

Rest and Play Transcript

00:00:05 Announcer

Are you tired of chasing perfection and always feeling like you fall short?

00:00:09 Announcer

There is a better way.

00:00:11 Announcer

Welcome to the pop coach life with your host Sharon Snaga, where we are pursuing the art of purpose over perfection.

00:00:19 Announcer

She's going to turn what you.

00:00:20 Announcer

Think you know on its head and help you discover a life filled with meaning?

00:00:25 Announcer

And joy.

00:00:26 Announcer

So buckle up, buttercup, because here comes Sharon.

00:00:43 Sharon

Good morning.

00:00:44 Sharon

This is Sharon Smaga and this is.

00:00:46 Sharon

Pop coach life.

00:00:47 Sharon

And friends, Sue is back.

00:00:50 Sharon

I just love spending time with her.

00:00:51 Sharon

It's good fellowship.

00:00:52 Sharon

So welcome back.

00:00:54 Speaker 3

Thank you.

00:00:54 Speaker 3

Yeah, I'm happy to be here.

00:00:56 Speaker 3

Hanging out.

00:00:58 Sharon

So pipe coach life pop stands for purpose over perfection, so we are pursuing the art of purpose over perfection.

00:01:05 Sharon

And so the goal is always for my listeners that the conversations we're having one that they're real, they're authentic, they're relatable, they're not all polished up with hordes and hordes of good advice without any real meaning.

00:01:20 Sharon

You know that we're all dealing with this thing called real life, including me, including Sue and just having conversations together to try to get people thinking to maybe challenge your thinking and introduce new ideas that can help improve your quality of life and help you step deeper into your.

00:01:40 Sharon

Purpose and my personal journey has been that over time I could get very lost in the performance and trying to perfect a skill or a craft or a career or a role in my life.

00:01:54 Sharon

And in that often lost sight of just enjoying what I was doing and understanding.

00:02:00 Sharon

But in all of those days and moments, whether messy or well done or stressful, I was in my purpose.

00:02:09 Sharon

I just wasn't enjoying.

00:02:11 Sharon

Being in that purpose, so and so suss back today, guys and we were kind of starting to chat about the idea of rest and as always, we started going into the conversation before we hit record.

00:02:26 Sharon

So Sue, I'm going to say let's back that.

00:02:26 Speaker 3

Yeah, yeah.

00:02:29 Sharon

We can and kind of start where we were and let you kick this off.

00:02:34 Speaker 3

I think you know the idea of rest is super important.

00:02:38 Speaker 3

What we were kind of hitting on initially was just talking about that idea in, you know the.

00:02:46 Speaker 3

There's a there's something that rest looks like and it looks a little different for everybody, but the purpose of it and the restoration that's needed in the balance that's needed in your life is important.

00:02:57 Speaker 3

And so it is going to look a little bit different for everyone and that you know, I kind.

00:03:02 Speaker 3

Of mentioned that.

00:03:04 Speaker 3

I think that well, we didn't, we didn't quite get into all this.

00:03:08 Speaker 3

But you know, in thinking about the idea of rest I.

00:03:11 Speaker 3

Know, like, personally things I've experienced or seen.

00:03:14 Speaker 3

Or heard was.

00:03:15 Speaker 3

You know that there's this keeping up with the Joneses type mentality and our society where.

00:03:24 Speaker 3

There's something Sharon talked about a couple weeks ago or a week or so ago about ideals.

00:03:31 Speaker 3

This thing, and it's striving people, have talked about striving to to look like somebody and that in doing that sometimes we fill up every free moment to try to.

00:03:43 Speaker 3

Do and do and do.

00:03:43 Sharon

In pursuit of the unreachable ideal, right?

00:03:48 Speaker 3

And so when it really when we embrace what our life is and and our purpose that you just were talking about, that there's time in there that really we need to be carving out for rest.

00:04:03 Speaker 3

And that ultimately makes us healthier.

00:04:07 Speaker 3

Human beings.

00:04:08 Speaker 3

And so I just wanted to kind of talk about that.

00:04:13 Speaker 3

You know, get advice on what you know the the purpose is of rest and the need for that.

00:04:22 Speaker 3

And then just maybe kind of what you think and what I think it looks like.

00:04:28 Speaker 3

So I know I I think I read something.

