of all, nobody's gonna follow me because I'm only posting plants. I had no idea what Planstagram was. I don't know anything about this! I am a old lady who—

00:16:07 Biz Host

[Jade laughs.]

—is like... never online. It like totally tires me out. And I'm like, there's what?! Y'know. Like—okay.

00:16:20 Jade Host

It's—the community is incredible. But I didn't know. So I'm thinking, "I'll probably have, like, five followers. They'll be, like, my family members. Whatever." And then suddenly all of these different women started coming out. I started seeing all these other pages. Plant pages. And I'm like—wait a minute! Like, where the heck have you guys been all of my life?

[Biz laughs.]

Like—and they're so embracing and just... so willing to share and let you in on their space and so from there—I mean, I started my page three months ago.

00:16:53 Biz Host I know!

00:16:54 Jade Host And I'm already at 11k. Like... I'm just like, "Oh! You guys like this! Okay!" *[Laughs.]*

00:17:00 Biz Host Yeah!

00:17:01 Jade Host And I'm a teacher by heart. Like, just being able to teach people and coaching people is just what I do best. And so it was natural for me—I had a podcast previously. It was an erotic podcast. So starting another one was very easy. And then going into... being able to sort of educate people on proper plant care just felt like the right thing to do. It was just like, alright. Do this. As I'm learning, why don't I help other plant parents learn as well?

00:17:29 Biz Host Yeah!

00:17:30 Jade Host And then the rest is history! *[Laughs.]* Here we are!

00:17:34 Biz Host It's actually a perfect fit because—I think... I think many of us... like, in those early days of the pandemic and the shelter in place were like, "I need some outdoors inside! And I need—like, I'm never gonna see life again!" And— *[Laughs.]*

00:17:53 Jade Host Right. That's how it feels, yeah.

00:17:55 Biz Host It does! And, y'know, it used to be that maybe you went on a trip somewhere. Maybe you had an opportunity to go to a museum or a garden or a public space where you got that. And now those aren't really available. And so... like you, so many of us are on a plant journey? But in particular, I wanna—'cause something you talk about on the podcast and in your Instagram is just... the healing and the connection you have wound up discovering with plants. And I would love to hear more about that.

00:18:32 Jade Host So it was sort of this thing where I didn't realize what I was missing until bringing all of these plants into my home. And it wasn't—I didn't discover it when I had two plants; when I had three plants. It was when I was able to take care of five or more plants. That I realized that... it's sort of like when people say, "Stop pouring into someone's cup if they're not able to pour back into yours."

00:18:57 Biz Host Oh, that's a good way to put it!

00:18:59 Jade Host Y'know, you're always giving and giving and giving, and no one is giving back to you. So in everything else that I was doing before when I got into plants, I was giving into so many other people. Helping them discover who they are and helping them live this great life and—

[Biz laughs.]

Y'know, "You don't need a man for this and you can do this on your own." All that. I'm just giving and giving and I realize that I'm drained. Y'know? It's like, at night, who's holding me at night? Who's telling me that it's okay and, y'know. And no disrespect to my guy that is in my life, but mentally—who is there for me? And so caring for plants became that nurturing thing that I didn't realize that I needed? And it started to heal me in places that I didn't realize were broken. Or needed that healing. I didn't realize that sitting amongst all of my plants, watering them, would be so filling and just... oh! It just allows you to just breathe!

[Biz laughs.]

I don't know! It's just—it's—it's amazing! It really, really is amazing.

00:20:05 Biz Host I love it. I... when I first started, I had read a piece about—like, a way to help keep the—your plants to live longer is to give them names. ‘K? Because you’re less likely to ignore something that you have named. *[Laughs.]*

00:20:25 Jade Host Yes.

00:20:26 Biz Host So I started out with—y’know, three little plants. And one was—my friend Julie, who was an old college friend, who at the time actually was going through some very serious breast cancer treatment. And then another one is from a Trader Joe’s and it’s Eloise. My old high school best friend. And then I actually had two plants that I’ve had since I moved to California. Y’know, the ivy ones.

00:20:53 Crosstalk Crosstalk **Biz:** Like, the real vine-y ones that you get at the grocery? Yes! I love—you cannot kill them?

00:20:58 Biz Host **Jade:** The real vine-y ones? Mm-hm. Mm-hm. Mm-hm! *[Laughs.]* That’s Laverne and Shirley. And so— *[Laughs.]*

[Jade laughs.]

Who I love. And I did! I started paying better attention to them with their names! And I found—like, there’s something comfortable about that? And there are all these studies out there that say that, y’know, plants... do get, y’know, have an emotional response to being talked to and cared for and they like certain music and they like certain plants and I love that! *[Laughs.]* Love that!

00:21:29 Jade Host Yes. And on top of naming them, I also think once you’re bringing in plants into your home for the reasons on what they need. So let’s say if I bring in a tropical plant and I know that I have a certain—I can provide so much humidity. Or I have really great light. Versus, oh, I’m gonna bring a fiddle-leaf fig into my house because it would look great in that corner right there! So instead of using it as a prop or furniture type of thing. But actually bringing it in because you want to provide that plant what it needs to thrive. Then you start to realize, like, okay. This is a different relationship versus me just having this plant in my corner.

00:22:13 Biz Host I agree. Actually, I think that’s the... the sort of heart of having these plants, especially during quarantine. This connection of—it’s not the prop. I mean, we have enough props. *[Laughs.]* That we think are there to make us feel better that don’t. And just like with humans—

[Jade laughs.]

