

S3_E24--Summer-Shenanigans-and-Forking-Transitions

Tue, Aug 22, 2023 7:57AM 45:29

SUMMARY KEYWORDS

angela, talk, summer, medication, glimmers, transitions, feel, pulling, helps, place, shit, episode, kid, listening, podcast, kiddo, understand, find, season, conversation

SPEAKERS

Molly Hicks, AJ Locashio



Molly Hicks 00:00

Welcome to drudgery dreams and in between the podcast for neurodivergent weirdos and queers who forget about struggling to adult we're struggling to human.



AJ Locashio 00:07

At least that's what everyone's telling us. You're right, pre shuffle. Hey, I'm Angela, bringing sense to the conversation. From here on my soapbox, I shed light on the things society doesn't want you to talk about, you know, the real shit that matters. intersectional thinking sexuality queerness neurodiversity consent, and the fact that self care is bullshit. For me, it's all about community, and how we can care for each other.



Molly Hicks 00:36

And I'm Molly giving a big Fork you to Cookie-Cutter Solutions, I help burn out busiest Fuck neurodivergent and queer entrepreneurs make shit happen by providing out of the box solutions and sustainable systems to grow your biz. For me, it's all about doing what makes sense for your brain.



AJ Locashio 00:54

And that's what the chitchat, let's get to it.



Molly Hicks 00:57

Keep listening. And Together, we'll explore the drudgery, dreams and all that shit in between,

get ready to call bullshit on what everyone's saying you should be doing.



AJ Locashio 01:07

As we navigate the spectrum between what really matters to you, and the shit keeping you from it.



Molly Hicks 01:17

We are so excited to be back.



AJ Locashio 01:21

Already this morning, I'm doing things that people can't, people can see, but they can't hear if they're only



Molly Hicks 01:31

excited to be back for season three of drudgery and dreams. And it has been a roller coaster of a summer for both of us. And we're excited to share all those stories with you. And talk about some of those ridiculous transitions that are involved in getting to summer leaving summer and all that as well as kind of tell you what we have in store for season three. Because we're really excited for everything season three so far. So I just noticed our names are not in the right place. We're moving. I'm Molly, she's Angela. All right. Um, all right, for all of you tuning in for the first time. You might have seen us and been like, Oh, what is this thing? Um, we lose our train of thought a lot. Um, no. So we, in addition to being a podcast, this is a video. And sometimes we'll do things and then have to verbally explain what's happening. Because we're stimming or, or doing something silly. So just be prepared for us to randomly be like, and Angela is now putting her hands together quickly for excited Sims. Just so you know. Um, all right. So oh, this summer has been an adventure.



AJ Locashio 03:10

First of all, let's just say that this is the second time that we have talked this summer. Yeah. Like, like, usually we talk every five times what? Okay, every day sometimes Yeah, right. Even on Marco, like, we both have been so busy this summer that we. And we didn't even talk about this and say, oh, you know, I'm giving myself permission or anything like that. Were just, we just kind of did it. And it was it was like, I missed you like crazy. And at the same time. I didn't miss you at all. If that makes any sense to anybody who's listening. I'm somebody who like, if somebody's not right in front of me, I don't necessarily think about that person or, like, it's not because I don't love you. But it's like we just went on about our business. And then we came back together like last week, and we had this great conversation. And I think that that is something that is a very nd thing. Oh, yeah. And to be perfectly okay with.



Molly Hicks 04:14

Yes. Well, and I was just thinking as you're talking I'm like, we talk about object permanence in the sense of like, physical things. Like, I didn't remember to do my homework because it was in the other room and I didn't see it, or, Oh, I had client work. I didn't pull up Asana or click up or whatever. But there is still this. Things with humans and object permanence, like out of sight out of mind. Like I love my kiddo. But when I go on vacation with my husband, unless Blaine calls us, we don't engage. Not because we don't love the kiddo but because out of out of sight out of mind, and we're focusing on what we're focusing on. And I think that that is some thing that should be normalized, especially for nd folks who that is just a fact of life, it doesn't mean you don't care about the person, it doesn't mean that the relationship has changed in necessarily any way. It just means, like, you're both doing your shit