00:04:32 Speaker 3

That was shared.

00:04:33 Speaker 3

Recently too, that you know, it said.

00:04:36 Speaker 3

That there's days where you feel like you know you need to be in bed.

00:04:42 Speaker 3

Watching Netflix cover it up and that people used to be like, man, get up out of bed and do something with your life.

00:04:50 Speaker 3

But sometimes that's what rest looks like for people is just a day where they have to reset mentally and.

00:04:57 Speaker 3

And so yeah, So what would you say?

00:05:03 Speaker 3

Maybe first of all would look would rest.

00:05:07 Speaker 3

Should be in someone's life.

00:05:10 Sharon

Well, I mean, at the risk of this sounding kind of silly to say, it should be restorative, right? So if I'm curled up in my PJ's watching Netflix, am I avoiding?

00:05:22 Sharon

Or am I recharging?

00:05:25 Sharon

Am I restoring am I am actively contributing to resiliency?

00:05:31 Sharon

Is another way to think about it right?

00:05:33 Sharon

So this idea of resilience is our ability to bounce back from adversity.

00:05:37 Sharon

I think of resiliency.

00:05:38 Sharon

A lot is kind of sort of being elastic, being able to move and flow.

00:05:43 Sharon

With the ebbs and tides of life without being overcome by it, so the activity.

00:05:52 Sharon

And I do a lot of this in my life, very intentionally.

00:05:54 Sharon

So I kind of have, I don't think I realized it till just now, but I sort of have criterion in place for it.

00:06:01 Sharon

Like is it building my physical well-being and and mental well-being? Is it building up my body in a right way?

00:06:12 Sharon

So even if I'm working out if I'm working out to the point where I I think about, I just had a conversation with my youngest, who's in college, who's gotten into weight lifting.

00:06:21 Sharon

And we talk about like, you know, resting in between workouts because you're literally ripping muscle to build it.

00:06:28 Sharon

So if you rip muscle.

00:06:31 Sharon

But you don't get enough the right nutrition if you don't get enough sleep.

00:06:36 Sharon

If you aren't, if you're overdoing it, right?

00:06:40 Sharon

If you're under doing it or overdoing it, you're not going to hit that building point.

00:06:44 Sharon

So it's kind of a great analogy for the conversation, I think, because.

00:06:49 Sharon

Sometimes to to rest and grow, we have to sit still long enough to sit with some things that kind of.

00:06:54 Sharon

Feel like they might tear us up.

00:06:56 Sharon

Little but we have to do that, but to build muscle and life, to build resiliency and strength, we have to rest.

00:07:04 Sharon

It's not just about going to the gym and working out to look good in your spandex or your mini skirt or whatever your goal is.

00:07:12 Sharon

We have to rest because if we don't rest, our brains don't repair.

00:07:16 Sharon

Our bodies don't repair, so, and that's just with like, sleep and sleep.

00:07:21 Sharon

Our bodies do a lot of our memory is doing its job.

00:07:21 Speaker 3

Right.

00:07:25 Sharon

I think a lot of people I'd be curious to see the stats between people who have memory issue.

00:07:30 Sharon

Shoes and the amount of sleep they get because even in our sleep things are going into long term memory.

00:07:37 Sharon

There's so much happening, and that's just the stuff that we know and there's so much we don't know about the brain, right.

00:07:44 Sharon

But we know that sleep is restorative.

00:07:47 Sharon

Now, if you're sleeping chronically because you're depressed.

00:07:50 Sharon

That's a different sort of thing.

00:07:51 Sharon

That's not restoration.

00:07:53 Speaker 3

Yeah, I think.

00:07:54 Sharon

That's avoidance.

00:07:55 Speaker 3

I think that's a good.

00:07:55 Speaker 3

Point is that you know.

00:07:58 Speaker 3

What is going to be restful in the restorative?

00:07:59 Announcer

Right.

00:08:01 Speaker 3

Way is going to look.

00:08:03 Speaker 3

Different for different people based on what their.

00:08:06 Sharon

Hey, you're doing it.

00:08:08 Speaker 3

What they're.

00:08:09 Speaker 3

Why they're doing it.

00:08:10 Speaker 3

What their habits are.