—when you start focusing on the relationship in a different way, you can start to get—everybody gets a little something. Which is... which is really nice. So let me just ask—I’ve spouted out a lot of reasons I think plants in quarantine help, but why do you think... why do you think plants help during quarantine?

00:22:57 Jade Host Well, a lot of people are going through this alone.

00:23:01 Biz Host Yeah, that’s true.

00:23:02 Jade Host Some people don’t have kids. They don’t have a spouse. So they have been in their houses by themselves. And that alone can... depress a person. Y’know. You can go through different—every day your emotions are on a different rollercoaster. Y’know. You may not have somebody indoors to talk to. You may not feel like bothering another person because they’re also quarantined. Y’know, and they

may have five kids! And it's like, ugh, I don't wanna call her because she got a husband and five kids!

[Biz laughs.]

Y'know? *[Laughs.]*

00:23:32 Crosstalk Crosstalk **Biz:** Right. Yeah! No! Yes! *[Laughs.]*

Jade: *[Through laughter]* So it's like, I don't wanna bother that person! *[Laughs.]*

00:23:38 Jade Host That's a different kind of struggle!

00:23:39 Biz Host Yeah. They do not have time to talk. *[Laughs.]*

00:23:42 Jade Host At all! You're on the phone and they're over there making dinner. They're like, "Uh-huh. I hear you. I hear you." *[Laughs.]* But—so I think for reasons like that—and not just people who are experiencing it alone, but those of us who do have children in the house and we know how much energy it takes to keep a child busy all day long when normally they would be at summer camp. They would be at a grandparent's house. They would be doing different—for the summer, they might not even be in the house the entire summer because they're out somewhere. So you have to pay attention to them. Nurture yourself. Have self-care moments. And so with the plant, that plant—I think—can provide the self-care that you need. Y'know. It also can be a source of... a way to learn how to communicate—communicating with your plants. Someone else to love on that also is loving back on you because it's cleaning your air and it's doing all of these great things within your home. And they don't run and jump on furniture, so.

00:24:43 Biz Host That is true. They do not do that. Which is nice. They do not say to me, *[with exasperation]* "Stop interrupting!" Right? They do not—

[Jade laughs.]

—roll their eyes at me or need to sit in my lap for the entire day.

00:24:56 Jade Host Exactly.

00:24:57 Biz Host It is a good relationship.

00:25:00 Jade Host I think during this time it's just... something else to give into and not feel like it's draining you of everything that you have.

00:25:07 Biz Host Yeah. There's something intimate about it, too. Like, it's—I was talking at the opening just about, y'know, self-care has always been a struggle as a parent in particular. Self-care can be a struggle for everybody. But once a kid winds up in your house, self-care really—it's like a real exercise that takes... a long time to kind of work in. And... the pandemic definitely has eliminated a lot of our self-care choice—no matter how hard we've worked. I worked so hard.

[Laughs.] Now. And now they're all gone! And so now... I'm trying to shift my focus from even how I was thinking about self-care... pre-quarantine. Like, when I just had like a baby in the house and I was like, "Going to the grocery store is not self-care." But now I'm shifting to be, like, "Okay. I need to—"

00:26:04 Jade Host Yes. Going to the store—

00:26:06 Crosstalk Crosstalk **Biz and Jade:** —alone!

Biz: Is now self-care! Right? And like—

Jade: Is self-care. *[Laughs.]* Yes.

00:26:10 Biz Host So—am I doing a crossword puzzle? Okay. I'm gonna sit here and allow this to be self-care. There's something—my sister— *[Laughs.]* My sister said—had been listening to a podcast. And she—your podcast. And she said, "Did you know—she cleans the leaves!"

[Jade laughs.]

"I didn't know I was supposed to clean the leaves!" And I was like, "I don't know what you're talking about." And then I went and listened and then I went to go water my plants last week, and I did! I took out a little, y'know, paper towel. Got it damp. And I was—it was very... intimate. And it was very... like, calming?

00:26:47 Jade Host

Yes.

00:26:48 Biz Host

I would like to ask you some helpful things. Well, things that might be helpful. I'll just start with this—what is a good starter plant?

00:26:56 Jade Host

Right. So I think with starter plants, it's all about the lighting that you have in your home. Because some of us have more light than others? And so our starter plants may be a little bit different? But when it comes to care, I think some of the best starter plants are pothos. Because they tend to grow in different conditions and they get big and they trail and they're pretty to look at, but they don't need a lot of maintenance. And I won't say that they don't need any, but—they do need some. They don't need a lot. So I think those are really great starter plants, as well as *sansevieria*, which is a snake plant? Or mother-in-law's tongue. Different names that they have for it. Those are fairly easy to care for. But it just really depends on the type of lighting that you have. How much time you're willing to invest into that plant? Like, are you—do you wanna bring in a starter plant that you're just like, okay. I learned the basic information.

[Biz laughs.]

And this is all I got. Or I wanna try this plant out. I've been studying it. I wanna see how it does in my home. Let me go for it. Then I would say, go get a ficus! Go get a *ficus elastica*. Or... bamboo. Or a Chinese evergreen. There's so many different options, and I try to convince people—or tell people not to stay—or not to be swayed by what Instagram says. "Oh, these plants are super finicky!" And—because you can kill any plant.

00:28:23 Biz Host

Oh, yes! I can! I can!

[Jade laughs.]

00:28:27 Jade Host

Kill any plant.

Yeah! I mean, we all can! We all can. Over-loving it, which is over-watering it. Under-loving it. Giving it way too much light. Not enough light. We all can do that. So it's just really about how much time you're willing to learn about this particular plant. But pothos would be my first go-to.