AJ Locashio 05:15

to have things in place, like maybe a reminder or, or, or something like that, you know, to, you know, Hey, call your mom. It's not because you don't love your mom. But you still need that reminder like, Oh, hey, I need to make this call or, you know, to have a picture of the person so that you're thinking about them the brachial regularly. And that's something that a lot of people don't understand. Like, I've talked to a lot of other parents who, they don't understand that at all, like, how do you not think about your kid all day, every day. And honestly, it made it difficult to work with empty nest, parents. I just could not quite understand the hours and hours of agony that they experienced when their kid went away to the military. Or their kids went away to college or whatever. I was like, No.



Molly Hicks 06:24

They're six. And everybody's like, Oh, I have baby fever, because my kiddo is getting so old. And I just wish they would never grow up. And I'm like, that sounds counterintuitive. Like, I don't get that like what? I can't I never understood that. But if they're growing up, that means like, they're growing up, and you're, you're doing the thing and you're helping your kid grow. Like, I just don't get it. And yeah, maybe fever is something I never get. So like. Um, but yes,



AJ Locashio 06:56

well, we just got right into it this morning.



Molly Hicks 07:00

The rabbit hole so we go down, like,



AJ Locashio 07:03

but the point but the point of that was that, you know, we are like the bestest of friends. And we still spent the entire summer just doing our things, and not being frustrated or upset, or even thinking that there was something wrong with the fact that we weren't talking as often as

even thinking that there was something wrong with the fact that we weren't talking as often as we normally do. And it didn't disrupt our lives.



Molly Hicks 07:27

No. I mean, there were times where I was like, oh, like I would be thinking about oh, yeah, the podcast is coming up. Oh, I would talk to Angela in like three months. I should probably Marco Polo. And like, not knowing what situation you were in or what you were doing. I would just be like, thinking of you in the text message. Instead of being like, Angela, what are you doing?



AJ Locashio 07:47

Right, right, like, okay, there were there were those times where I Margo, do you just a hand wave. Anyway, wave back. And it was like, okay, cool. We can talk. We don't need to have words, we don't need it, you know, nothing. It's like you see this? You know, I'm thinking of you. I love you. I care about you. Okay, cool. Let's go on about our lives.



Molly Hicks 08:08

I think the other thing that's important here is not just that we felt stable in the relationship to do that, or like, just didn't see a problem with it. But understanding that as an nd person, sometimes we can only focus our attention on the things in front of us if we're going to stay afloat. And we both know that, like we acknowledge that about each other. And so we both knew in that moment, like, that doesn't have to be the priority right now. Because we both are in that frame of thought, and focusing on our things for the summer. And I think that's important too, like that. Even though I wasn't going I am giving myself permission to not talk to Angela. So I can, not scrim with another thing to deal with. It was just, I've got I've gotten to that point where it's like, I don't need to be like, it's okay. It's just a thing that I can do now. But it took a lot of years of practice. So if you're listening to this, and you're like, Well, I can't do that. There has been 20 years of practice at this. So



AJ Locashio 09:18

we established a relationship where like, I don't feel like I have to call and say, Molly, I can't people today. So you know, like I we don't have to do that with each other. Right? And now obviously if we have an appointment to do something, we would of course, be like hey, you know, whatever. But we don't feel the need to justify or or make excuses or and how rewarding and beautiful is that as a friendship to not have to to expend energy in justifying Get your personhood,



Molly Hicks 10:01

right. I agree. Like, it's nice to know that I can just come back and like, yep, everything's great. We continue on. And I mean, that is I feel like part of it is I've learned to do that my entire life because military, military, yeah, no. And you move so much that you're like, friends. We're still

friends. But now we're 1500 \$1,500 apart.



AJ Locashio 10:27

Okay, Molly's back in business mode. We can see this today,



Molly Hicks 10:34

miles apart, and that's fine. And if we came in, like, in a similar place, it would be like, Oh, okay, let's just pick up and continue on. I'm okay, I'm gonna reroute us out of the rabbit hole. Yes. Get has relate, relate for a very important date? I'm back. Okay. So, what did you do for this summer? Other than not talk to me in a way? That was totally okay.



