

Good morning and welcome to ***Sunday Snacks with Ellie and Sam***, where we're definitely awake this morning. We had a good brunch.

Today we're going to be talking to you about changes in 2022, because we're ready. Oh my word. It's been a mess for two years of crazy!

SAM: Yeah. So we're just going to be like, all right, it's done. It's in the past. Learn from it and move on ...

Que sera sera. (Ellie)

because at this rate, I mean, if we keep up with this mentality of COVID pandemic crazy, I'm going to go nuts.

ELLIE: Nobody will be healthy.

SAM: I'm Going to go cuckoo.-kachoo like, it's not going to be okay. I'm already going to a therapist to deal with some of the stuff, you know?

ELLIE: Yeah, yeah. It just, yeah, we need, we need to put our minds back in order.

SAM: Yeah. And one of the ways that I know I'm doing that this year is I'm refocusing. And I think, I don't know if I've mentioned it here, but my goal is to cut the fat. And I don't mean like I plan on doing a huge exercise routine that is not me in any way. (Ellie - Your gardening will take care of that.) I mean, what that means for me, for cutting the fat in 2022 is like cutting out all the crap in my life.

Cutting out all the BS All the news ,(... all the drama Queens). Yes. Yeah. All of just the flat out garbage that we take in, but I don't always know like I'm taking it in because there are people that have been in my life for a long time, or I don't know... food I love that I probably shouldn't eat. Like I learned through COVID that I'm lactose intolerant. That was annoying. Let me just tell you when you were eating a lot of wine and cheese in the middle of COVID and then suddenly you don't feel so well,

ELLIE: Might be the wine though!

SAM: No, no, no. I'm not giving that up. Okay. But you and I've talked a lot, Ellie, about just the impact of COVID on society and on us. Like you talked about how much you missed hugs.

ELLIE: Yup. Yeah. Well, you know, we're supposed to be getting like what four hugs a day or something to be healthy. Think of all the people who haven't had hugs in years, I'm going to give you a hug. (Sam gives Ellie a hug)

You know, it's just I mean, I didn't quit, but I also have been less social for two years. I haven't been anywhere. It's just been my family when they can come visit, which usually is a couple of times a month. And your family. Yeah. I think for me, my energy has changed dramatically since COVID and partly because I've been kind of very introverted for two years. Very. And I'm trying to get that a little

more energy back by like taking a little part-time job I have in an antique store. And just, you know, hopefully with spring getting outdoors a little bit more.

But we've developed habits over time. I mean, if we can change a habit in 30 days, what have we changed in two years?

SAM: I don't even want to know. I know that I've got some bad habits yeah. To say the least COVID has amplified my disdain for large crowds. I mean, that's coming from somebody who taught high school students all the time. I thought I was an extrovert, like big time.

Then I started working from home and I realized I'm actually not an extrovert. I wouldn't label myself anything either way, like, as I love hanging out with people and being sociable, but I also like quiet time, which with two kids at home, I have a lot of that.

ELLIE: The yeah, it's, that's interesting too, because I've discovered how much I like alone time and I live alone. So, so that even more remarkable. But I also realized that interacting with people, you know, like when I had the tourism magazine, I was out selling ads and getting stories.

SAM: I Would have thought she was an extrovert when I met her in that frame of reference.

ELLIE: And what I've learned is sometimes our creative side, or I think just balance going back to sustainability and balance, we need a little bit of both. Some people need more extrovert and some people more introvert, but we health-wise, I think we need a little bit of both. We need to find what we need to make that work.

And what I realized is two years of really not going anywhere has not been conducive to best health for me. And thus returning a couple afternoons to the antique shop because I, I need people interaction, I think partly to appreciate my quiet times better.

SAM: I truly appreciate quiet time having two small people in my house who never let me alone. So these moments when I get solitude of just quiet, they are relished to that degree.

But I mean, that's huge. Like when we're looking at our positive energy and coming back and coming out of that, just absolute train wreck that has been the pandemic.

And a lot of people will say, we're still in it. And you know, the next variant could be here tomorrow, but for me, what I need to focus on, and I don't know about you, but it sounds like we're both on the same page on this one.

We're both focusing more on our mental health state because we can do so many things to like really take care of our bodies. Like I know I do all the tinctures and herbs and obviously get a ton of exercise, whether the doctor will consider it exercise or not. That's a whole other story.

You know, I'm currently moving three cubic - no four cubic yards of mushroom soil around my yard.