00:28:48 Biz Host

That's what I call the vine-y ivy plant that I have? That I cannot kill? It's the one where you can like, snip off part of it and like—

00:28:55 Crosstalk Crosstalk

Jade: Uh-huh. And propagate it and—yup.

Biz: Propagate it.

00:28:58 Biz Host It is the only plant out there that I fully understand propagating with.
[Laughs.]

00:29:02 Jade Host Yes. Yes. Because it's not much you have to do! Make sure you clip it in the right area. Put it in water, and it—be patient, and then it will take off and then you repot that one and then there goes another baby.

00:29:14 Biz Host I know! That is what's happening in my house right now! Right above my kitchen sink!

[Both laugh.]

Alright. Everybody, don't panic. Do not panic. We are going to list—
[Laughs.] These plants. For those of you who are like, "What is happening? It's 2AM and I'm breastfeeding and I'm listening! What's going on?!" So—

00:29:33 Jade Host Right. *[Laughs.]*

00:29:34 Biz Host We are gonna—we're gonna put a little list. Alright.

00:29:36 Jade Host Okay.

00:29:37 Biz Host Next.

00:29:38 Jade Host Mm-hm.

00:29:40 Biz Host When... do you know it's time to repot? And I—it—or just give me your thoughts on repotting in general.

00:29:49 Jade Host So this is one of the topics that I cover in all of my plant care consultations. Because some people are very anxious to put their plant that they just brought home into a brand-new, sparkly, ceramic, beautiful planter. Right? And they want to take it directly out of the nursery pot. Put it in there. There's no drainage holes and then all of these issues occur. So I feel... certain plants that you bring home may be root-bound. Let's say you go to a nursery and you want a philodendron.

00:30:23 Biz Host Is root-bound like where you can see all the roots?

00:30:25 Jade Host Yes.

00:30:26 Biz Host Like, sticking out like it's—

00:30:27 Jade Host Yes. It's growing beyond its pot. Yes.

00:30:29 Biz Host Okay.

00:30:30 Jade Host So that's one care where you'll need to repot a plant as soon as you bring it home. Another case where you'll need to repot—of course if it's outgrown. It's been in your home for a long time and it's outgrown. You're dealing with root rot. Then you'll definitely need to repot immediately. But I tell people all the time? Don't be in a rush! Let that plant be—get acclimated to your space. You're taking that plant out of a nursery where it was provided with all of this great humidity.

[Biz laughs.]

All of this great light. The conditions were set up so that plants can thrive. It wasn't about a human in that space. Because if you go into a greenhouse, you will sweat your butt off. 'Cause it's not about you! It's about those plants surviving. And now you're bringing it into your home where the temperature changes throughout the day—

[Biz laughs.]

During the daytime it's too hot and at night it's too cold and so you shift that. The lighting has changed. The humidity—now your house

is really dry. So give that plant the opportunity to... get—relax. Get comfortable into your space. It may drop a few leaves. Put that pot—or that plant that’s in the nursery pot—into your designer or your whatever planter—

[Biz laughs.]

—and just leave it there for a while! There should be no rush, in my opinion, to repot a plant into a decorative pot. I mean, even if you’re trying to match your décor in your house, you can still stick that nursery pot into a decorative pot.

00:31:59 Biz Host
00:32:03 Jade Host

Yeah! Good. Just—just like a new romance. Do not rush it. Don’t rush it!

[Both laugh.]

00:32:07 Biz Host

Again, as I mentioned, in one of your episodes you were talking about tips you had gathered at the start of your journey. And one of them—which I had not thought about—was about moving your plants around. Will you please talk to us about moving your plants around? And guys, when you hear this, if you don’t think this relates to my mental state all the time—it does. So I am the plant. Stop moving me! *[Laughs.]*

[Both laugh.]

00:32:37 Jade Host

Well—so that’s where—so I feel like that goes back to buying plants to decorate your space. Right? You’re moving them because you just bought a new couch and you want that couch—you want that plant to complement that couch or something. So you keep moving it. Or you want the plant now to be on the side of your bed so you can wake up to it, so you’ve moved it from the window that it was thriving in to put it next to your bed. Then there are plants like the fiddle-leaf fig tree which are very finicky and don’t like to be moved. So I always advise people—before you bring a plant into your home? Know where you’re gonna put it!

[Biz laughs.]

Like, you should know—okay, I’m gonna put you in the window downstairs that’s facing the door or something like that. And I already have it set up. I don’t have to move anything around it. I always say I want to change my home to fit my plants, versus changing my plants to fit my home. Like, I want to be able to bring in all of these different plants and provide them what they need. Versus telling them, “Oh, you gotta adjust to how my house runs.”

[Laughs.]

[Biz laughs.]

00:33:49 Biz Host
00:33:52 Jade Host
00:33:53 Biz Host
00:33:55 Jade Host

It’s dry during the day.

Right. They’re not like our children! *[Laughs.]*

Exactly.

You will adjust to this house! *[Laughs.]*

Exactly—that’s exact—right. No, they gonna look—your plants look at you, like, oh, really? *[Laughs.]* Okay. So yes. I advise people to know where you’re gonna put your plant. If there’s some things that you can—let’s say if you’ve been following Plantstagram for all of

these years and you haven't gotten a plant yet but you know what types of plants you like, do your research! See what that plant needs to survive and thrive and see if your home has it. Do a checklist! I got good lighting. I have some south-facing windows. Y'know, there's no vents above this particular area so maybe the plants would do good there. I have two humidifiers. I don't have—y'know. Know these things so that that plant has a better chance of surviving in your space.

