

1

00:00:00,066 --> 00:00:00,967

Hello, hi and

2

00:00:00,967 --> 00:00:03,469

welcome to Skipping the Small

Talk with Empower Autism, a podcast

3

00:00:03,469 --> 00:00:07,038

where we discuss everyday experiences,

Autism-affirming advice and more.

4

00:00:07,405 --> 00:00:10,741

My name is Riley and I'm here again

today with Maddy. Hi!

5

00:00:14,076 --> 00:00:15,144

Thank you for joining us again.

6

00:00:15,144 --> 00:00:15,778

Thank you so much.

7

00:00:15,778 --> 00:00:17,679

Thank you for having me, it's
a pleasure to be here.

8

00:00:17,679 --> 00:00:21,548

It's been a minute since we spoke to you,
so I'd just start this off

9

00:00:21,548 --> 00:00:22,316

by saying "how are you?"

10

00:00:22,316 --> 00:00:25,585

What have you been up to?" Very stressed,
very stressed.

11

00:00:25,585 --> 00:00:29,487

I just started my Masters in ClinPsych,
which is

12

00:00:29,821 --> 00:00:32,823

very, very, very stressful,
but apart from that, I've been good.

13

00:00:33,023 --> 00:00:34,324

And you? How about you?

14

00:00:34,324 --> 00:00:36,192

Yeah. I'm in my last semester.

15

00:00:36,192 --> 00:00:38,361

Oh hell yeah. Of my Bachelor's.

16

00:00:38,361 --> 00:00:38,794

Epic.

17

00:00:38,794 --> 00:00:41,830

Bachelor's is still amazing,
don't undermine that.

18

00:00:41,830 --> 00:00:43,097

Thank you.

19

00:00:43,097 --> 00:00:44,999

I didn't know

you were doing a Master's. That's great.

20

00:00:46,466 --> 00:00:48,901

It's a miracle I'm there to be honest.

21

00:00:48,901 --> 00:00:51,270

It's a miracle for anyone though,
that's pretty cool.

22

00:00:51,270 --> 00:00:53,305

Yeah, I'm finishing uni.

23

00:00:53,305 --> 00:00:54,772

Dealing with life?

24

00:00:54,772 --> 00:00:56,240

Dealing with life.

25

00:00:56,240 --> 00:00:59,609

Yeah. It's hectic.

26

00:00:59,676 --> 00:01:00,743

The world is happening.

27

00:01:00,743 --> 00:01:03,946

Oh, yeah, if we get into that
it will be a nightmare.

28

00:01:03,979 --> 00:01:05,814

Yeah, but that's not
what we're talking about today.

29

00:01:05,814 --> 00:01:06,681

Fortunately.

30

00:01:06,681 --> 00:01:08,883

Today we are returning a little bit

31

00:01:08,883 --> 00:01:12,919

to our roots- not that we've
got roots really at this point.

32

00:01:12,919 --> 00:01:15,487

But we're talking about Life
Skills topics.

33

00:01:15,487 --> 00:01:18,523

We're
talking about Motivation Around the Home.

34

00:01:18,523 --> 00:01:20,958

Yes, so fun. Which is very exciting.

35

00:01:20,958 --> 00:01:24,460

Honestly a topic that I,
really appreciate

36

00:01:24,794 --> 00:01:26,862

being included in the Life Skills modules.

37

00:01:26,862 --> 00:01:28,397

Me too actually.

38

00:01:28,397 --> 00:01:32,733

Yeah, I have periods where I am
very motivated to

39

00:01:33,467 --> 00:01:36,302

do my chores and keep my space clean,
and then I have periods

40

00:01:36,302 --> 00:01:39,505

where I'm like, "I can't do this right
now." I think that's like really normal.

41

00:01:39,505 --> 00:01:41,639

I think it's like normal
to kind of go through those kind

42

00:01:41,639 --> 00:01:44,842

of like fluctuating periods of motivation-
I think that's really normal.

43

00:01:46,610 --> 00:01:49,579

So when we're
talking about Motivation Around the Home,

44

00:01:49,845 --> 00:01:50,746

what are we talking about?

45

00:01:50,746 --> 00:01:53,014

I guess- I don't know how much I'm

46

00:01:53,014 --> 00:01:55,550

supposed to engage with the camera, it's
been too long-

47

00:01:55,550 --> 00:01:58,685

but “hey!”,

I don’t want you guys to feel left out,

48

00:01:58,685 --> 00:02:01,754

but I guess kind of about,

like, in this specific module,

49

00:02:01,754 --> 00:02:06,658

I guess the aim of it is kind of talk

about chores and daily routine

50

00:02:06,658 --> 00:02:08,993

and that kind of stuff and like,

making sure you get tasks

51

00:02:08,993 --> 00:02:14,030

done and about cleaning

and all that kind of stuff.

52

00:02:14,096 --> 00:02:19,167

So it doesn't sound that riveting,
but I guess the aim of the module is

53

00:02:19,700 --> 00:02:22,702

to make it feel more manageable
and doable, I guess, especially,

54

00:02:23,036 --> 00:02:26,138

when we approach it
maybe from like an Autistic

55

00:02:26,472 --> 00:02:29,407

lens where it's like
sometimes in a neurodivergent lens

56

00:02:29,407 --> 00:02:31,542

where it's like
sometimes there's those struggles

57

00:02:31,542 --> 00:02:34,544

with executive function, sensory
difficulties as well,

58

00:02:35,145 --> 00:02:38,080

those kind of things are like of course
incorporating that.

59

00:02:38,080 --> 00:02:39,348

Yeah. That's part of it.

60

00:02:39,348 --> 00:02:39,615

Yeah.

61

00:02:39,615 --> 00:02:43,317

I think for me, when my space is messy

62

00:02:43,317 --> 00:02:46,686

and I'm just going about life,
it's usually fine.

63

00:02:46,686 --> 00:02:49,422

But then if I'm like already stressed.

Yeah.

64

00:02:49,422 --> 00:02:51,390

If my space is messy

it gets really overwhelming.

65

00:02:51,390 --> 00:02:54,092

It's just like another thing

that I have to think about. Yeah.

66

00:02:55,226 --> 00:02:56,760

I think being able to sort

67

00:02:56,760 --> 00:03:00,697

of manage that and have strategies-

Strategies are so important.

68

00:03:00,697 --> 00:03:03,699

Is really useful,

just for general peace of mind.

69

00:03:03,799 --> 00:03:04,366

Exactly.

70

00:03:04,366 --> 00:03:07,401

And I think the cognitive load as well
that comes with like mess.