AJ Locashio 11:03

I mean, I worked my ass off. That's what I did over the summer. In April. I mean, actually, it was backdated to April. So actually, we didn't get that notification until like, May, we became a 501 C three,



Molly Hicks 11:20

by way she means umbrella. Alliance



AJ Locashio 11:23

us? Yes. Yes, became a 501 C three. And. And we also, at the exact same time, launched the nd 23 project. And so we had community listening sessions over several months. And in July, those kind of culminated and we came to, you know, making a lot of transitions, speaking of transitions into, you know, from what we thought the project was going to be listening to the community and hearing what the community had to say, completely transitioning, redoing the entire thing, all of the project management, everything started over. So that's been a lot, a lot, a lot, a lot of work over the summer. So that's what I've been doing. At the same time, as I'm having a lot of boundaries, so that I can be and and be great and healthy. Because I was not feeling great and healthy. And along with transitioning off of a medication and back on to a medication that I used to take. That worked really well for me. But then I wanted to go off of medication altogether. And we know how that could go. You know, we tried to do that sometimes it doesn't work. But it was such a hard one to transition off of years ago, I said I'd never take it again, even though it's by far the best medication that's ever worked for me. And so I went back on that. So that helped me be able to really instill the boundaries and make sure that I'm taking care of myself. So I'm playing a lot of video games, and Baldurs Gate three just came out. Like two weeks ago, and I have been, I mean, honestly, I was up until almost one o'clock this morning. Just so everybody knows at 7am where I'm at right now. So I slept for like four and a half, five hours. Because of course I had to read for an hour when I went to bed. So

yeah, I have been playing a lot of video games reading a lot of like silly fun fantasy. You know, witches and vampires and stuff books that are like, just fun and kind of snarky. And yeah, I mean, having a lot of fun with that a lot. A lot of fun. So that's me, how about you?



Molly Hicks 14:01

Well. Um, so disclaimer, like, we have a trifecta of neuro divergence in our family. And so the little is both autistic and ADHD. I'm bipolar. So we're just gonna caveat and then you know, anxious Tourette's, all the things. So I knew going into the summer that three weeks or three, three weeks Good grief, essentially three months, trying to entertain at home was going to be a fucking nightmare. And so I convinced my partner that we need to go on a cross country tour and visit family. And since we've never been to Canada, we can just throw that in there too. And so that's what we did. And so I got to see parts of the country I've never seen before. Are we kind of started collecting national parks like you collect Pokeyman badges, you know, gym leader badges. That's literally how we explained it to the little because they were like, I don't want to go to a national park. And we were like, but it's like, a shiny place like you collect shiny pokemon. And then they were on board. Like they were like, Let's find another one. So we rode trains, we got to go in a mine and learn about silver mining and panning for gold, which is super cool. I got to go to the Arches National Park, which is just gorgeous. If you've never been, I highly suggest going there. And yes, they did film Indiana Jones there. If you were wondering. And then like, we got to go to a dinosaur place that was like very kid centric. I wanted to go to the legit dyno dig that's active, but six year olds entertaining, not so much. So we went to a kid place and then roller coasters and family reunions and why you don't go to family reunions was learned again. And then we went to Yellowstone, where there were zero bison.



AJ Locashio 16:17

Zero was a big deal, y'all. Again, we hadn't talked all summer. But zero bison has been the topic of conversation the several times that we have talked since coming back from summer break.



Molly Hicks 16:30

They're supposed to be like, hundreds of bison at all times. Um,



AJ Locashio 16:39

so we did this hard thing. And that can be a big deal for an nd person, right is expecting, right?