00:34:41 Biz Host

I want to wrap up on, like, you're such a supporter of your fellow plant parents. I love any time something that we love leads to a community? And there's... that is so important? You—it's always important. In particular right now. It is very important. I would love to just... talk a little bit about the plant community! That—for you!

00:35:09 Jade Host

It's been... this is possibly the most supportive community that I've ever been a part of as far as like, it goes with, like, creative stuff. Hobbies. Things like that. This particular community is so welcoming. They're so engaging. And... I had no idea. I didn't know that it even exists! And so once I got into it, I was just amazed. And I think for me, it grew in my community alone—grew from me just being very authentic. I didn't want to create a podcast where I sound like, [*adopts prim, didactic accent*] “Yes. And plant care tip number 101.”

[*Biz laughs.*]

Y'know, like— [*Laughs.*] I wanted to be as authentic as I possibly could. And that way, people could relate to my story and they would feel comfortable with coming to me. And it's just been—it's been incredible. I think the community as well has helped with the therapy aspect of plant and garden therapy. People always talk about those. And I think a lot of it has contributed to the community. Because people are just so warm and just so welcoming.

00:36:21 Biz Host

Yeah! No, but it's such a beautiful, unique community experience. And I... yeah. It's cool. It's great. I love it. I love it!

00:36:31 Crosstalk Crosstalk

Jade: I do too! I do too! [*Laughs.*]

00:36:34 Biz Host

Biz: I love it! I love it!

We are going to wrap up in a second, but I wanted to say—again—in your episodes, you—every once in a while—talk a little bit about mental health and you're checking in with people. And so I just wanted to let people know that not only are we gonna be bringing back this week in our show notes the list of hotlines and services you can reach out to—because this thing isn't ending. And it should not come as any surprise that neither is our emotional rollercoaster. Okay? And so—as you had mentioned in a particular episode, you were talking to your listeners of color and their mental health needs. And it made me realize we should really be making sure that we've got some specific... resources as well for our listeners. And—can you just touch on, a little bit, about that?

00:37:34 Jade Host

Yeah. So I try to always talk about mental health, because it is very important to focus on it at times—especially in the black community, we tend to look at it as—“Oh, y'know, oh, you'll be alright.” Type of thing.

[*Biz laughs.*]

00:39:06	Biz	Host	<p>But now we are getting into a space where it's becoming more normalized to go to therapy. And it's important! Because waking up some days and feeling like... what are you gonna do? Y'know, that feeling, sometimes, lingers on in some people's lives. And leads them down a very dangerous path. And you need someone other than your family—your sister, your mom or your dad—to talk to someone who is non-biased. Someone who is just going to actually listen and lend some encouraging words and give you some advice and lead you—leave you with some homework. I think it's very necessary. And there are several different resources out there that you can find. There actually is this one website called Therapy For Black Girls. And you can go to that website, put in your address, and it will let you know what therapists are available in your area. I think that's a really great resource. There's a doctor that I follow by the name of Jessica Clemons? And she's always offering information on therapy, as well as BLH Foundation? And they have plenty of information regarding therapy on there for this community. I love it. And again, we'll make sure we link everybody up to that. Again, I just— <i>[sighs.]</i> Again, something we always talk about on the show... you never know what's going on with people? And there's so much that it has been very easy for us to miss, unintentionally, in the world. And I remember I was listening to an NPR story recently just about the lack of representation in mental health. It's really hard for people of color to go find a therapist who is also of color, and how critical that is to understanding an experience. I know it is important to me with my therapist because of sexual assault that I need to be speaking to somebody who I know can—I can relate to with that? And it would be—it's the exact same.</p>
00:39:58	Crosstalk	Crosstalk	<p>Biz: When you have certain experiences, you need that?</p>
00:40:01	Biz	Host	<p>Jade: Yes. It's the same. Yeah. And I just want to say... thanks for sharing those and to all the listeners, we're gonna continue to work on finding even more of those to share. We will be back, 'cause Jade's gonna stick around and share some genius and fails with us.</p>
00:40:14	Music	Music	<p>"Ones and Zeroes" by "Awesome." Steady, driving electric guitar with drum and woodwinds.</p>
00:40:31	Music	Music	<p><i>[Music fades out.]</i> Laid-back acoustic guitar plays in the background.</p>
00:40:32	Biz	Host	<p><i>One Bad Mother</i> is supported in part by Booknicks, an interactive subscription box and online book club for kids. Booknicks offers a curated selection of books for middle-grade readers with different reading levels to give you and your child choice. We had the opportunity to get one of the subscription boxes, and not only did it have one of like the best books in it—<i>The Girl Who Drank the Moon</i>—it also came with a really nice letter to the family. And these little swatches of paper to be used for origami? And like, a note talking about the art of origami and how... the art of paper-folding would relate to the book. It was such a nice tie-in? You get weekly emailed reading guides and monthly activities that correspond with the theme of the book to help readers engage more deeply with their books? Which I <u>also</u> really like? At the end of the month, your child can participate in an interactive, teacher-led, virtual book club with teachers and other students from around the country. Get 20%</p>

off your first month at [Booknicks.com](https://www.booknicks.com) when you use the promo code “BAD20.” At [Booknicks.com](https://www.booknicks.com). Let’s go read! *[Laughs.]*

[Music fades out.]