71

00:03:07,535 --> 00:03:10,804

It's like more than we realized,
like when our space cluttered

72

00:03:10,804 --> 00:03:11,838

everything like that.

73

00:03:11,838 --> 00:03:15,541

It kind of just add to that like mental
overload that we kind of already have

74

00:03:15,541 --> 00:03:17,309

when we're stressed in our day to day
lives.

75

00:03:17,309 --> 00:03:19,010

And like even the cognitive load of like

76

00:03:19,010 --> 00:03:20,411

looking for things,
or trying to find things like, "where

77

00:03:20,411 --> 00:03:23,113

the hell is my keys?" "where the hell is
my phone?" "where is anything?" like

78

00:03:23,113 --> 00:03:26,448

it's all like I went through a stage.

79

00:03:26,448 --> 00:03:28,316

I actually don't know what happened
between now

80

00:03:28,316 --> 00:03:32,319

and then, but, I went through a stage
where- I don't know what it was, but like,

81

00:03:32,653 --> 00:03:36,789

there was a point in my life
where at no stage could you see my floor.

82

00:03:36,789 --> 00:03:38,357

It was always messy.

83

00:03:38,357 --> 00:03:38,957

And my friends

84

00:03:38,957 --> 00:03:41,292

always would make this joke, "if
we come over,

85

00:03:41,292 --> 00:03:42,694

are we going to be able to walk
in your room?

86

00:03:42,694 --> 00:03:45,195

Is there any floor space for us to stand?

87

00:03:45,195 --> 00:03:47,063

What's going on?"

And it was just always messy.

88

00:03:47,063 --> 00:03:49,532

And I don't know, it's been years
since it's been like that,

89

00:03:49,532 --> 00:03:52,300

maybe the couple last- yeah,
I actually don't know what changed.

90

00:03:52,300 --> 00:03:53,902

I guess I can talk about that
and some strategies

91

00:03:53,902 --> 00:03:56,503

of how we can keep things clean. We'll
get to the bottom of it.

92

00:03:56,503 --> 00:03:57,104

Yeah.

93

00:03:57,104 --> 00:03:58,038

We'll figure it out.

94

00:03:58,038 --> 00:04:00,973

We'll do some diving into your psyche.

95

00:04:00,973 --> 00:04:01,474

Exactly,

96

00:04:02,508 --> 00:04:04,609

it's about me today guys, actually.

97

00:04:04,609 --> 00:04:04,876

Yeah.

98

00:04:04,876 --> 00:04:07,878

I mean, it's great

that you mentioned losing stuff as well.

99

00:04:08,846 --> 00:04:11,147

Which we have a little bit of a focus-

100

00:04:11,147 --> 00:04:14,983

we are more approaching

this topic from an ADHD lens.

101

00:04:15,084 --> 00:04:16,384

Yeah. Yeah.

102

00:04:16,384 --> 00:04:17,385

Oh yeah, a quick disclaimer.

103

00:04:17,385 --> 00:04:21,221

I will say, I don't want to misspeak, I

104

00:04:23,490 --> 00:04:26,292

guess because I'm ADHD, not Autistic.

105

00:04:26,292 --> 00:04:29,260

So I don't want to-

106

00:04:29,694 --> 00:04:32,696

Yeah, I don't

I speak for Autistic people. Yes.

107

00:04:32,696 --> 00:04:36,099

I don't have that same experience,

but I guess there is still an overlap

108

00:04:36,466 --> 00:04:37,233

with Autism and ADHD.

109

00:04:37,233 --> 00:04:40,469

With the neurodiversity venn diagram.

110

00:04:40,469 --> 00:04:42,437

there's

a huge chunk in the middle that overlaps.

111

00:04:42,437 --> 00:04:45,539

So like I can speak

from the middle of the venn diagram

112

00:04:45,539 --> 00:04:48,508

and the ADHD side,

But not so much the Autistic traits. Yeah.

113

00:04:48,508 --> 00:04:50,676

So I guess, just a quick disclaimer.

114

00:04:50,676 --> 00:04:52,410

Yes. And for me

being AuDHD- Autism and ADHD-

115

00:04:54,645 --> 00:04:57,047

I think

116

00:04:57,047 --> 00:05:00,983

it's hard to differentiate the two
when it's just kind of how my brain works.

117

00:05:01,284 --> 00:05:01,584

Yeah, right.

118

00:05:01,584 --> 00:05:03,752

I can't entirely tell you which thing's
which.

119

00:05:03,752 --> 00:05:04,886

Yeah.

120

00:05:04,886 --> 00:05:09,656

But I do think the ADHD side of it
makes it harder for me to stay organised.

121

00:05:09,656 --> 00:05:12,492

And like I lose things
all the time. It's chaotic.

122

00:05:12,492 --> 00:05:13,559

Like, "where is everything?" Yeah.

123

00:05:13,559 --> 00:05:16,928

And then the Autistic side of my brain
is not happy about.

124

00:05:17,195 --> 00:05:19,463

Yeah. It's not happy about that. Yeah.

125

00:05:19,463 --> 00:05:22,199

So there's a bit of a push
and pull situation. Yeah.

126

00:05:22,199 --> 00:05:23,333

So it feeds into itself.

127

00:05:23,333 --> 00:05:23,733

Oh lovely.

128

00:05:23,733 --> 00:05:26,902

Because I get more stressed and then I-

129

00:05:26,902 --> 00:05:32,106

sorry chicken- And then it goes back
and forth, it's very overwhelming.

130

00:05:32,106 --> 00:05:34,474

It's like a vicious cycle
a little bit. Yeah, exactly.

131

00:05:34,474 --> 00:05:40,212

Yeah I know I get quite stressed as well,
when I'm- yeah, I guess

132

00:05:40,345 --> 00:05:41,446

because it's also, then there's also

133

00:05:41,446 --> 00:05:45,015

the venn diagram of anxiety as well,
which is a third circle.

134

00:05:45,282 --> 00:05:49,318

And they're all kind of like overlapping
as well, so when things are really messy,

135

00:05:49,352 --> 00:05:51,286

you're more likely to feel overwhelmed
and stressed and then.

136

00:05:51,286 --> 00:05:52,454

Yeah,
but then sometimes you get to a point

137

00:05:52,454 --> 00:05:54,589

where you feel so stressed you actually
can't deal with the messiness.

138

00:05:54,589 --> 00:05:57,191

So then it kind of just compounds
and gets worse. Yeah.