Molly Hicks 16:46

Yes. Not to mention at this point, like 16 days have happened. And we've been constantly going and changing hotels practically every night and meeting new people and having to learn new interactions. And honestly, at one point, my kiddo said, I don't want to be around that person. And I told them no, and they didn't listen. And they kept doing the thing I asked them to say no

about, and I don't want to be around them anymore. And we were like, You respect that that's fine. You know, like, so like watching kids grow and seeing at home, it's safe, right? You build this bubble, you build this affirming little bubble in your house, and then you go out on vacation. And majority of the people are not affirming in that way. At All right? And so you get to see how those skills you've taught your kiddo, work, or don't work. And you have to learn to adjust and adapt. And that is definitely something we learned this summer. Um, what was next? Oh, we went to Wyoming, my kid got thrown off a horse. And so did my mother in law are fine, totally fine. And I will add my, even my husband kind of noticed this. I've been on medication since November now. And again, bipolar. And those like really huge swings used to significantly affect how my anxiety affected my body, because it would meet intense as Fuck. And so although I was like nervous and anxious when the child was thrown a cartwheel into the air and down onto the ground. I was like, I need to stay as calm as possible. And like, I didn't attempt to get off the horse by myself, which would have been bad because this is my first time really on a horse for any reason. And I waited and then I got down and I was like, how are you buddy? And I was calm. I mean, relatively. And so that was like one of those things of this is why I'm on medication because otherwise medication. When we're gonna Yeah, and so, I mean, then we kind of came home for a second. Then we went to Canada were okay. To all the Canadians out there, you do not know how good you have it with your McDonald's options.



AJ Locashio 19:23

For 10 Catina at McDonald's,



Molly Hicks 19:26

that's not what I'm talking about. In case you didn't know the US has removed all salads and wrapped right and various they have a lot of choices here options. Yeah, there's none of that. We show up to DoorDash a happy meal for our kid who's screaming at 10 o'clock at night. And we realize that you have our signature wraps that we used to have and they're gone now. I was sad that we did not get to experience adult McDonald's while we were there, but we did try loaded pierogi which I just don't know how to explain loaded per Okay, other than it's like it's like fancy poutine with perogies. Like, I guess that's how I would describe it. But ours,



AJ Locashio 20:12

there are a whole bunch of people right now who have no idea what Tina is. Okay. Oh teen is fries. With squeaky cheese. It's like mozzarella kind of cheese, but it kind of squeaks on your teeth. And, and this brown gravy. That melts the cheese but doesn't really melt the cheese. And that's why the cheese squeaks on your teeth. It's gross and delicious, all at the same time.



Molly Hicks 20:37

And they come in various varieties,



AJ Locashio 20:40



AJ Locashio 20:15

like exhausts and all this stuff, but



Molly Hicks 20:42

pulled pork and whatever. Yeah. So the loaded programs that we had, were both like Asian fusion themed. So one has like Kim Chi, and something else and like Kewpie mayo and delicious. Anyway, I digress on the produce. And then we went to New York to visit family. Nothing too exciting there. I'm more national parks. And then we headed home and 50 days later, summer was over. So yeah, we made it through.



AJ Locashio 21:30

You did you did, you made it through, you got back, you transitioned back. And everything is still fine. It's not been as difficult like, for those for those of you who listened to our very first, I would say maybe even our first and second episode, our first and second seasons, there was a lot of angst. And there are a lot of there's a lot of happy fun, cool stuff like there are lots of those moments in there, which are amazing and fun. But there's a lot of us talking about the things that are hard, the things that are difficult. And I would say that both of us together support each other in in making sure that we are taken care of not necessarily just taking care of ourselves, but taking care of asking each other the questions like What do you need right now? How can I support you? How can other people support you? How can you communicate that to them helping each other understand and we had an episode when you started your new medication and all of that, like helping each other understand some of the feelings that happened with the new medication and some of the, you know, the transitions of that and, and I feel like this season is going to have a different feel. Because of that, I mean, let me tell you, my sensory sensitivities



Molly Hicks 23:09

are



AJ Locashio 23:13

10% of what they were five months ago. And that is largely due to the medication that I'm taking. And that may not be the case for anybody else who takes the same medication. But for me, that was the case when I was on it before and we didn't really notice it and I did a lot of work with my psychiatrists to to understand why things were better at that point of time. And it wasn't just the life circumstance stuff. It wasn't just the pre military stuff and all of that but it was also you know, this medication has a very specific a work that it does on your nervous system. Because it's for nerves, it targets your nerves. And because of that for me, it really helps with the sensory sensitivities which are super super super heightened here where I live, right. Um, so that made like a huge, a huge difference. And I really, I will not be surprised if we don't see that.