00:41:53	Theresa	Host	Hey, you know what it’s time for! This week’s genius and fails! This is the part of the show where we share our genius moment of the week, as well as our failures, and feel <u>better</u> about ourselves by hearing yours. You can share some of your own by calling 206-350-9485. That’s 206-350-9485.
00:42:12	Biz	Host	Genius fail time, Jade. I am gonna start off, because you are my guest. And that seems like the opposite of guest treatment. I am going to share my genius.
00:42:24	Clip	Clip	<i>[Dramatic, swelling music in background.]</i> Biz: Wow! Oh my God! Oh my <u>God!</u> I <u>saw</u> what you did! Oh my God! I’m paying <u>attention!</u> <u>Wow!</u> You, mom, are a <u>genius</u> . Oh my <u>God</u> , that’s <u>fucking genius!</u>
00:42:38	Biz	Host	<i>[Biz and Theresa repeatedly affirm each other as they discuss their respective genius moments of the week.]</i> So. <i>[Laughs.]</i> This is a really strange genius to share with a guest. If you’ve been listening to the show for a long time, you’ll know—and this is gonna sound like such a double entendre—I’ve never touched my banjo. <i>[Laughs.]</i> <i>[Jade laughs.]</i> There is a banjo that has been under my bed for a million years, and I have always wanted to learn how to play it. And I never have. And it would make a really great t-shirt—“Biz is Gonna Touch Her Banjo!” And we’ve had a lot of fun with that. <i>[Jade laughs.]</i>
00:43:16	Clip	Clip	I am gonna first say, I have a “compliment your partner.” Music: Tender, melodramatic piano music plays in background. Vocals are synthetically enhanced and echo-y for dramatic effect.
00:43:26	Biz	Host	Biz: It’s time... to complement your partner! Ohhhh. Stefan—during this quarantine—signed me up finally for some banjo lessons.
00:43:32	Jade	Host	Yay!
00:43:33	Biz	Host	And he was like, “Every Saturday for one hour, everybody in this house will understand you are not available. You are learning the banjo!” And I was like, <i>[excitedly]</i> “Okay!!!” I have been learning how to play that banjo!
00:43:50	Jade	Host	Yay!
00:43:51	Biz	Host	I will just say—I have found it very relaxing to touch my banjo. So there ya go. <i>[Laughs.]</i>
00:43:57	Jade	Host	Well you are doing a <i>[through laughter]</i> wonderful job. You touch that banjo! <i>[Laughs.]</i>
00:44:03	Biz	Host	Thank you! With that said—Jade. Will you please genius me? <i>[Laughs.]</i>
00:44:08	Jade	Host	Okay. I have finally gotten to a place where I’m being very stern with my son about sleeping in his own bed.
00:44:16	Biz	Host	This is good!

00:44:19 Jade Host Because... he... at nine years old, um... sometimes I don't feel like tucking you in. And it's just easier for you to fall asleep right here? But I told myself, no. I want the entire bed to myself. And you're gonna sleep in your bed. It's one of those things where it's not fully concrete yet. Y'know. It's still a struggle because at 1AM someone is creeping back into my bed?

[Biz laughs.]

00:44:49 Biz Host But I have definitely finally put my foot down. *[Inaudible.]* Jade, that is a good genius!

[Jade laughs.]

That's a good one! 'Cause that's real! I mean, that is—you are—A, you're not alone. You're not the only person dealing with this.

[Jade laughs.]

I can say that with great certainty. But also, like, that—*[sighs.]* Those types of, like, boundary pushes? And limits? Those are hard! They're hard! They require so much work! You are doing... a really, really good job. Good job!

00:45:21 Caller Caller *[Answering machine beeps.]*

Hi, *One Bad Mother!* This is a genius! I've been parenting at home for five months now. And... today after being bored during the pandemic, I handed my daughter a skein of yarn out of my stash. Which—I mean, stash-busting. Right? And I said, "Go crazy with it!"

[Biz laughs.]

And she—we went outside and she made a conspiracy wall web all over the back porch.

[Biz laughs.]

And she had a blast. And now it is a maze. And now she is spooling it all back up onto a stick. And I think this might be my biggest genius activity that we've done! Thanks for the show. Thanks for all the inspiration. And you guys are doing a good job and I am too. Thanks. Bye.

00:46:27 Biz Host Yeah, you are!

[Jade laughs.]

00:46:29 Crosstalk Crosstalk **Biz:** You are doing a great job!

Jade: Yes she is!

00:46:31 Jade Host Keep that kid occupied! Go out there and put that yarn! *[Laughs.]*

00:46:34 Biz Host There comes a point in having children in your house at which anything you once said, "I'm never doing this" or "I'm not gonna allow this" or "Messses are a nightmare" that just goes right out the window. And you're like—

00:46:47 Jade Host Yep. You're like, "Go ahead. Do it. I'm here."

00:46:48 Biz Host Do it! Just do it. And if it lives there 'til you go to high—college, that is where it's going to live. Madam? You're doing a remarkable job. At your—again—she just Montessori'd that thing. Failures!

00:47:04 Clip Clip *[Dramatic orchestral music plays in the background.]*

Theresa: *[In a voice akin to the Wicked Witch of the West]* Fail. Fail. FAIL!

[Timpani with foot pedal engaged for humorous effect.]

Biz: *[Calmly]* You suck!

[Biz and Theresa repeatedly affirm each other as they discuss their respective failures of the week.]

00:47:11 Biz Host Jade? I am going to share a failure with you. Okay. Here's something—and you might be able— *[Laughs.]* To relate to this as a person who needs pots to put things in. I know this about myself. I'm pretty sure this has been a fail in the past. But it keeps coming back. I am not good at ordering things that require me to understand spatial relations. 'K? Like— *[Laughs.]* I... I did want some new pots, and my plants had all been here. They were all ready to go. It was time to shift. We—Ellis got really excited about pitcher plants at the beginning of the quarantine and we have managed to keep them alive and happy and I'm so thrilled! And I—it is time, though, for them to grow on. And so I go to Gardeners.com. Look at me!