139

00:05:57,191 --> 00:06:01,060

I do this really interesting thing
where I'm someone who stress cleans.

140

00:06:01,360 --> 00:06:01,694

Oh ok.

141

00:06:01,694 --> 00:06:05,296

So if I am really stressed
about other stuff in my life.

142

00:06:06,998 --> 00:06:08,565

Usually the

143

00:06:08,565 --> 00:06:11,067

cleaning and stuff is something
that's always in the back of my mind.

144

00:06:11,067 --> 00:06:13,202

Like I kind of have a time

145

00:06:13,202 --> 00:06:16,204

limit of "I should do my chores
because it's not done." Yeah, ok.

146

00:06:16,438 --> 00:06:18,473

"And it's building up
because I'm doing all these other things

147

00:06:18,473 --> 00:06:19,907

and I get really stressed about that.

148

00:06:19,907 --> 00:06:23,510

I don't feel like I can control
these other things in my life so much.

149

00:06:23,810 --> 00:06:26,312

So instead I'm going to clean."

That's really good, hey it works.

150

00:06:26,312 --> 00:06:28,613

And it's great

how it works. Great for cleaning!

151

00:06:28,613 --> 00:06:30,815

It does work a little bit because it feels

like I am- You're being productive.

152

00:06:30,815 --> 00:06:35,885

- I'm in control

so then I'm less stressed about the space.

153

00:06:35,885 --> 00:06:38,420

Yeah, right. Doesn't necessarily

fix the other problems.

154

00:06:38,420 --> 00:06:40,055

But then maybe it

155

00:06:41,056 --> 00:06:42,123

feeds into that motivation.

156

00:06:42,123 --> 00:06:44,124

Maybe it kind of like gives

you kind of that,

157

00:06:44,124 --> 00:06:47,060

I don't know, confidence

boost of like, "yeah, I did this.

158

00:06:47,060 --> 00:06:48,294

What other things can I achieve." Yeah.

159

00:06:48,294 --> 00:06:49,995

And then you can work
on those other things.

160

00:06:49,995 --> 00:06:52,897

Well with ADHD a lot of the time
it's like starting stuff.

161

00:06:52,897 --> 00:06:53,965

Yeah.

162

00:06:53,965 --> 00:06:56,500

Yeah. Executive function. Yeah.

163

00:06:56,500 --> 00:06:59,202

So like if you start with a little chore

164

00:06:59,202 --> 00:07:02,438

then maybe you move on to,
like, my uni assignment.

165

00:07:02,571 --> 00:07:03,605

Yeah.

166

00:07:03,605 --> 00:07:06,174

Which I'm putting off by doing the chore.

167

00:07:06,174 --> 00:07:07,208

In theory, anyways.

168

00:07:07,208 --> 00:07:10,877

Sometimes it works

and sometimes it doesn't.

169

00:07:11,211 --> 00:07:12,645

I do find,

170

00:07:12,645 --> 00:07:14,913

I feel like I'm like a similar one,

but sometimes I'll, like,

171

00:07:14,913 --> 00:07:16,181

procrastinate by cleaning.

172

00:07:16,181 --> 00:07:17,915

I'm like, I would rather. Yeah, exactly.

173

00:07:17,915 --> 00:07:20,918

It's like almost like, "I don't know
if I'll start the uni assignment after,

174

00:07:20,918 --> 00:07:23,086

but my room will be spotless,
that's for sure." I'll

175

00:07:23,086 --> 00:07:27,089

do a deep dive of my closet like,
it's really looking neat in there- Yeah.

176

00:07:27,089 --> 00:07:30,992

-but has my uni assignment
got a title page or anything else?

177

00:07:31,058 --> 00:07:31,859

Okay. No.

178

00:07:31,859 --> 00:07:34,060

Well hopefully it will eventually.

179

00:07:34,060 --> 00:07:34,994

Maybe, fingers crossed.

180

00:07:34,994 --> 00:07:37,630

But yeah, I definitely get that. Yeah.

181

00:07:37,630 --> 00:07:39,865

I feel like in my mind

all of these things are

182

00:07:39,865 --> 00:07:42,933

kind of equal importance,

even though they aren't.

183

00:07:42,933 --> 00:07:44,601

Yes. That's important as well.

184

00:07:44,601 --> 00:07:47,270

I think that's one of the things that
they talk about in the module as well,

185

00:07:47,270 --> 00:07:50,472

like writing lists about chores as well,
maybe allocating

186

00:07:50,606 --> 00:07:50,973

how often you have to do them.

187

00:07:50,973 --> 00:07:54,275

Maybe ranking them by importance,
so it's like "how often

188

00:07:54,275 --> 00:07:57,577

do you have to like clean out the car?"

Probably not that often unless you trash

189

00:07:57,577 --> 00:08:00,580

it every day, but like,

that's probably like lower on the list.

190

00:08:00,580 --> 00:08:02,081

But maybe it's

something you could certainly tick off,

191

00:08:02,081 --> 00:08:03,115

but like it's going to be lower

192

00:08:03,115 --> 00:08:06,350

then making your bed or like,

cleaning the bathroom.

193

00:08:06,350 --> 00:08:11,254

Yeah there's some parts of your house

that you probably want to keep clean

194

00:08:11,254 --> 00:08:11,854

more often.

195

00:08:11,854 --> 00:08:14,857

Like the kitchen and bathroom,
just for hygiene reasons.

196

00:08:14,923 --> 00:08:17,058

Exactly.

Hygiene is an important part of this.

197

00:08:17,058 --> 00:08:20,260

If you live in other people as well,
I don't know if- Yeah,

198

00:08:20,861 --> 00:08:21,295

like shared spaces.

199

00:08:21,295 --> 00:08:21,695

I don't.

200

00:08:21,695 --> 00:08:25,297

I always feel awkward saying this
but I just- cost of living is so much so

201

00:08:25,297 --> 00:08:28,500

I just positivity so much so I just- I'm
very grateful- Oh touched the mic- Like

202

00:08:29,767 --> 00:08:32,069

I still
live with my family at the moment,

203

00:08:32,069 --> 00:08:33,370

which is why I'm doing my master's
and everything like that.

204

00:08:33,370 --> 00:08:33,737

Yeah.

205

00:08:33,737 --> 00:08:38,307

Because, you're

not really able to work much, when you do

206

00:08:39,341 --> 00:08:40,141

a master's

because it's like a ba full time job.

207

00:08:40,141 --> 00:08:43,477

So it's like, where are you going

to have the time to work during then?