00:08:11 Speaker 3

So yeah, someone that is like you said, sleeping, you know, for somebody maybe taking a nap is their restful thing that they do because they're able to calm down, maybe meditate.

00:08:25 Speaker 3

Something where they're able to just rest.

00:08:27 Speaker 3

They take a 15 minute nap, they get up and they're rejuvenated.

00:08:30 Speaker 3

But somebody that's chronically sleeping and having other things going on, that's not their.

00:08:34 Sharon

I'm actually jealous of all you nappers out there.

00:08:37 Sharon

I can't.

00:08:37 Sharon

Nap my husband was a napper.

00:08:39 Sharon

He set a timer for 20 minutes because that's a full sleep cycle and he'd hop up like he had springs on his feet.

00:08:45 Sharon

Right.

00:08:46 Sharon

But I am the girl.

00:08:48 Sharon

In fact, my youngest teases me about it.

00:08:50 Sharon

He's like, well, Mom, I better let you go.

00:08:52 Sharon

It's 7:30. It's probably your bedtime, you know? And we're like ha, ha ha, one of the.

00:08:57 Sharon

Things that works for me.

00:08:59 Sharon

Is I get up at 6:00 virtually every morning of my.

00:09:03 Sharon

Wife and I am usually in bed or headed to bed by 9:00 at the latest, sometimes 10, because research does show that consistency in sleep is really important for physical and mental well-being, and that has always because I can't nap. I I wish I could be a napper.

00:09:23 Sharon

Maybe when I retire, I'll figure out how to be a napper, but that there's that consistency and so those are patterns of rest.

00:09:31 Sharon

Sometimes I will intentionally.

00:09:33 Sharon

I tend to keep a very active social life because I am single again and that's very healthy for me.

00:09:39 Sharon

So that's part of my resiliency and restoration.

00:09:43 Sharon

But sometimes I just need to check out and be alone and I will schedule a weekend off and I'll tell people I'm booked and I am.

00:09:52 Sharon

I'm booked. I got a date with myself and my PJ's on a Saturday. Now, if I'm sitting around in my pajamas all day long, every Saturday, that's a problem.

00:10:03 Sharon

That's not healthy.

00:10:04 Sharon

I'm disengaging somehow, right?

00:10:06 Speaker 3

So there's like a there's like the day-to-day, maybe week to week type rest. And then there's the.

00:10:13 Speaker 3

Deep treatment rest.

00:10:15 Speaker 3

Yeah, sometimes you need.

00:10:16 Speaker 3

That that heavy, the heavy reset of like.

00:10:19 Sharon

I have a date tomorrow for some of my clients, so listen to this.

00:10:22 Sharon

I'm gonna tell you, all right.

00:10:23 Sharon

Now I'm playing hooky.

00:10:26 Sharon

I have now established what I call a rotating hookie day and that what that means is the days that I work with my clients that I take one day a month and it can't be the same, so it can't be like on Monday.

00:10:39 Sharon

Three month.

00:10:40 Sharon

So this week, this month it's a Wednesday.

00:10:42 Sharon

Next month I will take one Thursday.

00:10:44 Sharon

Gosh, I'm 50th.

00:10:46 Sharon

I'm almost 54 and I still love the idea of playing hooky. There's something about that that's so freeing for me because I kind of get all the rest.

00:10:54 Sharon

Of y'all are at work.

00:10:56 Sharon

And I just get to be and whether that means reading a novel or spending some time in the hammock in the beautiful sunshine.

00:11:06 Sharon

Tomorrow I'm actually some friends are taking me up out of town and said come with us and let's go shop a little after one of them has a medical appointment and they're going to pick me up and we're going to go do that and I get to hang out with my little nephew.

00:11:19 Sharon

They're baby boy and that's restorative.

00:11:22 Sharon

For me.

00:11:22

And he yeah.

00:11:23 Sharon

And it's that it's.

00:11:26 Sharon

Sort of a more of a bone deep because it's not my daily ritual or routine.

00:11:32 Sharon

It's kind of off of that.

00:11:34 Sharon

And I think sometimes we need.

00:11:36 Sharon

If it's helpful to know this guys, I think sometimes we need to do things that are off pattern not habitual, that are not the routine of things.

00:11:44 Sharon

To help kind of refresh and restore and I like doing the hookie day once a month because there's no pressure like I don't have to plan to get on a.