[Jade laughs.]

I'm not gonna support the beast! I'm gonna go to Gardeners.com! I'm gonna do it! We are not a sponsored by Gardeners.com, by the way. I start looking at pots and I think, those are colorful! Look, they are self-watering! I took, like, a tape—I even said, "I know how bad I am. I'm gonna take this tape measure and I'm gonna measure all the pots I have right now." And I'm like, "Ehhh, it's about 4 and that's about 5. Okay." I order what I think are reasonable pots. And they—they come and I'm so excited. Because it's not like a Prime thing. I have to wait for my pots to come! And they come—

00:48:46 Jade Host Yeah, and with COVID you gotta wait even longer.

00:48:47 Biz Host I gotta wait even longer! And they are... they are so big. They look like little trash cans for children's rooms.

[Jade laughs.]

That is like how—they are big. *[Through laughter]* They are so—they are so horrible. Like, I brought 'em in and I tried. I was like, "I'm gonna put the little—y'know, put my nursery pot in." No. I don't want 'em in the house. I'm not sure I want 'em on the porch with the porch plants. That's not 100% true. The pitcher plants have been moved into one of these beasts? I just was like, what a—what a waste. What a waste of my time and my money. And I know that one day... I will find a use for these pots.

00:49:27 Jade Host Well, let me tell you a secret. Right?

00:49:30 Biz Host Yes! Tell me a secret!

00:49:32 Jade Host So if the planter is big only as far as depth—so it's just really deep and it can't—y'know—but if it were a little bit shorter or something

like that, the plant would look great in it? You can go get the round stone at like one of those big-box stores? You know the stone that they use to pave the front of the house or something like that? Not the brick, but the round stone. And layer it inside of that pot and raise that plant up. That was it's not going to waste! Yep! Just put—just elevate that plant a little bit. *[Laughs.]*

00:50:07 Biz Host I look forward to now going to try and order round bricks and see what kind of horrible mistake I can make with that.

[Jade laughs.]

00:50:16 Jade Host So yeah. I'm just—
[Through laughter] Just go to the store and get some of those.

[Biz laughs.]

00:50:19 Crosstalk Crosstalk **Biz:** *[Through laughter]* Yes! That's right! I know! "Whoa, it's huge!"
[Laughs.] But um—

00:50:23 Jade Host **Jade:** I don't want them to send you giant, big old bricks.
The UPS guy is like, "Really, lady?" *[Laughs.]*

00:50:26 Biz Host Yeah, I know. That is exactly right. So anyway, I'm failing once again just trying to take care of myself and that's okay. That's okay.

00:50:33 Crosstalk Crosstalk **Jade:** Yeah. That definitely is a fail. I'm gonna have to say that.
[Laughs.]

00:50:38 Biz Host **Biz:** Yeah. It's just a big waste. Yeah. You're welcome.
Jade? I—your genius was so good, so I have high expectations for failures. *[Laughs.]*

00:50:44 Jade Host Okay. So my fail—I would have to say is... when the pandemic started, I was very organized. I would wake up at a certain time.

[Biz laughs.]

I would like—I'm gonna work out. I'm gonna go walk every day for 2-1/2 miles, come back inside, log into my work computer. Just boom-boom-boom. Y'know. Prep meals. Get my son together. And I was doing all of that for the first month. Then month two came, and I said, "Well... y'know."

[Biz laughs.]

"I'll go walk later." Then the next month came and I didn't work out. I wasn't walking.

[Biz laughs.]

No meal prep. *[Laughs.]* Everything that my son was doing changed. 'Cause I used to have him on a schedule! Like, "You gotta work on this packet. I'm gonna make you a packet. You're gonna work on it." Now I'm like, "Oh, you sleep in for however long you want. Oh, go to bed *[through laughter]* at whatever time you want."
[Laughs.]

[Biz laughs.]

Sleeping has completely—but I realize—so it is a—in a sense, it’s a fail. But I also realized for me to not be so hard on myself during this pandemic—because I’m not going through this alone. So many other people are. And I was putting so much pressure on myself to not walk out of these doors whenever this ends and say, “Oh, I didn’t do anything!”

[Biz laughs.]

Y’know, I was like, I want to be able to say, “Oh, yep. I did this. I started that. I worked out. I did all this.” And that pressure alone was too much.

00:52:11 Biz Host

Well, don’t worry. You and everyone else will discover when this thing is over—or worse, when fall comes—that none of us will be able to get back on a schedule.

[Both laugh.]

Or teach our children from home or do anything. So, y’know, it—yes. Letting go is good. And then we all just let go right down the hill. So you’re doing— *[Laughs.]*

00:52:49 Jade Host

We all tumble together. *[Laughs.]*

00:52:41 Biz Host

You’re doing a horrible job taking care of yourself.

00:52:44 Jade Host

Thank you! *[Laughs.]*

00:52:45 Caller Caller

[Answering machine beeps.]

Good morning, *One Bad Mother!* This is a fail! Started out as a genius and my four-year-old is vacuuming his sister’s room and our room and the hallway and as he’s vacuuming, I see all these clumps of stuff. Of dog hair and dirt. That just seems to be falling out of the vacuum and I can’t figure out why it’s happening. So 20 minutes later, I go to take my turn with the vacuum and there is a screwdriver—

[Both laugh.]