208

00:08:43,477 --> 00:08:45,579

But, yes, so I still live there

209

00:08:45,579 --> 00:08:48,581

but even the importance of

in those shared spaces- Yeah.

210

00:08:49,215 --> 00:08:49,548

-trying to keep those clean.

211

00:08:49,548 --> 00:08:51,616

Not leaving your rubbish everywhere
and that kind of stuff.

212

00:08:51,616 --> 00:08:54,085

Being respectful
of the other people in the house. Yeah.

213

00:08:54,085 --> 00:08:58,355

I don't know about where- Yeah,
I live with my partner-

214

00:08:58,355 --> 00:09:02,291

Oh that's right-
I moved out a little over six months ago.

215

00:09:02,291 --> 00:09:05,460

I'm really lucky
that both of us are quite- That's so good.

216

00:09:05,460 --> 00:09:07,695

-clean people,

but I have a lot of friends who aren't,

217

00:09:07,695 --> 00:09:12,031

and their problem is more than they don't
communicate about it.

218

00:09:12,365 --> 00:09:12,865

So they don't tell you they're messy
until you're

219

00:09:12,865 --> 00:09:15,634

living in their space,
and then you want to cry?

220

00:09:15,634 --> 00:09:19,103

Well, I mean, I have a group of friends
and there's like four of them

221

00:09:19,103 --> 00:09:19,937

who live together.

222

00:09:19,937 --> 00:09:24,307

And two of them are clean, like,
more clean.

223

00:09:24,307 --> 00:09:26,975

and organised and they'll cooking
and do groceries and stuff like that.

224

00:09:26,975 --> 00:09:29,077

And then two of them don't do that.

225

00:09:29,077 --> 00:09:29,410

Yeah.

226

00:09:29,410 --> 00:09:32,779

And the people who do do it
don't tell the other people

227

00:09:33,513 --> 00:09:36,949

they're stressed out,
or they're uncomfortable with it,

228

00:09:36,949 --> 00:09:40,085

or they need a break or anything like that
because they don't want the conflict.

229

00:09:40,218 --> 00:09:41,185

Yeah, right.

Yeah. That's a different conversation.

230

00:09:42,953 --> 00:09:44,922

But that's a hard conversation to have.

231

00:09:44,922 --> 00:09:46,156

I think you got really lucky.

232

00:09:46,156 --> 00:09:48,691

I think that you and your partner
both quite clean people

233

00:09:48,691 --> 00:09:51,726

I think, because that can be quite
a source of distressful.

234

00:09:52,460 --> 00:09:52,627

Yeah.

235

00:09:52,627 --> 00:09:53,928

I mean, talking about strategies,

236

00:09:53,928 --> 00:09:57,497

when we were talking about moving
in, we made a chores list.

237

00:09:57,597 --> 00:09:58,231

Oh, that's great.

238

00:09:58,231 --> 00:10:00,366

We don't use it now because, like,

239

00:10:00,366 --> 00:10:03,869

we've realised that both of us can have,

like, pull it into a routine and things.

240

00:10:04,069 --> 00:10:04,402

Yeah.

241

00:10:04,402 --> 00:10:09,539

We'll do the stuff as it comes up, but,

242

00:10:10,140 --> 00:10:13,042

yeah, we had a chores

list of, "okay, you'll do these chores

243

00:10:13,042 --> 00:10:14,243

and I'll do these ones."

244

00:10:14,243 --> 00:10:17,178

And we talked about like, "What
do you prefer to do?" Yeah, right.

245

00:10:17,178 --> 00:10:20,881

So we can split the load,
because he doesn't like doing washing up.

246

00:10:21,181 --> 00:10:21,815

Yeah, ok.

247

00:10:21,815 --> 00:10:24,450

Because of the hands in the dirty words.
Yeah.

248

00:10:24,450 --> 00:10:29,253

And I think I was originally like,
"I hate cleaning the shower."

249

00:10:29,253 --> 00:10:30,755

Because it's like sensory overload.

250

00:10:30,755 --> 00:10:32,956

Yeah, fair. And like, it's very pungent.

The smells.

251

00:10:32,956 --> 00:10:33,190

Yeah.

252

00:10:33,190 --> 00:10:36,726

That's the other thing,

sensory stuff can make it hard as well.

253

00:10:36,759 --> 00:10:37,293

Yeah.

254

00:10:37,293 --> 00:10:40,295

From a neurodivergent perspective,

just because sometimes

255

00:10:40,462 --> 00:10:43,430

it's very strong, like bleach
and that has a strong smell.

256

00:10:43,430 --> 00:10:43,764

Yeah.

257

00:10:43,764 --> 00:10:46,232

I don't know if anyone likes using bleach.

258

00:10:46,232 --> 00:10:47,834

You have to but- sorry you go.

259

00:10:47,834 --> 00:10:52,670

Well yeah we split it by like,

“what are my capabilities?

260

00:10:52,670 --> 00:10:53,371

What do I have to do?

261

00:10:53,371 --> 00:10:55,439

What do you prefer to do?”

262

00:10:55,439 --> 00:10:57,207

Which I think yeah, it's
a good way to go about it,

263

00:10:57,207 --> 00:11:00,109

if you have sensory sensitivities
going into that.

264

00:11:00,109 --> 00:11:03,211

it's like, I have dust mites allergies,

265

00:11:03,211 --> 00:11:06,981

so I don't do the laundry so much.

266

00:11:06,981 --> 00:11:10,350

I'll do it occasionally,
but typically it's like Dante's job.

267

00:11:10,350 --> 00:11:12,952

Yeah. That's so good.

That's so good that you have like that.

268

00:11:12,952 --> 00:11:14,119

You had that communication. Yeah.

269

00:11:14,119 --> 00:11:17,121

That conversation first

and then it worked out, that's good.

270

00:11:17,288 --> 00:11:17,922

Yeah, So that's

271

00:11:17,922 --> 00:11:21,825

maybe more of the Autism side of

it is like sensory issues I guess.

272

00:11:21,825 --> 00:11:25,394

Maybe, maybe yeah I mean yeah,

I think most people don't

273

00:11:25,394 --> 00:11:28,396

particularly enjoy doing chores.

274

00:11:28,396 --> 00:11:32,266

Some people really do,

or do in certain circumstances, but

275

00:11:32,266 --> 00:11:37,736

I think everyone has like specific reasons

why they do and don't- or preferences

276

00:11:37,736 --> 00:11:41,706

for which things are easier for them,

or they're more motivated to do.

277

00:11:42,139 --> 00:11:43,807

Yeah, do you have a favourite?