00:11:51 Sharon

Plane it's.

00:11:52 Sharon

Not a vacation, so I don't have to full on plan, right?

00:11:55 Sharon

I don't have to miss a lot of.

00:11:57 Sharon

Time off from work.

00:11:58 Sharon

I just get to go play for.

00:12:00 Speaker 3

A day well, and I think you're hitting.

00:12:03 Speaker 3

You're hitting on it too is.

00:12:04 Speaker 3

There's things that we do that we could talk about a million things that are healthy, lifestyle choices like you were talking about earlier, like it's healthy for you to do something, you know, physical activity, it's healthy, you know it's good to eat well.

00:12:17 Speaker 3

It's good to get enough sleep.

00:12:18 Speaker 3

So those are things.

00:12:18 Speaker 3

That are like regular.

00:12:21 Speaker 3

So when you talk about rest, it's not necessarily doing one of those things.

00:12:26 Speaker 3

That's how I look at it is it's doing something that's allowing you to have.

00:12:31 Speaker 3

A mental energy break. So if you, whatever what you do day-to-day there's things that are very healthy.

00:12:39 Speaker 3

But by this hooking day, you're doing something that doesn't require the mental energy that you have to.

00:12:44 Speaker 3

Output it you have to.

00:12:46 Speaker 3

Drive, you know, so yeah.

00:12:47 Sharon

I just sit in the back with the baby and goof around.

00:12:50 Sharon

If he's awake and visit with my friends, they do all the hard work like I literally have to put no.

00:12:54

OK.

00:12:57 Sharon

Energy and except to play and be and enjoy and can we?

00:13:02 Sharon

Let's talk about play because adults need to play.

00:13:09 Sharon

We have lost the art of play. We largely don't let our kids have what we call free play anymore, which, by the way, is the number one way to help your child's brain develop his.

00:13:19 Sharon

Free play.

00:13:21 Sharon

And we've lost that.

00:13:22 Sharon

So if you're listening to this, go check that out.

00:13:24 Sharon

Research that I can't.

00:13:25 Sharon

Encourage you enough.

00:13:26 Sharon

Let your kids.

00:13:27 Sharon

Get bored.

00:13:27 Sharon

It's healthy out of boredom.

00:13:29 Sharon

And rest and free play.

00:13:31 Sharon

We could become more creative and there is restoration in that and energy in that.

00:13:36 Sharon

And even as adults.

00:13:38 Sharon

We need to play.

00:13:39 Sharon

I get to go.

00:13:40 Sharon

Play with friends tomorrow and baby boy, my little nephew, and goof around.

00:13:46 Sharon

I got to spend time with him last Friday morning babysitting because they were in a jam and it was so I had to drive.

00:13:54 Sharon

I had to get up early.

00:13:55 Sharon

I'm not a morning person.

00:13:56 Sharon

I said I will leave the House by 7 to head your way so that you have time to show me whatever and not be in a rush before you have to go at 7:00.

00:14:04 Sharon

And that morning, I'm like, oh, there might not be enough caffeine in the world.

00:14:08 Sharon

But when I got there.

00:14:10 Sharon

And he's finishing up his little breakfast.

00:14:12 Sharon

You know, he can kind of feed himself now and mom leaves and everybody's gone.

00:14:17 Sharon

And it's just me and him.

00:14:18 Sharon

And then he finally gets restless and wants out of his high chair.

00:14:23 Sharon

And so I get him down.

00:14:26 Sharon

It's so funny because we just started playing.

00:14:30 Sharon

Because he can crawl and pull himself up.

00:14:33 Sharon

And he busted into a kitchen cabinet.

00:14:35 Sharon

He got out ahead of me one time that morning, and it was great because he he was opening the cabinet where I found Colanders and Tupperware things and things to bang and play with that weren't like all these goofy, noisy baby toys to distract, you know, the original stem.

00:14:55 Sharon

So I was like ohh so I went and pulled that stuff out of the cabinets and we literally sat on the kitchen floor for probably an hour.

00:15:02 Sharon

Just playing with Tupperware and a colander and goofing around and sending mom videos at work, and that's probably a little disruptive with that.

00:15:11 Sharon

Sorry, Mom, if you're listening.

00:15:13 Sharon

But we need to play just like kids need to play.