Molly Hicks 24:24

Yes. Well and I will not be



AJ Locashio 24:27

surprised if we do see that and this season is right to say.



Molly Hicks 24:33

And I would also say like so you went off that meditation and tried to be off medication, I was off medication for years with wrong diagnosis. And I think it's important to also note that like, for me, I had to make a commitment of this is uncomfortable now but I have to stay on the medication and see how it goes. Because my psyche interest was like, as a person with bipolar disorder, you're going to be like, but I don't like how this feels. And that's why most people get off it, you have to stay and be strong, and do the thing and just see how it pans out. And it's now at almost, you know, we're at like, what, eight, nine months into it, that I'm finally at a point where I'm like, Oh, this is so bad. I got this. But it took time because it was there was a good uncomfortable bits of months, bits of months, what is with my words today? Not just a month, where I like questioned the medication. And so if you're the empty feeling, and yes, the empty feeling, and you're like feeling these people just really like medicine, and I don't want medicine and I respect your opinions, but do know that we have gone through that emotional roller coaster too. And we're just in a different place.



AJ Locashio 25:59

So can we just for a second, because we are talking a little bit today on what to expect. So one of the things that can be expected is I want to have an episode, I guess, episode actually talking about something that is controversial in our community. And that is some of the not some, the disability. Like the way that we look at it, so we've got the different models of disability, we've got the medical model, and we've got the social model. And then there's also a holistic model. And there's a lot of controversy around this topic. And you know, we so we're gonna have a guest come on. So it's not just us, it's somebody else and their opinion, because here we are right now talking about medication. Right. And when you talk about medication, you are looking through a medical lens, and you're looking at something of I'm a nerd, divergent person, autism, ADHD, PTSD, anxiety, migraines, right like, and these are not things that I just accepted want to deal with. So if I look at this as just an identity, and I fully go down that, if I go, if I go, Yep, this is my identity, this is who I am. I am, I'm not giving myself the opportunity to be as well as I can be. But if I look completely at the medical model, I'm also not giving myself the opportunity to be as well as I can be. So it's a very interesting conversation, and one that is divisive in our community. So it is an episode that I'm very much looking forward to having. I'm stemming a lot right now, because I really want to delve into the conversation at the moment. But today is not the day that I'm Yes. Yes, because it's definitely right there on the forefront of my mind.



Molly Hicks 28:24

Was trying not to respond. So this fine

I'm trying not to respond. So it's fine.



AJ Locashio 28:29

Okay, so anyway, that's something that we definitely want to talk about. And I know that I will be bringing in some of those really controversial topics that have been happening over the summer, because the summer exploded in the indie world, some real shit went down, some real shit went down. And I'm hoping that we were not hoping we get to decide what we do on our podcasts, but we will be talking about some of that shit. And as we do, we like to look at all sides of things. So I think it's gonna be really interesting and really fun, informative and entertaining all at the same time. And I'm gonna have to do some work after this volley.



Molly Hicks 29:13

I know. It was so good. It was so good. Um, yes. And I think that there's a lot of we've talked about having a lot more guests this season so that we can get more perspectives, more expertise and different things that you not that we don't know about them, but we aren't experts in those things.



AJ Locashio 29:36

And it's great to have other people's perspectives and



Molly Hicks 29:41

yeah, yes. And we didn't talk about this before, but I think it would just be great to have just some nd folks on to talk about their experiences as well. In the sense of you don't need to just hear about Angela and my experience but hearing some other people from dealing with dealing with the drudgery and experiencing that dreamy part of things? Yeah, yes. I was going somewhere, see, train of thought, gone? I got it. No. But as always, I will say if you have things that you want to hear us talk about or bring in experts from or all of those things, because you want to learn more, please message us in any of the various channels that we have provided in the description below. Because we want to help you in your nd journey, and your queer journey, and all of those things. And we kind of just pick things out of a hat, if you don't tell us what you want. And we hope that that's what you want. So there's that. So I'm trying to think we talked about other topics, and my mind is like,