278

00:11:43,807 --> 00:11:44,508

Top favourite chore?

279

00:11:44,508 --> 00:11:49,545

Watering the plants is a nice easy one.

280

00:11:49,545 --> 00:11:52,113

Oh that's nice, that's kind of
like garden vibes. You're out in nature.

281

00:11:52,113 --> 00:11:54,315

Yeah, just our indoor plants, but.

282

00:11:54,315 --> 00:11:57,150

Oh inside in nature. Yeah.

283

00:11:57,150 --> 00:12:01,453

Since we've got a really light vacuum
actually, that's been good.

284

00:12:01,453 --> 00:12:03,255

Is it like those handheld ones?

285

00:12:03,255 --> 00:12:03,822

Yeah.

286

00:12:03,822 --> 00:12:06,324

It's still a corded one, but it's just
like the cheapest when they have.

287

00:12:06,324 --> 00:12:06,824

Yeah.

288

00:12:06,824 --> 00:12:10,393

That has actually been really great
because my family one

289

00:12:10,426 --> 00:12:11,928

used to be one of the big ones.

290

00:12:11,928 --> 00:12:13,529

I hated doing that.

291

00:12:13,529 --> 00:12:14,763

But now that I have a light one.

292

00:12:14,763 --> 00:12:16,864

I can just pull it out. Yes.

293

00:12:16,864 --> 00:12:18,866

I think that's an

important part as well about

294

00:12:20,067 --> 00:12:20,967

exploring how you

295

00:12:20,967 --> 00:12:24,070

can make chores

feel more manageable or doable.

296

00:12:24,070 --> 00:12:28,206

Like the utensils

or the cleaning products- Yeah.

297

00:12:28,206 --> 00:12:31,242

- or I don't know, the devices

or whatever- the vacuum or whatever it is

298

00:12:31,242 --> 00:12:32,476

you used to clean. Yeah.

299

00:12:32,476 --> 00:12:33,877

And like finding the most optimal one.

300

00:12:33,877 --> 00:12:35,478

Like, if I had a handheld.

301

00:12:35,478 --> 00:12:36,779

Like my friend,

302

00:12:36,779 --> 00:12:40,048

one of my friends has a vacuum
that's just handheld, no cord,

303

00:12:40,048 --> 00:12:43,050

and it lights up
and it's really fun vacuuming at night.

304

00:12:43,317 --> 00:12:46,119

I would vacuum every single day,
maybe twice a day if I had that vacuum.

305

00:12:46,119 --> 00:12:47,587

My current vacuum,

306

00:12:47,587 --> 00:12:50,322

which is a corded one,

307

00:12:50,322 --> 00:12:52,557

my sister is delegated that task. Yeah.

308

00:12:52,557 --> 00:12:53,691

Because I really hate it.

309

00:12:53,691 --> 00:12:55,726

Whereas I'm happy to clean the bathroom
so I'll do that.

310

00:12:55,726 --> 00:12:58,995

Yeah, something about the fact that it's
heavy and kind of annoying to get around.

311

00:12:59,295 --> 00:13:00,496

It is heavy and chunky as well.

312

00:13:00,496 --> 00:13:03,365

Cord, chunky, I'm not doing it.

313

00:13:03,365 --> 00:13:04,465

Yeah. Yeah.

314

00:13:04,465 --> 00:13:06,734

And I've also experienced
the wireless ones.

315

00:13:06,734 --> 00:13:07,968

Oh is your one wireless?

316

00:13:07,968 --> 00:13:08,935

That's bougey as hell.

317

00:13:08,935 --> 00:13:11,837

Not my current one
but my dad has a wireless one.

318

00:13:11,837 --> 00:13:12,805

Wait like Bluetooth?

Wait no wireless, sorry, silly question.

319

00:13:12,805 --> 00:13:15,874

Like it charges in a port
and then you pull it

320

00:13:16,474 --> 00:13:17,975

out and it's not attached to anything.

321

00:13:17,975 --> 00:13:20,244

Connect to my phone

or listen to music. Oh, no no no.

322

00:13:20,244 --> 00:13:21,745

Listen to the podcast on it actually.

323

00:13:21,745 --> 00:13:24,346

[Laughs] Sorry.

324

00:13:24,346 --> 00:13:27,382

Exactly, podcast on the vacuum.

325

00:13:27,382 --> 00:13:28,416

Yeah, podcast on the vacuum!

326

00:13:28,416 --> 00:13:28,883

Yeah.

327

00:13:28,883 --> 00:13:29,951

That would be crazy,

328

00:13:29,951 --> 00:13:33,019

imagine the settings, “connect
to Spotify by vacuum.” Copyright that.

329

00:13:33,019 --> 00:13:33,653

I’m copywriting that.

330

00:13:33,653 --> 00:13:34,420

No one steal my idea.

331

00:13:34,420 --> 00:13:37,389

[Laughing] You heard it here first-
You heard it here first guys.

332

00:13:37,389 --> 00:13:37,756

Vacuum podcast? Vacuum podcast.

333

00:13:37,756 --> 00:13:45,362

There will be no issues with that.

334

00:13:45,362 --> 00:13:46,963

No, not at all. That would be so loud
with the vacuum- [imitates vacuum].

335

00:13:46,963 --> 00:13:49,331

No my dad will listen to music
while he vacuums, so.

336

00:13:49,331 --> 00:13:50,565

Yeah, that's fair.

337

00:13:50,565 --> 00:13:52,967

Yeah. I listen to podcasts
while I clean. That's another thing.

338

00:13:52,967 --> 00:13:57,604

Strategies for making things easier,
listen to a podcast, it really helps.

339

00:13:57,604 --> 00:13:59,138

Yeah. Even this podcast.

340

00:13:59,138 --> 00:14:03,308

But yeah, listening to podcasts or music
makes it really helpful.

341

00:14:03,308 --> 00:14:04,475

Or watch a YouTube video or something.

342

00:14:04,475 --> 00:14:05,309

Yeah, yeah.

343

00:14:05,309 --> 00:14:07,311

I do that while I'm doing the dishes.

Oh, that would be good.

344

00:14:07,311 --> 00:14:10,313

Yeah, just set your phone up- I have
a windowsill here, so I put it there.

345

00:14:11,147 --> 00:14:11,747

Oh hell yeah.

346

00:14:11,747 --> 00:14:15,750

What kind of YouTube videos do you watch?

347

00:14:15,750 --> 00:14:16,551

Any recommendations?