00:15:17 Sharon

We need to play and in that play I forgot I was tired.

00:15:21 Sharon

I was just having fun playing with him.

00:15:23 Sharon

Yeah, it was a riot.

00:15:25 Sharon

We need to play.

00:15:27 Speaker 3

Yeah. So.

00:15:28 Sharon

And you have to go off script in this world and protect your room to rest and to play and to restore.

00:15:35 Speaker 3

Right.

00:15:36 Sharon

You really have to be willing to go off script.

00:15:38 Speaker 3

Yeah, insane all of that.

00:15:40 Speaker 3

Like, there's there's things like I think I'd have to agree that there's days I know, like.

00:15:45 Speaker 3

During the winter.

00:15:46 Speaker 3

I love to ski, and skiing is a big play day for me.

00:15:49 Speaker 3

Like that's a huge like I I think partly too and maybe you experience some of this, but like when you're in that moment, there's not other thoughts going on in your head.

00:15:57 Sharon

There's nothing else.

00:15:58 Speaker 3

And so for me, like skiing is like that is.

00:16:00 Speaker 3

It's just I'm focused on that and I'm not even thinking about.

00:16:04 Speaker 3

And so like, like you probably experienced that moment, you just taking that time to play?

00:16:08 Speaker 3

And so I think that, you know, the ultimate underlying common factor is that you're giving your brain a rest from constant thought.

00:16:16 Sharon

The demands.

00:16:17 Speaker 3

The demands the of mental toll.

00:16:18 Sharon

Day-to-day life.

00:16:21 Speaker 3

Energy, thought, decision making and things like that, and you're just.

00:16:26 Speaker 3

And you're just playing or resting. And so I have kind of a silly example too that, but when I talk about like mental energy and just like this day-to-day, like sometimes I think.

00:16:39 Speaker 3

For me, it feels like if I can just not have to make decisions to me that feels restful.

00:16:44 Speaker 3

And so in a really silly way, like sometimes meal planning in my head, I think meal planning is wonderful.

00:16:51 Speaker 3

I don't.

00:16:51 Speaker 3

I have like like Pinterest, multiple Pinterest words, but I never do it because even the planning itself.

00:16:57 Speaker 3

But I have found a way where we.

00:16:58 Speaker 3

Can kind of.

00:17:00 Speaker 3

Have we use like a meal?

00:17:02 Speaker 3

Delivery thing and and the meal itself is planned out.

00:17:05 Speaker 3

And so it's just a way for me to not have.

00:17:07 Speaker 3

To even think about.

00:17:11 Speaker 3

The question of what to make or what to do is just an easier thing, and it's amazing.

00:17:17 Speaker 3

So it's I think there are like little things that you can maybe work in that allow you to have a little break from.

00:17:26 Speaker 3

Expending so much mental energy, but then on a bigger scale, planning things that actually give you a longer time to.

00:17:34 Sharon

We're not talking about absconding your throne of responsibilities in your adult life.

00:17:37 Speaker 3

OK.

00:17:38 Sharon

There's enough people doing that.

00:17:41 Sharon

Right.

00:17:42 Sharon

We're talking about managing that.

00:17:44 Sharon

You're an adult with a lot of responsibility, but also honoring that by intentionally finding ways to give yourself mental breaks.

00:17:53 Sharon

I joke with you a lot about my greatest thrill right now.

00:17:56 Sharon

As if to go home and sometimes if I want, I just.

00:18:00 Sharon

Eat a bowl of cold.

00:18:01 Sharon

Cereal for dinner because there's nobody depending on me.

00:18:04 Sharon

Right, except two puppies and I they each get a scoop of.

00:18:07 Sharon

Dog food and I get a scoop of cereal like.

00:18:10 Sharon

And there's just no decision making really beyond a certain simple decision.

00:18:15 Sharon

There's no considering what somebody else might want to do because I'm, you know, home alone now, guys.

00:18:22 Sharon

And so I'm just choosing to relish that, you know, I miss my kid.

00:18:26 Speaker 3

Right.

00:18:28 Sharon

I miss being married.

00:18:29 Sharon

I miss noise and family around the house, but the season I'm in right now is I am on my own and so I'm choosing to and this is part of my.