AJ Locashio 31:15

okay, so okay, I have something this morning. And this was great. This was great. I checked LinkedIn this morning. And one of the first things that popped up was something from neurodiversity Education Academy, that was talking about. You know how I Okay. I'm going to step away from that for just two seconds, and then come back. So you know how I get a little irritated about the positive psychology and the toxicity that can happen around that. Yep. We had a whole episode about it. We had a whole episode, I had multiple, multi multiple episodes

about that. So I definitely have some some issues with that. But I also have issues with the toxicity of negativity on like social media of let's just talk about all the bad things and not talk about any of the good things. I really do think that there's a nice harmony that we can find, because there's both in our world and that's what you know, living is all about. And let's be realistic. There's there's both so anyway, neurodiversity Education Academy had this great post on there. That was it asked, Do you know what a glimmer is? And it pulled in this information from Deb Dana, I believe her name is who wrote a book, wrote several books actually and talks a lot about polyvagal theory and nervous system. So that glimmer being the opposite of a trigger that thing in your nervous system that helps you feel regulated and connected. And I loved that I saw that first thing this morning because I was like, oh, glimmers I have glimmers. I'm like glimmers. And so some of my glimmers are rolling in that 20 Hello, while I'm playing d&d, rolling in that 20. Baby, bam, that's just this instant, like feeling of amazingness of my body. It's wonderful. Exactly. And, and, and having, having my partner squeeze my feet, it's the weirdest thing like we'll be we'll be sitting on the couch, right? And just naturally, he's not necessarily thinking about it, it'll reach down and he'll kind of squeezed by beat. And I'm just like, oh, like immediately, it doesn't matter what's going on. It's this immediate, a wonderful, beautiful feeling that I have. And so there's that like, like, killing the bad guy in a video game. I mean, hello, that feels good. How about hearing your partner or your child laugh? Yeah, like, like that. Just it's just this water. Not everybody laughing makes me feel great. But hearing them laugh makes me feel great immediately. So I've liked that like thinking about that. And I'm like, huh, like a post it note. And like somewhere I'd be like, glimmer. What's a glimmer? Vacuuming? Yes, so what are some glimmers that you have?



Molly Hicks 34:21

Getting, pulling your first seven cards when you're playing Pokemon card game, and it fully sets up for a win for the rest of the game. Like you know, it's just the perfect card polls like pulling an exclusive. It's been a Pokemons summer guys just deal with me. I'm pulling the most expensive card in a regular pack like random one pack that you grab and you get like the most expensive card in the set that sets you up for a week of goodness. Let me tell you or your child pulling the second most that did happen this week. And let's see when your Sims can take care of themselves, and you can do something stupid in the corner, like, I don't know why, like you like finishing a book after being stuck reading the same page for 10 days, because you just couldn't get past that page. And then all of a sudden, like two hours later, you've read 400 pages and you're like, Yes, I'm set. And you start a new book like that. Yes. A bath with extremely hot water that when you get in, it makes your skin prickle. And you can feel something for the first time that day. Let's see more glimmers. Of mean, business wise when a client says like, without me, in general doing anything, being like, Oh my God, you get me and this makes so much sense. And I feel so much better. That is definitely a glimmer.



AJ Locashio 36:12

How about the first fizzy ice cold drink of Dr. Pepper when you haven't had it for a while?



Molly Hicks 36:23

I mean, for me, it's just any most anything carbonated. But like, especially if you like tried to drink water. And to me water is slimy and gross. And it's like a whole century like, no, no, no.

But then if I buy like sparkling water, and I go to drink it and it's just like perfectly fizzy. I'm like, it's good. Um, oh, I know. So I'm a musical person. Although most people don't know that about me. Um, so playing the piano, but like specific songs, and being able to like play and sing like, I don't know why, but Sarah Barela says gravity every time every time or just certain songs. Like when you like get it just the right sound level in the car and you're by yourself. And you're like, belting the shit out of some musical theater tune. And like you get prickles everywhere. Yep, yeah, yeah. Yeah, that right, those, those are definitely things that



AJ Locashio 37:34

so I'm actually going to encourage anybody who is listening right now, or watching or reading go ahead and write down some of these glimmers because these are the things that all this time when I've been having rough times when I'm in sensory overload, when I'm in you know, having a hard time when I am frustrated because I taking medication definitely helps me with the sensory stuff. For me, it really really, really does. But it because it dulls things, I may not be feeling the sensitivities as much. But that means I also am not enjoying the seeking ones as much. And so I have to seek harder to to really get the benefit of those. So having these kinds of things written down in a place where I can remember or my partner can remember or Molly can remember to look at, to remind me, these are the things that help you regulate. These are the things that help you feel good. So think of a think about it and write some of these down not because it's positive psychology BS, but because it truly is you. And it truly can help when when you're feeling stuck, and it can help you communicate to other people so they can help you when you're feeling stuck as well.