348

00:14:16,551 --> 00:14:20,554

Oh, I'm going to forget
everyone's names now.

349

00:14:20,554 --> 00:14:24,323

Jacob Geller.

350

00:14:24,356 --> 00:14:25,224

Jacob Geller!

Shout out Jacob Geller. Drop a sub below.

351

00:14:25,224 --> 00:14:27,559

He has some really good video essays.

352

00:14:27,559 --> 00:14:29,193

Spice8Rack.

Okay, slay. If you know, you know.

353

00:14:31,862 --> 00:14:35,565

They're a Magic the Gathering YouTuber.

354

00:14:35,565 --> 00:14:36,465

I've heard about Magic,
that sounds familiar.

355

00:14:36,465 --> 00:14:37,900

I think maybe you've mentioned it to me.

Probably. Maybe.

356

00:14:37,900 --> 00:14:41,536

I don't play it

357

00:14:43,037 --> 00:14:45,171

too much, but the videos are less

358

00:14:45,171 --> 00:14:48,541

about the Magic and more

about the lore of the world and stuff.

359

00:14:48,541 --> 00:14:48,907

Okay.

360

00:14:48,907 --> 00:14:52,210

And then sort of tangents

into real life, and,

361

00:14:52,210 --> 00:14:55,245

it had a four hour video on

362

00:14:55,245 --> 00:14:58,248

revolution, which I watched. Wow.

363

00:14:58,381 --> 00:15:01,417

I don't think I finished it,
but that was a good one.

364

00:15:01,550 --> 00:15:03,184

How long do you have to clean
the dishes for? It was so well researched.

365

00:15:03,184 --> 00:15:04,085

Yeah. Right. Okay, wow.
It was very educational.

366

00:15:04,085 --> 00:15:05,920

That's so cool, that's so slay.

367

00:15:05,920 --> 00:15:07,888

Hell yeah.

368

00:15:07,888 --> 00:15:11,490

So I think doing those kind of things
can make it more doable.

369

00:15:11,557 --> 00:15:13,325

Yeah. Yeah.

370

00:15:13,325 --> 00:15:14,493

Something as well that helps me,

371

00:15:14,493 --> 00:15:17,862

and this is when I'm cleaning my room,
and I get flack for this- which is,

372

00:15:18,162 --> 00:15:23,566

I find when I am talking to someone,

I suddenly get the motivation to clean.

373

00:15:23,699 --> 00:15:23,999

Yeah.

374

00:15:23,999 --> 00:15:26,368

But I have to-

I feel like it's important that you give

375

00:15:26,368 --> 00:15:28,169

a disclaimer and be like, "I'm
not ignoring

376

00:15:28,169 --> 00:15:31,171

you," It's actually helping me
focus on your conversation better

377

00:15:31,271 --> 00:15:34,073

if I'm cleaning at the same time because,
I feel it looks so rude.

378

00:15:34,073 --> 00:15:36,075

It looks like someone's just come in, like

379

00:15:36,075 --> 00:15:37,709

my dad was having a conversation with me.

380

00:15:37,709 --> 00:15:39,010

And I was like, "yeah, yeah

[mimes cleaning]".

381

00:15:39,010 --> 00:15:42,646

And I'm cleaning at same time,

I'm hardly looking

382

00:15:42,646 --> 00:15:44,181

but I'm taking in everything

you're saying. And I'm able to respond.

383

00:15:44,181 --> 00:15:46,616

I feel like it always helps me focus.

384

00:15:46,616 --> 00:15:49,084

Yeah, it's like body doubling, right?

Yeah, It's like body doubling.

385

00:15:49,084 --> 00:15:50,352

Yeah. Exactly. Yeah, exactly.

386

00:15:50,352 --> 00:15:53,821

But it looks rude in a way,

because I feel they're coming

387

00:15:53,821 --> 00:15:56,089

to have a conversation with me,

and I'm doing two things at once.

388

00:15:56,089 --> 00:15:59,025

So I feel like if you do that,

maybe it's good to explain.

389

00:15:59,025 --> 00:16:02,928

Yeah, I think if the person knows you,
if they're a friend or a family members-

390

00:16:02,928 --> 00:16:05,896

Yeah. They will probably understand
what's happening.

391

00:16:05,896 --> 00:16:06,230

Yeah,

392

00:16:07,431 --> 00:16:07,631

yeah.

393

00:16:07,631 --> 00:16:08,432

You have to explain initially.

394

00:16:08,432 --> 00:16:09,299

Then after that, I guess. Yeah.

395

00:16:09,299 --> 00:16:12,468

Yeah,

it's even good on Discord calls and stuff.

396

00:16:12,635 --> 00:16:13,035

Oh I've never actually used- I'm

397

00:16:13,035 --> 00:16:16,104

very old about that actually, I've
never really used Discord.

398

00:16:16,404 --> 00:16:17,338

I don't really know what it is.

399

00:16:17,338 --> 00:16:20,340

It's just like a-

400

00:16:20,373 --> 00:16:21,174

I guess like a messaging app.

401

00:16:21,174 --> 00:16:24,276

But it has servers

and stuff that you can use.

402

00:16:24,276 --> 00:16:26,611

But it's like a call.

You can just call on it?

403

00:16:26,611 --> 00:16:27,946

Yeah. Really?

404

00:16:27,946 --> 00:16:29,780

I just thought it was like

Facebook Messenger, but they're like,

405

00:16:29,780 --> 00:16:31,315

“oh guys, join the Discord.”

And I really hope they're

406

00:16:31,315 --> 00:16:33,850

not having important discussions on there

because I have no idea.

407

00:16:33,850 --> 00:16:34,851

They might be.

408

00:16:34,851 --> 00:16:36,852

They're talking about me behind my back
and I don't know because it's on Discord.

409

00:16:36,852 --> 00:16:39,754

I've had ones where the tutors- there's

410

00:16:39,754 --> 00:16:43,657

a class group chat in it
and you can talk to the tutors and stuff.

411

00:16:43,824 --> 00:16:44,124

Oh yeah.

412

00:16:44,124 --> 00:16:48,394

And they send notifications
and things about classes.

413

00:16:48,460 --> 00:16:50,295

There's FAQs usually, and stuff
like that. Really. Okay.

414

00:16:50,295 --> 00:16:53,998

There's also usually a kitchen group chat
where people end up

415

00:16:53,998 --> 00:16:56,566

sending food and pet pics.

And anyone can join?

416

00:16:56,566 --> 00:16:57,133

Yeah. Well,

if you have the link. Yeah, right.