00:18:39 Sharon

Rest and I'm very extroverted, so this is not about personality or temperament.

00:18:46 Sharon

Part of my rest right now is quiet to go home to the quiet and not the quiet where I'm sitting over thinking everything or thinking about all the things I have to do.

00:18:58 Sharon

The permission to just go home and be quiet and be and start with a simple choice of what do I want to do about.

00:19:06 Sharon

Dinner one night last week, I went, oh, the weather is beautiful and we have for our listeners, we have a little kind of just a lovely little winery restaurant in town now in our little.

00:19:19 Sharon

City and they have a patio on the east side.

00:19:22 Sharon

Of the building which?

00:19:23 Sharon

Is critical in my world.

00:19:25 Sharon

Very important.

00:19:27 Sharon

So at six.

00:19:28 Sharon

O'clock I just want I want to go sit on the patio at the winery and read my novel and have a chicken salad and to just to go and sit.

00:19:39 Sharon

And rest and to have people around me, but not anybody.

00:19:43 Sharon

I was responsible for and enjoy.

00:19:46 Sharon

Good food.

00:19:47 Sharon

Beautiful, beautiful weather here this time of year, right where the the areas like wine.

00:19:53 Sharon

As my mother used to say.

00:19:56 Sharon

Is the sheer pleasure of reading a novel that was quiet rest for me in a way, and I have to make any big decisions.

00:20:04 Sharon

It was just the.

00:20:06 Sharon

But to even go home at night.

00:20:08 Sharon

If you don't have this in your life, even if it's 20 minutes of quiet, you can carve out once a week somewhere, right?

00:20:16 Sharon

Like you know, remember the old commercials, cow gone and take me away.

00:20:21 Sharon

And it's the mom hiding in the bathtub.

00:20:23 Sharon

And the kids are like mom.

00:20:24 Sharon

Mom like, come on, take me away finding space.

00:20:28 Sharon

For quiet to just be and to be still is really, really important.

00:20:37 Sharon

I am particularly in a season of that right now in my life.

00:20:41 Sharon

I'm just choosing to really embrace that because I don't know how long a season it will be.

00:20:47 Sharon

But I know I've been a Mama for going on 30 years.

00:20:51 Sharon

My oldest turns 30 this week.

00:20:53 Sharon

I know I've been a wife taking care of a husband before he passed.

00:20:58 Sharon

We took care of his mom till she passed, you know.

00:21:01 Sharon

I've been in a season of taking care of people and it's sort of how I'm built, you know, it's why I do this for a living.

00:21:08 Sharon

But now I'm in this season of where I just get to have some very.

00:21:11 Sharon

Quiet be still.

00:21:14 Sharon

Time in my life.

00:21:16 Sharon

And I love that if I want to sit and not turn.

00:21:20 Sharon

On the TV, if I just want to go sit.

00:21:22 Sharon

And knit a dishcloth.

00:21:26 Sharon

You know, so carve out.

00:21:28 Sharon

We need space to be.

00:21:29 Speaker 3

Still, and if that looks like feeding your family cereal for dinner, y'all have our permission.

00:21:36 Sharon

That's OK.

00:21:37 Speaker 3

To have cereal for dinner once if it's once a week, there's nutritional there's added iron to those cereals.

00:21:43 Sharon

At a boss that used to joke, you know.

00:21:44 Speaker 3

That's good.

00:21:45 Sharon

I just don't feel like I'm a very good mom.

00:21:46 Sharon

I kind of threw pop tarts at their heads on the way out the door.

00:21:49 Sharon

Think and food.

00:21:52 Sharon

They're not gonna die.

00:21:54 Sharon

Yeah, you know, because I think we we are in the generation where we're all almost over parenting in some respects and shoot.

00:21:56 Speaker 3

Nina Humphreys.

00:22:02 Sharon

I grew up drinking out of the garden hose, running barefoot all summer, and yeah, I we didn't do the street light thing like I heard a lot of people say my mother.

00:22:11 Sharon

Had a real cowbell cast iron and you could hear that thing clear across neighbourhood if she rang that and your **** wasn't home within 5 minutes, yeah.

00:22:19 Sharon

Boy, you were in deep trouble.

00:22:21 Sharon

Other than that, we just ran around and.

00:22:24 Speaker 3

So I think giving ourselves grace too.

