

## S2 Mini12: Season 2 Takeaways Transcript

### That's A Hard No Podcast

00:00:08

*Heather:* Welcome to That's a hard no the podcast about saying no and setting boundaries.

00:00:14

*Sarah:* So you can become the authentic and empowered you that this world needs.

00:00:19

*Heather:* Before we start, a quick reminder.

00:00:21

*Sarah:* While I am a licensed professional clinical counselor, this podcast is in no way a replacement for one on one therapy with a mental health professional. If you notice the content in this podcast, trigger some big feelings. Visit our website: [hardenopodcast.com](http://hardenopodcast.com) for mental health resources and other helpful links.

00:00:49

*Heather:* So this has been an incredible season, Sarah I have. I really think we hid it out of the park with some amazing guests and really interesting topics and we just wanted to have a conversation about some of the highlights of the season our takeaways, things that really impacted us. Yeah, so we're just going to talk about, like, what really appealed to us and we're going to occasionally rope in our our pal and hero of the podcast, Maura Del Rosario, whose are marketing, production and marketing. She's very shy. She doesn't really want to be on them. But you know she made this comment to us about I learned so much this season. I have homework to do and, oh my gosh, I didn't know all this stuff, so every now and then you know, feel free to chime in Maura, or we may ask you to.

00:01:43

*Sarah:* And I think that that was. You know. One of the beautiful things about this season is that, yes, we're providing a lot of information, but these guests, I mean, I've learned so much.

00:01:53

*Heather:* Absolutely yeah, yeah, and they also were just like really fun and engaging, and I just felt like we had such great conversations. I think one of the the most popular episodes, just based on the numbers was Spinning Plates with Dr. Susan Landers. She's amazing and so much fun, so much fun we brought her and really, you know, both of those conversations really revolved around how hard it is to be a mom. It is so hard and everyone just takes it for granted. So like our conversation about burnout and postpartum depression and setting boundaries and having a support network, and how important that is. Conversations with your spouse and making sure you're supporting each other.

00:02:38

*Sarah:* Yeah, and even with that, that fourth trimester, I think, was also a big one. I mean I was in the thick of it and just hearing and normalizing a lot of. You know the statistics that she told us and and her background being able to normalize those things and also educate. So listeners, if you have not gone back, I would totally encourage you to listen to both that the spinning plates episode as well as that fourth trimester, and I know Maura, She had some feed back in regard to those episodes as well..

## S2 Mini12: Season 2 Takeaways Transcript

### That's A Hard No Podcast

00:03:17

*Sarah:* Yeah, I think being a new mom and during the pandemic too, was a really unique situation to be in, really stressful and difficult times. Those were really beneficial to have to listen to and kind of feel like I wasn't alone.

00:03:36

*Sarah:* And quick shout out right now, Maura is the multi tasker of all things. She is holding. Noah, there he is.

00:03:46

*Heather:* Standing next to big Noah!

00:03:50

*Sarah:* And Noah, as we're recording this, he just turned four months.

00:03:54

*Sarah:* I actually turned 25.

00:04:01

*Heather:* No, you know Noah we would love to get your feedback too. As we're talking, I mean you have a totally different perspective than just being a guy and you know a fella and you know, so you feel free to chime in, because I think. You know. Every time we record those listeners Maura and Noah are sitting in and you know they provide a lot of support and insight and we always have these great conversations afterwards. Like that was incredible, you know. So yeah, feel free to jump in and and share with our listeners your takeaways too. So living in the slow lane, I learned a lot from Kate Leigh, literally after talking to her, I haven't really been back on social media at all. Much to Maura's dismay, because you gotta go in and like our things. But I don't miss it. I honestly don't miss it. Whatever you know FOMO that phrase: if you're missing out, at whatever the opposite of that is I have it.

00:04:56

*Sarah:* Yeah!

00:04:57

*Heather:* I don't miss it, and if people really need me to know something, they'll text me or call and I'm good with that. I really had to think about what was dressing me out in my life, and for me it's constant interruption and information overload and just. Cutting that out. And, giving myself permission, making a date for myself every week, she But how she has self date takes a bath. You know mine, it might be going to the park and reading or something like like I just. I'm making a point Each week to Take time for myself, and every day in the evening I'm just letting myself have a mental break.

00:05:32

*Sarah:* Yeah, I know for me. After listening to that episode, you know really doing that audit of, you know, figuring out what was life-giving and what was not, and then also I remember her talking a lot of that mindfulness, and so again, because I am in this season of overstimulation. She had used that example about you know, as you're in your hands, really feeling the water on your hand and just really being in those moments. So there's just so much good. There were so many good takeaways in that episode.