417

00:16:57,133 --> 00:16:57,300

Wow, the more you know.

418

00:16:57,300 --> 00:16:57,400

This is epic.

419

00:16:57,400 --> 00:17:03,972

Or if you get invited.

420

00:17:03,972 --> 00:17:06,507

Yeah ok, wow.

I need to get on this Discord vibe.

421

00:17:06,507 --> 00:17:09,209

Yeah. That's good. Chore

charts are great as well.

422

00:17:09,209 --> 00:17:09,943

Chore charts.

423

00:17:09,943 --> 00:17:12,811

We touched on this before, But, yeah,

424

00:17:13,779 --> 00:17:14,379

moving in

425

00:17:14,379 --> 00:17:16,714

with people is a great time to do it,
but you know- Yeah,

426

00:17:16,714 --> 00:17:18,515

especially when you are allocating people
to chores.

427

00:17:18,515 --> 00:17:20,317

That's why it's a good visual tool.

428

00:17:20,317 --> 00:17:21,951

And especially
when you're able to tick it off,

429

00:17:21,951 --> 00:17:25,020

then you can be like

“who has not cleaned the toilet.”

430

00:17:25,754 --> 00:17:28,556

You can also organise it

just for yourself.

431

00:17:28,556 --> 00:17:28,923

Yeah, awesome.

432

00:17:28,923 --> 00:17:32,125

You can be like, “this is how often

I need to do these chores.” Yeah.

433

00:17:32,192 --> 00:17:35,995

Like, “what days?” Yeah, like a calendar

Yeah, exactly, exactly.

434

00:17:35,995 --> 00:17:36,528

That's really good.

435

00:17:36,528 --> 00:17:39,364

I think, what else is good?

436

00:17:39,364 --> 00:17:42,433

I think in modules as well,
we also talk about zoning.

437

00:17:42,700 --> 00:17:43,567

Like, when you're cleaning stuff.

438

00:17:43,567 --> 00:17:45,602

So everything has a specific place.

439

00:17:45,602 --> 00:17:48,771

So that way that reduces the cognitive
load of when you look at something

440

00:17:48,971 --> 00:17:50,805

there's not 8 million spots
it could possibly be.

441

00:17:50,805 --> 00:17:52,106

It's in it's specific spot.

442

00:17:52,106 --> 00:17:54,008

That's great. Yeah.

443

00:17:54,008 --> 00:17:57,243

So yeah, if you have a shelf
or different shelves and

444

00:17:57,343 --> 00:18:01,747

maybe they're labeled,
like "this is the spices." Yeah.

445

00:18:01,747 --> 00:18:07,584

Or in your room, so you know where there's
going to be certain things or- Yeah.

446

00:18:07,618 --> 00:18:12,187

It it's very satisfying to me personally
to have a spice rack where the spices go.

447

00:18:12,321 --> 00:18:14,990

Yeah. And containers for other stuff.

There's some cute spice racks as well.

448

00:18:14,990 --> 00:18:17,858

You can get them on Facebook Marketplace
and they're little houses.

449

00:18:17,858 --> 00:18:18,692

I don't know if you guys have seen them,

450

00:18:18,692 --> 00:18:21,261

but it's little houses and they're
so cutesy.

451

00:18:21,261 --> 00:18:22,462

So cute. Little vintage ones.

Yeah. There is something

452

00:18:23,496 --> 00:18:25,164

very satisfying about it,

453

00:18:25,164 --> 00:18:28,166

of just being in control of your space.

454

00:18:28,299 --> 00:18:29,533

Yeah. Making it your place as well.

455

00:18:29,533 --> 00:18:31,235

Yeah, and feeling accomplished as well.

456

00:18:31,235 --> 00:18:34,003

Like when you're able to do that.

I think that's great as well.

457

00:18:34,003 --> 00:18:36,939

I don't know if you want to

talk about this more clearly, just

458

00:18:36,939 --> 00:18:39,941

some of the barriers for cleaning.

459

00:18:39,941 --> 00:18:41,509

Because it is important
to acknowledge that,

460

00:18:41,509 --> 00:18:45,211

because I think if you know,
what your personal barriers are- Yeah.

461

00:18:45,278 --> 00:18:48,280

I think you can kind of go from there,
like figure out some strategies.

462

00:18:48,314 --> 00:18:49,348

Yeah, a hundred percent.

463

00:18:49,348 --> 00:18:53,084

I think barriers for me for cleaning are,
sometimes if it gets really bad.

464

00:18:53,084 --> 00:18:57,787

I think maybe that was when I did my “not
seeing the floor of my room” era.

465

00:18:57,820 --> 00:18:59,855

Like,

when it would get so bad that it was like-

466

00:18:59,855 --> 00:19:02,824

So I think it's leaving things
a bit too long.

467

00:19:02,991 --> 00:19:03,725

That can

468

00:19:05,926 --> 00:19:07,861

reduce

our motivation to want to do it. Yes.

469

00:19:07,861 --> 00:19:08,928

Because it feels like so overwhelming.

470

00:19:08,928 --> 00:19:12,031

Like, "what a huge task,

how can I possibly tackle that." It

471

00:19:12,031 --> 00:19:15,033

sort of part of piles

up and is too much to do.

472

00:19:15,133 --> 00:19:16,467

Yeah I can't yeah. Exactly.

473

00:19:16,467 --> 00:19:16,601

Yeah.

474

00:19:16,601 --> 00:19:19,603

So like, you don't have the capacity

to be able to deal with it.

475

00:19:19,936 --> 00:19:22,005

Well if it gets to that point

476

00:19:22,005 --> 00:19:25,574

I feel like it is okay to ask for help.

477

00:19:25,574 --> 00:19:26,908

Yeah, exactly

it is ok! Yeah, asking for help is okay.

478

00:19:26,908 --> 00:19:28,342

I think normalising

that is really important as well.

479

00:19:28,342 --> 00:19:30,210

You are allowed to ask for help. Yeah.

480

00:19:30,210 --> 00:19:31,511

Kind of what I said before, but yeah.

481

00:19:31,511 --> 00:19:34,514

I'm not good with

482

00:19:35,981 --> 00:19:38,216

anything that's too fabric heavy?

483

00:19:38,216 --> 00:19:39,250

Or too dusty. Yeah.

484

00:19:39,250 --> 00:19:42,252

Because I get just really itchy.

485

00:19:42,386 --> 00:19:43,120

Yeah.

486

00:19:43,120 --> 00:19:44,821

I don't really know why.

487

00:19:44,821 --> 00:19:48,023

Or like,

if I overheat, I have to take breaks.