That's a lot of work and so I'm physically active. I'm doing all those things now. For me for 2022, it's all about that mental cut the fat, because that's just how it has to be, because it's not sustainable for me to just keep living in this heightened state of panic and fear and just God-awful pandemonium.

ELLIE: Yeah, Yeah, yeah. I've I listened to a half an hour of news every day. It doesn't matter what it is. Just so I know. Of course, my biggest concern right now is what's happening in the Ukraine because that will affect all of us.

SAM: ... and that's global.

ELLIE: But other than that, I'm, I'm not worried about ... I'm done worrying about COVID count, even if we have another outbreak, it is what it is and I'll do whatever I need to do personally. And I can't worry about the whole world because I can't fix all of that. I can only take care of me.

SAM: And I think that that is a huge part, like a tiny, even back to sustainability for me is that, you know, one of the things that the pandemic caused which created so much anxiety for me was a sense of, I need to take care of more things, more people, more stuff.

I have to do something. And in reality, there was nothing I could do other than to take care of me, which was the last thing I was actually doing. My mental health state was so unhinged throughout all of this and, you know, to, to outsiders, I looked like I was just in heaven because I got to be isolated of my own accord.

I'm home. My kids, my husband were around me, and gardening, all those kinds of crazy things like, yes, it was wonderful, but I missed the small social interactions, which are, I'm so grateful to have back in my life because I've always only kept - for sustainability sake for my own mental wellbeing - fully ever kept a handful of friends here and there. And they are really close knit to me and what I do so that, that I cut the fat a long time ago without even realizing of cutting the people out of my life that were just like fly by night people.

And that has been liberating. Acknowledging that is huge. I don't know if anybody else feels that way.

ELLIE: I think maybe looking back on the last two years and trying to get a better grip on just being, I don't mean Pollyanna positive, but just looking at life from a much healthier viewpoint. Maybe looking back on our last two years, each of us personally, what good things did come of it?

SAM: Because there were a lot of good things - for a lot of people, not everyone not saying that, not everybody,

ELLIE: But I mean, in that grip of, of being hypervigilant about everything, we also, I think discovered parts of ourselves- and they don't have to be positive parts, but if we can acknowledge those parts, then we know we now have clues as to what to use to improve in 2022.

Definitely.

Thing is we've learned during COVID - we changed our work habits. I can remember in the seventies, when we had the fuel - gas issue and during that time period, when you worked in a big corporate building in the summertime, you usually had to wear something warm because the AC was so cold. And in the wintertime, it was the opposite. You wore like a sweater over a sleeveless shirt because they would turn the heat up.

Well, during the seventies and the gas crunch, they started turning back on all that stuff and making your temperatures more realistic, you know?

And I'm wondering if, particularly in America, you know, we're workaholics. So we all think we have to show up at work, whether, you know, we've got the flu or whatever. I'm wondering if we will carry on understanding that if you're sick, stay home for two or three days as to pose, to bringing it to work for everyone else, whether it's COVID or cold or flu, you'll feel better in a couple of days if it's just a cold or flu. And so will the rest of the people you work with. Yeah.

I would like to think maybe companies will be more open to the actual reasonableness of staying home when you're sick for shorter periods of time, but eliminating an entire office getting sick because everybody thinks they have to be there.

SAM: From your mouth to God's ears.

ELLIE: Yeah. We, we've proven that the world continues, you know, whether we're working or not.

SAM: Yeah. I mean, that's huge.

ELLIE: I'm hoping we have that same kind of change that we did with running heat and AC in the seventies, in those big corporate offices.

SAM: Yeah. I mean, that's a, that's a fabulous idea - crazy, but Yeah.

ELLIE: Yeah. I think, I think we can look back on two years each of us as individually and take out of it.

The things we learned about ourselves, and even though they may be negative, those are still things to bring into a positive 2022, because we can look at those and say, okay, that didn't work well. I don't need to keep doing that. You know? I'm at the point where we just need to make a choice - not to be happy. I'm not into that kind of thinking. But just make a choice to do those things that continue to nurture us and the people around us the best way we know how.

And the rest of it, there's only so many things I can worry about. There's oftentimes very little I can do other than to try to put out as much good energy as I can, as opposed to sitting and fretting that doesn't help me and family and friends or community.

SAM: So on that note, I hope you're having a great Sunday or whatever day you're watching this and here's to a positive 2022.

ELLIE: I go for that!

SAM: ... and really enjoying whatever positivity came out of it for you 'cause that's the most awesome point of it.

So we'll see you next time. Bye. Bye.