## S2 Mini12: Season 2 Takeaways Transcript

### That's A Hard No Podcast

00:06:07

*Sarah:* Yeah.

00:06:08

*Heather:* Yes. Alie Basen, She is incredible. I am the queen of multitasking. I keep saying i'm not, but you know I eat and I work at the same time. My family has gotten in the habit during the pandemic of eating in front of the TV. And so we actually made a point of like: okay, let's reinstitute the Kitchen table.

00:06:25

*Sarah:* Yes.

00:06:26

*Heather:* And yeah, and just like getting up and moving after eating, and that really was helpful to me too.

00:06:34

*Sarah:* Yeah, and I think in the diet culture that we're really being able to be mindful of, how do foods feel in your own body? Everybody is so different, and so I think right now I don't know if you've noticed it, but there's different, like reels and tiktok. I'm like what I eat in a day and it's like that's so triggering to me because that may work for that person. But her episode really talked about that intuitive eating and eating foods that specifically support your body and different hormonal things that you're going through. Someone you know, like myself, that is providing food for a baby. I'm going to need those extra. You know galleries or whatever it is, and and to your point, whether the multitasking you know, really being able to pause, stop, enjoy the food, be aware of your hunger. I've saved a lot of shirts lately, like by not dripping food on it because I'm not trying to do so many things.

00:07:36

*Heather:* You know, because I haven't been on social media I haven't seen those reels and tiktoks. That's a nightmare! Talk about comparing yourself to others and shaming yourself like man, don't watch those.

00:07:46

*Noah:* Well there are also cost things associated with those too. Like mega rich people eating like kale and protein salads five times a day. That's \$40 of kale you ate today. I can't do that.

00:07:59

*Heather:* Right, right exactly! Yeah, yeah, yeah, all right. So, Alex. So we titled his. Dealbreakers in love, and I was really expecting a whole lot of "these are the boundaries you need to set" but to me the biggest take away from him is your dealbreakers may just be baggage. That you need to be more open minded and you need to kind of incrementally. You know. Enter the pool from the shallow end and don't make such a big deal out of your first day at your second date, like make a small investment, pair it up with a trip, like if you're going somewhere to meet someone you know, make sure you kind of do something else. You know that same trip so that it's it's not an all or nothing, and I just thought it was so refreshing. It was totally different, a different conversation than I thought we were going to have.

## S2 Mini12: Season 2 Takeaways Transcript

### That's A Hard No Podcast

00:08:46

*Sarah:* Yes, and I loved how he emphasized being outdoors and how the walking, and so it doesn't always have to be. You know you're going and sitting and having a drink, or you're going and sitting and and eating food, but I think it gave a lot of perspective to just opening relationships, how to connect with others in different ways.

00:09:11

*Heather:* So boundaries and consent. That was a more serious episode where we spoke with our friends over at the Ohio Alliance to sexual violence, whom I love, and I mean that was sober in conversation, but I also think they kind of again, a slightly different conversation than I thought we were going to have, and I liked that they talked about inclusivity and being aware of not setting inappropriate boundaries with people who may be of a different culture or, you know, a different experience. But also understanding that it's okay to set boundaries for yourself.

00:09:54

*Maura:* I also love that they talk about the conversation you should be having with your kids from the very beginning and that consent isn't always about something sexual but.

00:09:58

*Heather:* Correct.

00:10:05

*Maura:* I'm not comfortable going to that event or I'm not comfortable with giving you a hug right now. And that they say it starts from the beginning.

00:10:16

*Heather:* Right right. Building that muscle early!

00:10:18

*Sarah:* Yeah, and the difference between compliance and consent, because you know kids, it's like one of the big things with us and and they had mentioned in the episode, is you know, not go and give that person a hug. Would you like to give correct, you know, even if it is a family member, and really we want our kids to say no, we want them to exercise that and respect that. So I think that that you know really was a great conversation because again it's that idea of its common-sense but not common practice. So there's strategies in different ways that you can start to integrate that into you our daily life, to build that muscle.

00:11:00

*Heather:* So, Roger in his gap year, he is so much fun!

00:11:04

*Sarah:* He was a lot of fun.

00:11:06

*Heather:* Ya, know I really, I'm still struggling with what's on my bucket list! You know, I just came back from a vacation and just kind of a local thing and stuff, but like I'm still struggling with What would I do and I have a few ideas, but that giving yourself permission to really live in the moment, find joy. I also keep thinking about the phrase he used of how I sell my labor

## S2 Mini12: Season 2 Takeaways Transcript

### That's A Hard No Podcast

instead of that's my job or this is who I am, it's how I sell my labor and I keep thinking about that you know it's not who you are, it's just something you do.