—sticking out of the tube from the brush part up to the canister part. So no wonder everything’s falling out! And he’s been vacuuming with the screwdriver in the vacuum for the last 20 minutes and I don’t know how long it’s been in there. It has been several days—probably—could even be several weeks! Because we haven’t been vacuuming and we’ve been redoing our floors and there are tools everywhere. And so a little hand grabbed a screwdriver and probably dropped it down that tube who knows how long ago. And... now we have to figure out what to do with the vacuum.

[Biz laughs.]

So thanks for telling me that I’m doing a great job, because all I can do this morning is laugh at this little, ridiculous life that I’m leaving.

[Biz laughs.]

00:54:00 Crosstalk Crosstalk

That I’m living. So—
Biz: Living. Living!

00:54:03	Biz	Host	Caller: —thanks, and you are doing a great job. Bye! I like the idea that you are leaving it, as well. That this is a little life that you're leaving. Because that's how that feels.
00:54:10	Jade	Host	Yes. Oh my gosh.
00:54:12	Biz	Host	The real question here is not... "Is there just a screwdriver down your vacuum pipe." It's <u>what else</u> ?! What else?
00:54:20	Jade	Host	What else. Yes. Because most likely he was like—you know what? I'm gonna get this up. I'm gonna get that up. <i>[Laughs.]</i>
00:54:27	Biz	Host	Yeah! Where's momma's cell phone? That's right! That's where it is.
00:54:30	Jade	Host	<i>[Through laughter]</i> The vacuum cleaner.
00:54:31	Biz	Host	Well, you are doing a horrible job.
00:54:35	Jade	Host	Horrible! <i>[Laughs.]</i>
00:54:36	Biz	Host	It's awful! It's awful! That's just horrible!
00:54:40	Music	Music	"Mom Song" by Adira Amram. Mellow piano music with lyrics.

*You are the greatest mom I've ever known.
I love you, I love you.
When I have a problem, I call you on the phone.
I love you, I love you.*

00:55:05	Promo	Clip	<i>[Music fades out.]</i> Music: Upbeat, cheerful music plays in the background.
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Allie Goertz: Hi, I'm Allie Goertz!

Julia Prescott: And I'm Julia Prescott. And we host—

Both: —[Round Springfield!](#)

Julia: *Round Springfield* is a new *Simpsons* podcast that is *Simpsons-adjacent*—

Allie: Mm-hm.

Julia: —um, in its topic. We talk to *Simpsons* writers, directors, voiceover actors, you name it, about non-*Simpsons* things that they've done. Because, surprise! They're all extremely talented.

Allie: Absolutely. For example, David X. Cohen worked on *The Simpsons*, but then created a little show called *Futurama*!

Julia: Mm-hm!

Allie: That's our very first episode.

Julia: Yeah!

Allie: So tune in for stuff like that with Yearley Smith, with Tim Long, with different writers and voice actors. It's gonna be so much fun, and we are every other week on [MaximumFun.org](#) or wherever you get your podcasts!

00:55:48	Promo	Clip	<i>[Music fades out.]</i> Music: Relaxing ukulele music.
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Manolo Moreno: Hey, you've reached Dr. Gameshow. Leave your message after the beep.

[Music stops.]

[Beep!]

Caller: *Dr. Gameshow* is my favorite podcast and the only podcast my parents let me listen to because I'm 12. But even old people love this show. Basically, you call in, play games, and have fun. If you win a game, a baby will send you a magnet in the mail. I have so many magnets and put them all over my locker and pretty much everyone at school is jealous because they are very cool custom magnets and it also means that I'm really good at winning games. And they even let me practice my recorder live on the air!

[Recorder whistles.]

Caller: Listening to this show is like going to a real doctor, but pretty much kinda better. *Dr. Gameshow* rocks!

[Recorder whistles again.]

[Beep!]

Jo Firestone: Listen to *Dr. Gameshow* on Maximum Fun. New episodes every other Wednesday.

00:56:41 Biz Host

Well guys, if you have not already added at least seven more plants to your house after that conversation with Jade, I don't know what's holding you back. She was lovely. And a lot of fun. And... it is the most enjoyable rabbit hole to go down. Not only her Instagram, but as soon as you click on her and follow her, you are gonna get a list of—additionally—excellent people to follow and it is just a joy to look at. And her podcast is so great. So everybody, make sure you go check out the *Black Plant Chick* podcast. It's so good. You can find her on Instagram. We're gonna have all of that information listed in the show notes. Along with the Hotline number, because we know... you need to use it. Let's listen to somebody who used it recently!

00:57:41 Caller Caller

[Answering machine beeps.]

Hey, ladies. I just needed to leave this somewhere 'cause... today's just really hard. And there's no reason. I mean, really, my kids have been nice to me. Amazingly. I've... gotten to have a moment of quiet. Like, for all intents and purposes, today should be perfectly fine. But I don't know why I am struggling through today. And why everything just seems like so much. I've taken my meds—

[Biz laughs.]

—I've done all of my Happy Place thinking. I've even snuggled with my kids! And I cannot make this feeling go away. Like... everything is wrong. And I'm so anxious about everything and there's no reason why. And I'm trying to hard to not be in a bad mood because of it because my kids are behaving! They're actually behaving! Plus he's being nice to me. I mean, it... there's no reason for this. And I

just needed to get it out because if I tell anybody they're gonna be like, "Well, what's wrong?" But I'm not gonna be able to tell them. Because... I honestly don't know. And we still have dinner and bedtime and everybody who won't go to bed normally because we don't have a normal schedule right now and... I know I'll make it through it. Maybe I just need to sleep. Like, a lot. But yeah. Thanks for letting me leave this here. Have a great day. Bye.