00:22:27 Speaker 3

Yeah, have that rest.

00:22:28 Speaker 3

Whatever it means to look like.

00:22:30 Sharon

Oh well, that goes back to that.

00:22:33 Sharon

Unachievable ideals, right?

00:22:34 Sharon

What's your ideals?

00:22:35 Speaker 3

Right, it does right back.

00:22:36 Sharon

Yeah, if you have this ideal in your head.

00:22:39 Sharon

Like, and I did for a long time.

00:22:40 Sharon

As a mom.

00:22:42 Sharon

God bless my oldest son.

00:22:44 Sharon

You know how to be the perfect mom so we could have the perfect little family and that da, da, da.

00:22:49 Sharon

And then I'd be happy.

00:22:50 Sharon

Well, that never worked, you know, here is.

00:22:53 Sharon

My youngest going off to college, they're 12 years apart my.

00:22:56 Sharon

Ways and the last seven years I've been parenting on my own because my husband died, actually, almost exactly 7 years ago.

00:23:04 Sharon

And I just didn't even have the energy to try to pretend.

00:23:06 Sharon

I could.

00:23:08 Sharon

And I think I actually got to in some respects, I think it's been a better experience aside from the loss, which was devastating.

00:23:16 Sharon

But in terms of how each of my kids have experienced me as a mom, I think Caleb's had a better experience in a lot of ways because I just quit trying to live up to some ideal.

00:23:28 Speaker 3

The realistic 1 needs to be just the healthiest version of ourselves.

00:23:32 Speaker 3

That's, you know, going to look different for everybody and we don't know what those you know somebody that we think looks like having a perfect life is actually going on inside them.

00:23:45 Speaker 3

And So what we need to do is just focus on what's the healthiest.

00:23:48 Speaker 3

Version of ourselves and it's always going to include.

00:23:51 Sharon

And I'm going to tell all you moms and dads out there whatever you think that perfect family looks like down the block or at your church or whatever.

00:24:00 Sharon

I've spent a lot of years working in mental health and there is what you think you know about a family and the real turmoil and struggle they're dealing with and you don't know because they're not going to ring your doorbell, bring you a casserole and say, let me tell you how screwed.

00:24:11 Speaker 3

Right.

00:24:16 Sharon

Up we are.

00:24:18 Sharon

Right, we are all struggling.

00:24:20 Sharon

Like if we accept that baseline, I think we'd have permission to let go of.

00:24:25 Sharon

Kind of this overachieving.

00:24:29 Sharon

That we're doing these unreasonable ideals, and we would be more comfortable being at rest and at play if you know it's my pleasure to cook for my son when he's home for college.

00:24:42 Sharon

But if there's a night I'm tired and he just wants to play a board game or watch a movie with me and we're eating.

00:24:49 Sharon

Instant ramen for dinner.

00:24:51 Sharon

There's nothing about spending 2 hours in the kitchen that's going to get me that connection with him.

00:24:56 Sharon

If we're tired and we just need to be together, he's coming tired from driving.

00:24:59 Sharon

I'm tired for my week.

00:25:01 Sharon

At work or whatever.

00:25:02 Sharon

I want the quality of that time together more than I want to be.

00:25:08 Sharon

Some kind of mom that.

00:25:10 Sharon

I think will impress other.

00:25:11 Sharon

People, right?

00:25:12 Sharon

And I think we've kind of diverted a little, but this is really important because it ties back to why do we don't let ourselves rest and play so.

00:25:20 Sharon

Yeah, I think we should probably wrap on this one.

00:25:24 Sharon

So doesn't go too long for my listeners out there.

00:25:27 Sharon

I hope this is a helpful.

00:25:30 Sharon

I always say that when Sue and.

00:25:31 Sharon

I get together. We're just.

00:25:32 Sharon

And have a real conversation between two girlfriends, two sisters in Christ, and share from our hearts and with the the hope and my prayers that will benefit anyone listening in some way.

00:25:45 Sharon

So we love y'all keep pursuing a purpose over perfection.

00:25:51 Sharon

Really important thing to learn to do.

00:25:53 Sharon

For a quality of life and enjoying what you have, I love you guys.

00:25:58 Sharon

Take care and I'll talk to you next time.

00:26:05 Announcer

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