00:11:41

*Sarah:* Right, yeah, and I think it's interesting, because so often it's this like elimination, eliminating things, when really it's just adding in things that give you what you need to make you feel fulfilled. Right, and so finding your why, figuring out what you need. And I just love when he was talking about how he didn't realize how, in his mundane, every day, like how unhappy he actually was until he discovered what true happiness was.

00:12:16

*Heather:* Someone else pointed it out to him.

00:12:17

*Sarah:* Yes, the co-worker of his.

00:12:21

*Heather:* Although, I will say I said I was having trouble finding something. I did pick one thing: I'm going to learn how to play the drums.

00:12:29

*Sarah:* Ohh.

00:12:29

*Heather:* Yeah! We have a dusty set that my daughter, you know, used to learn.

00:12:33

*Noah:* I'm not allowed to have the drum kit anymore?

00:12:34

*Heather:* No, it's mine. I'm going to learn.

00:12:36

*Noah:* You want drum lessons? I can teach you to play drums.

00:12:39

*Heather:* Look at that, to put it out in the universe and it happens, manifest. That's amazing.

00:12:47

*Noah:* Look forward to season 3.

00:12:49

*Heather:* New intro music.

00:12:53

*Sarah:* That's perfect.

00:12:54

*Heather:* Awesome, all right, cool. I've had so many people reach out to me and say, oh my god, what an amazing conversation, and that was with Terry Tucker. We titled it embrace the suck, but really that conversation was about. I mean, Yeah, he went through a lot of tough times, but there was so much joy in that conversation and empowerment.

## S2 Mini12: Season 2 Takeaways Transcript

### That's A Hard No Podcast

00:13:14

*Sarah:* Yeah, that was one of the episodes that, I have to admit, I listened to more than one.

00:13:18

*Heather:* Me too.

00:13:19

*Sarah:* There was also going back to season one. There was an episode, Tim Dorsey, also amazing.

00:13:25

*Heather:* Yes,

00:13:26

*Sarah:* and so Terry Tucker, I mean if you talk about going to church, I mean that episode took you to church and he really did such an amazing job of sharing his story. But rather than falling victim to his circumstances, really how he overcame that while also being human and recognizing there were bad days. We all have bad days, but how do we get through that? And yeah, it was just a very inspirational.

00:14:00

*Heather:* Yeah, I love Terry. I'd love to check-in with him again, he's just amazing. The workplace bullying episode with Catherine I learned so much about that topic and have shared that episode with everybody, and so many people have said, oh my gosh, you know, I didn't realize that was workplace bullying and like the whole question of what's the difference between harassment and bullying? Yeah, I really learned so much and it was such a fun conversation just, like she had like a natural personality, you know very approachable and like it didn't go over my head into like HR talk, it was just like really approachable.

00:14:37

*Sarah:* I think it was very digestible, yes, and I think that she really gave some really tangible tactical tips for not only if you find yourself in that situation, but how to insure, especially if any of you listening are business owners like, how to insure that you are providing a certain type of leadership and you know checking in. So it was kind of both ends of the spectrum that I feel were beneficial.

00:15:07

*Heather:* Yeah, you know, in high inside thinking about that conversation, I realized that in my earlier younger years I was a manager for a marketing agency and I had an employee. That was work. It was bullying me and I was her supervisor and was bullying everybody else and I didn't realize that's what it was. But in inside, after having that conversation it was like more recently I realized I had another bully who impacted other people. In, as I mentioned in the conversation, that person doesn't work with us any more. But I didn't realize until we had that conversation how kind of insidious it is and how it creeps into the whole culture and how our culture changed. Once. I kind of said that isn't allowed.

00:15:47

*Sarah:* Yea, and to your point, you know sometimes the conditioning, or we just think like this, is this. You know this is the just man.

## S2 Mini12: Season 2 Takeaways Transcript

### That's A Hard No Podcast

00:15:57

*Heather:* Personality, they're just kind of grumpy.

00:15:59

*Sarah:* And so to to educate and then advocate for yourself and identify. This is actually, you know, blurring the line there, that's you know, not appropriate and and so being able to understand the difference, and then again, I think there's yes, understanding it. But then how do you move forward with that? So that was a great episode, all of those teachable tactical.

00:16:25

*Heather:* This episode about pelvic floor physical therapy, that was really enlightening. I think a lot of people, but to me personally.

00:16:34

*Sarah:* I'm so proud of you.