00:59:18 Biz

Host

You are doing a good job. The thing that resonates about your call so much is this question you keep saying, like, "Well, I don't know why! I don't know why! All these other things are working and I'm ticking all the boxes. I'm taking, y'know, care of myself. I'm taking my medicine. I'm, y'know, snuggling with the kids. Everybody's being nice. There's no reason for me to feel like this." Oooohh-ho-hooo! Well, actually, there is! There's a pretty good reason that you feel this way. For five months, we have been—for the most part—turned upside-down. Okay?

There is... a pandemic. Going on. That can make you either incredibly sick. It can kill you. Or even, like, almost even more insidious is this idea that like you could be a carrier! Right? Or somebody next to you who's not sick could be a carrier. Like, if that doesn't cause anxiety, then I feel like that is something to poke at. *[Laughs.]* That's a better "Why am I not anxious right now?" And I think we get to this place where... well, the first month it made total sense that I was completely anxious and couldn't sleep. The second month? Yeah. No, that makes sense. By the fifth month you start to think—you start to feel some normalcy in the not-normal. And... as a result, you forget that this is still having a psychological affect on us. Okay?

01:01:06 Biz

Host

I... I started this show off talking about, like, crying on Sunday and it just—it felt like it came out of nowhere. Now, I know it didn't come out of nowhere. Okay? I—it—I haven't had a chance to really leave my house. I don't get to see my friends. I have children in my house. They're pretty nice to me, too! Y'know? I got a good partner who's nice to me. Y'know, like... I'm with you! Right? Like, I get the like... "Well, these things are all okay." But... that's like a little peanut. *[Laughs.]* Okay? In a big bowl of mixed nuts. Alright? The pandemic is like one level. One nut. And then you've got the uncertainty of what will happen with it. Where are we going with our schools? What is happening with work? Y'know.

We are either being directly affected or somebody we love and know is being directly affected. We are getting mixed messages. We are, y'know, frustrated. *[Laughs.]* My therapist was telling me today that I have already hit the "acceptance" level of, like, where we are. And as a result, when I engage with people who need to still be in the "denial" stage of this—which is also a completely fair place to be—that triggers me. That makes me go—I'm like, "What do you mean we shouldn't give masks to the kids at school 'cause this is gonna be over? It ain't gonna be over!" Right? Like... that person, surprisingly, doesn't want to hear me say *[through laughter]* "It's never going to be over." And I'm getting triggered by the fact that this person thinks we're in the clear in like a month. Right?

Like, it's... these are elements that are circling around us all the time. They're very hard to recognize. And... y'know, no one's right.

			No one's wrong. It's just that, like, everybody's trying to get through it the best that they can. And so that is <u>another</u> thing that can add to anxiety that you're not even aware is <u>causing</u> anxiety! I think it is perfectly normal that you still feel like this! Sounds like you have someone that you talk to already, so, y'know, if that is the case? Maybe poke around a little bit at it with them.
01:03:32	Biz	Host	But guys? The bottom line is—it is <u>not</u> normal. Just because we've been doing it for five months doesn't mean it's normal. Doesn't mean we should have like arrived at some place of like... "This is great." <i>[Laughs.]</i> "I've accepted it. I am ready to live in this future." Right? Like— <i>[makes flabbergasted noises.]</i> That's not, like, realistic! It is okay... to think this is—it's like one of those like <i>Twilight Zone</i> things where everything kind of looks normal but like in the back of your head you're like... "Is this my life? Is this my office?" Right? Like, "Is this like a computer-generated world or like <i>[through laughter]</i> a fake world that like everybody knows it's fake but me?" Like, there's something unsettling.
			You guys <u>really</u> are doing a remarkable job. We are gonna continue to get through this? And we are gonna continue to acknowledge that every little step we take is worth honoring and celebrating. It's not like it was. Okay? So things that we were able to brush off in terms of being, like, "Hey, I did this! This was great!" or I—y'know—we have to like <u>switch</u> our brains on that right now. We have to like reprogram how we see this. And understand that like... if you got ten minutes by yourself? And like... that made you feel good? Good! Let's celebrate that. Okay? Self-care is gonna look different right now. But you still deserve it. Alright. You guys are doing a great job and I will talk to you guys next week! Bye!
01:05:21	Music	Music	"Mama Blues" by Cornbread Ted and the Butterbeans. Strumming acoustic guitar with harmonica and lyrics. <i>I got the lowdown momma blues Got the lowdown momma blues Gots the lowdown momma blues The lowdown momma blues Gots the lowdown momma blues Got the lowdown momma blues You know that's right</i>
01:05:48	Biz	Host	<i>[Music fades somewhat, plays in background of dialogue.]</i> We'd like to thank MaxFun; our producer, Hannah Smith; our husbands, Stefan Lawrence and Jesse Thorn; our perfect children, who provide us with inspiration to say all these horrible things; and of course, you, our listeners. To find out more about the songs you heard on today's podcast and more about the show, please go to MaximumFun.org/onebadmother . For information about live shows, our book and press, please check out OneBadMotherPodcast.com .
01:06:16	Theresa	Host	<i>One Bad Mother</i> is a member of the Maximum Fun family of podcasts. To support the show go to MaximumFun.org/donate .
01:06:39	Speaker 1	Guest	<i>[Music continues for a while before fading out.]</i> MaximumFun.org .
01:06:42	Speaker 2	Guest	Comedy and culture.
01:06:43	Speaker 3	Guest	Artist owned—
01:06:44	Speaker 4	Guest	—Audience supported.