Molly Hicks 39:15

I'll just give another analogy just in case. The ones we've given have not worked for your brain. Think of glimmers as like your body's reset. Because the like when we talk about the glimmers that we're talking about, it's one of those things that like takes you from pegged out sensory overload back to an amount that you can tolerate for like you can handle. So this is kind of like what are the things that helped me reset that like reset button like the staples easy button like that? If you're old enough To remember that, um, so it because for me that that helps me understand why they're important like, because for me, it's, I'm to a point where I am going to throw things at people



AJ Locashio 40:18

this year nervous system is completely in control and we need something we need a button, we need to find that lever that hidden lever in this damn room and pull the lever. So that okay, I've really been gaming a lot. We need to pull the lever to engage the parasympathetic nervous system. Yeah. And the lever that we pull engages something that is several rooms away. Right so that's what these glimmers are these glimmers are the different, the different rooms, right like you the first one is the lever, and then you've got the four rooms that you have to go through to find the door that opened four rooms away that you have to run through to find the treasure chest.



Molly Hicks 41:05

Oh, I know you're giving like a very, like Skyrim Dungeons and Dragons analogy here. All I could think of is in yellow submarine. There's all the like, there's things floating and there's all these alternate realities.



41:29

I mean, hey, sometimes



AJ Locashio 41:30

it's like that, right? Yeah. But um, I gave myself a glimmer, just having that conversation. Right? Just just finding that analogy and being able to nerd out on that is a glimmer for me. And I know that there are people listening who will completely understand what I mean, when I talk about pulling the lever, reading through the rooms and finding the treasure.



Molly Hicks 41:54

It's like yesterday when I was like, I just came up with this pun for the name of a package and you appreciate this. Yeah, so I was writing Star Trek themed coffee. And I have a package where people just come and talk to me and it's a one time package. So I came up with a name. Deep Space. YWMEW



42:15

H I M E



Molly Hicks 42:24

Oh my gosh. See, it's funny.



AJ Locashio 42:26

Yes, it is. It's



Molly Hicks 42:29

Oh my god. Anyway. Oh, it did it again. Angela, if you can hear me, sometimes this studio just like Angela out and Angela will come back. And so then I just talked to you all by myself for a while. Um, but yes. So there's always something that I mean, even if it is like, just rewatching Star Trek or whatever. Star Trek, Star Wars, whatever nerdy thing is your thing. I know my kid anytime they're struggling. They're like, let's play Pokemon. I'm like, Okay, we'll play Pokemon,

or I need to log into pixel Mon. Okay, we'll do it. Not a problem. And, yeah, those glimmers are great. But yes, there's a lot that all of us are going through. And yeah, there's shit all the time. There's always going to be something that's frustrating or overstimulating or what have you. And we do need to find something to help us manage in that moment. And Angela sending notes let's see what Angela is saying. Oh, no, her internet went out. That's not good. Okay. Well, I guess I will end here since Angela's gone. Um, I will just recap. I hope your summer went well. I hope you did fantastic things. And if you just muddled through the summer, that's good, because it's the end of summer and you're still here. So there are big transitions coming. There's transitions that you've gone through this whole time. And we see you. We want to hear about all of those things. And if you have any questions that you want to ask us that you want us to cover or file want us to find a guest to cover. We are here to do that for you. And we'll talk to you next week. For another episode, episodes of drudgery and dreams are available every Tuesday. We go live at nine o'clock in the morning Central time. We're available wherever podcasts are available, you can watch us on YouTube. If you would like and subscribe, that's great. You can get a notification when we have something new to offer you. So we'll see you next week. Bye.