00:16:36

*Heather:* I went! so I've started pelvic floor therapy and actually learned a lot that. I've been having a lot of lower back pain and hip pain and some other issues, and I'm already between that and chiropractic and and my doctor. I'm feeling so much better and I'm able to move and we went hiking last week. And yeah, I don't know why I waited so long. It's one of those things where you know I don't set boundaries and then I don't put myself first and you know. So I'm learning you guys, it's it's a struggle, but I'm learning.

00:17:08

*Sarah:* Well again, I feel like these guests that have been on have taught us so much and I just think i'm so proud of you Heather for pursuing this.

00:17:19

*Heather:* And thank you! You guys, she's been nagging. I'm i'm so glad. You insisted she come on and then we talk about it, because otherwise I probably wouldn't have.

00:17:29

*Sarah:* Done it well, and I think that part of this for me is just and you guys have been through. You know two postpartum experiences with me. If you've listened in one and now season two and having that ethic organ prolapse, I mean I was grieving the idea of not being able to get back into fitness and running and doing the things. And I can proudly say today, you know, four months postpartum with my fourth, like I ran five miles without pain. I don't I don't think that I would be able to do that had I not really taken the advice of this podcast, set boundaries where I needed to advocate it for myself, that care, and then also get you know the attention that I needed through. You know, pelvic floor therapy, eating properly, I would say getting the sleep, but we're going through a sleep regression so that I'm not i'm not there.

00:18:30

*Heather:* The phrase I keep hearing in my head over and over from that conversation is just because it's command doesn't mean it's normal, and I actually said that to my chiropractor. I just. You know just because. Your experience something, and it's "common". Doesn't mean

## S2 Mini12: Season 2 Takeaways Transcript

### That's A Hard No Podcast

it's normal. You don't. Necessarily just have to put up with it, and that for a lot of things in your life, not just physical.

00:18:57

*Sarah:* Absolutely.

00:18:59

*Heather:* So then, last but not least is the minisode series we did about. Knowing if you need mental health support, getting mental health support, what it entails, all the ins and outs. You know I feel like I'm an old pro at this stuff but learned so much and and I'm hopeful that you know a lot of people find it and are helped by it. But I just want to thank you for sharing that and and again, that was your idea and in what you brought to the table and it was really fantastic.

00:19:28

*Sarah:* It was my pleasure, and my hope is just that we can really minimize the stigma around mental health and just like how we go for a check up to the doctor, I want to make sure that we're checking in the same way finding a therapist, and I do also want to share with listeners, because we have shared vulnerable things throughout this journey and there was the episode on, you know, medication and when it is appropriate, and you know how to create that medication management in addition to therapy and through this fourth postpartum experience, and I've shared that I was struggling with postpartum depression and anxiety, I actually started taking medication and it's you know, Zoloft, it's you know, helping a lot. So to Heather point and this whole idea of just because it's it doesn't mean that it's normal, even as someone in this space, understanding and knowing all of the coping skills I was doing. You know all of the things to help cope and it still wasn't helping. And so you know, reached out to a primary care physician and that minisode. So we talked about how, if there's a family history of certain medications, I have worked and and so it doesn't have to be permanent, maybe temporarily, but that I'm practicing what I'm preaching here. And so the things that we talk about in these minisodes, the things that we talk about in these episodes, it's not just lip service, these are things that you know we're experiencing in our everyday life.

00:21:11

*Heather:* And we're learning and applying new things and growing as humans, which we all should do so. I just want to thank you for being an amazing partner.

00:21:21

*Sarah:* You too.

00:21:22

*Heather:* And thank you to Noah and to Maura. You guys rock and you are the glue that keeps train running. Yeah, it's just been an amazing season and we're grateful for all the support and the listeners and and feedback we've got and we want to hear more from you were going to take a short break. We're going to be back for season three. So please keep your feedback coming, your inquiries. If you have questions, we're here, we're just, you know, kind of planning and and producing for the next season. So we're around. Please

## S2 Mini12: Season 2 Takeaways Transcript

### That's A Hard No Podcast

share episodes and share the podcast with your friends. Please review us so that more people can find us and, more importantly, you guys keep setting boundaries and take care of yourself. You know. Put yourself first.

00:22:07

*Sarah:* Yes, reach out, like Heather had mentioned, we are here to support you in any way that we can, and if there are things that you want us to share more about, let us know.

00:22:18

*Heather:* Yeah, we're open to topic ideas and guest ideas.

00:22:22

*Sarah:* Well, that's a wrap for season two. We can't wait to have you guys go back and listen, and if you haven't listened to episodes in season one, go ahead and give those a listen as well.

00:22:34

*Heather:* Yep, that's it for now, guys we'll see you soon, thanks for listening.

00:22:37

*Sarah:* Take Care Guys.

00:22:39

*Sarah:* Thanks for listening. Take care, guy!