488

00:19:48,023 --> 00:19:50,458

Yeah.

That's a good strategy; taking breaks.

489

00:19:50,458 --> 00:19:52,060

Taking breaks is okay. Yeah.

490

00:19:52,060 --> 00:19:53,627

Take a break.

Have a snack. Sit down for ten minutes.

491

00:19:53,627 --> 00:19:58,297

Yeah, reward yourself

for getting the task done Yeah, yeah.

492

00:19:58,664 --> 00:20:01,800

if I make the bed, I'll do, like,
one item.

493

00:20:02,000 --> 00:20:05,002

Like,

I'll do the pillows because that's easy.

494

00:20:05,236 --> 00:20:07,204

And then I'll do like the doona.

495

00:20:07,204 --> 00:20:10,206

Do you a million pillows

or do you have just like one?

496

00:20:10,640 --> 00:20:11,774

We have four. Four?

497

00:20:11,774 --> 00:20:12,374

That's a good number.

498

00:20:12,374 --> 00:20:15,009

On like a queen bed.

499

00:20:15,009 --> 00:20:16,511

Like, 1, 2? Yeah, like two on each side.

500

00:20:17,611 --> 00:20:19,379

Oh that's good ok, slay.

501

00:20:19,379 --> 00:20:20,647

We have that

and then we have a couple of plushies.

502

00:20:20,647 --> 00:20:23,616

When is it too many pillows?

503

00:20:25,584 --> 00:20:26,584

More than six.

504

00:20:26,584 --> 00:20:30,354

On like a two person bed.

505

00:20:30,354 --> 00:20:32,155

Yeah, ok. I'm trying to think
how many I have. I think I have seven.

506

00:20:32,155 --> 00:20:34,624

Well because I

507

00:20:34,624 --> 00:20:37,526

sleep with a few of them, because I'm
kind of particular about how I sleep.

508

00:20:37,526 --> 00:20:37,692

Yeah, fair.

509

00:20:37,692 --> 00:20:43,663

I sleep with one under my head and one,
plus I usually have a Pikachu.

510

00:20:43,797 --> 00:20:43,864

Aw cute, so cute.

511

00:20:43,864 --> 00:20:45,365

It's perfect holding

But any more than that, I'm

512

00:20:45,365 --> 00:20:47,900

not going to use it

so they'll just end up on the floor.

513

00:20:47,900 --> 00:20:50,502

That's so fair.

Yeah I think that's useful as well.

514

00:20:50,502 --> 00:20:52,937

In this module,

515

00:20:52,937 --> 00:20:55,906

as well

I think there's a bit about clutter. Yes.

516

00:20:55,906 --> 00:20:57,540

Well sometimes it can help
to do a clean out.

517

00:20:57,540 --> 00:21:00,709

Sometimes part of the reason
maybe your space is becoming too

518

00:21:00,709 --> 00:21:02,577

messy is maybe
just because you have too much stuff.

519

00:21:02,577 --> 00:21:05,312

Or things you don't necessarily need,
so maybe it's helpful to kind of

520

00:21:05,312 --> 00:21:06,713

do like a spring clean.

521

00:21:06,713 --> 00:21:09,382

Yeah. Get rid of the things that
aren't useful anymore. Maybe

522

00:21:10,583 --> 00:21:10,916

my 800 pillows in my

523

00:21:10,916 --> 00:21:13,919

bed, that maybe create more mess
than is useful.

524

00:21:14,119 --> 00:21:14,986

Yeah.

525

00:21:14,986 --> 00:21:17,988

And yeah,
we've done a bit of donating recently.

526

00:21:17,988 --> 00:21:20,523

Yeah. Okay. Great.

That's a great way to deal with it. Yeah.

527

00:21:20,523 --> 00:21:24,426

And we also like, in terms
of getting new stuff,

528

00:21:24,426 --> 00:21:29,563

Dante's put a ban on himself
from buying any new clothes this year.

529

00:21:29,597 --> 00:21:31,631

Oh wow.

Because he just has so much already.

530

00:21:31,631 --> 00:21:32,432

Yeah. Okay.

531

00:21:32,432 --> 00:21:33,199

That's good.

532

00:21:33,199 --> 00:21:37,369

He's got a list of things
he would allow himself to buy.

533

00:21:37,536 --> 00:21:39,671

It's just every single possible clothing
item. New shirts, new shoes, new tshirts.

534

00:21:39,671 --> 00:21:40,705

this year's edition.

535

00:21:40,705 --> 00:21:43,173

Well, he really wants Mary Janes.

536

00:21:43,173 --> 00:21:45,041

Okay. Yeah. They're cutsey,
that's valid. See, that's about it.

537

00:21:45,041 --> 00:21:45,308

Yeah.

538

00:21:45,308 --> 00:21:48,277

He's got a no-buy list of like, "can't get anymore graphic tees."

539

00:21:48,277 --> 00:21:50,779

Because he's got 30 something graphic tees.

540

00:21:50,779 --> 00:21:51,446

That would probably be enough.

541

00:21:51,446 --> 00:21:53,914

Don't need any more jeans. Ok, yeah true.

542

00:21:53,914 --> 00:21:54,648

Like stuff like that.

543

00:21:54,648 --> 00:21:57,550

Yeah. Fair, yeah that's funny.

I like that, that's good.

544

00:21:57,550 --> 00:21:58,484

Maybe I need to start
setting that rule for myself.

545

00:21:59,552 --> 00:21:59,852

Yeah.

546

00:21:59,852 --> 00:22:02,854

Shout out Dante. Yeah, it's cool. Yeah.

547

00:22:03,321 --> 00:22:05,623

You can do that with other stuff
other than clothes as well.

548

00:22:05,623 --> 00:22:06,256

Yeah.

549

00:22:06,256 --> 00:22:10,993

If you have a lot of stuff
that you keep buying, but you don't

550

00:22:11,060 --> 00:22:15,196

necessarily need it

and not really bringing you as much joy

551

00:22:15,196 --> 00:22:16,697

as you thought it was going to bring.

What was that?

552

00:22:16,697 --> 00:22:21,934

There was that Netflix series,

like a couple years ago.

553

00:22:22,935 --> 00:22:23,235

What was her name?

554

00:22:23,235 --> 00:22:26,037

She was like, “does this bring you joy?”

555

00:22:26,037 --> 00:22:27,005

I was gonna say as well,

556

00:22:27,005 --> 00:22:27,405

I know exactly who you're talking about
and I don't remember her name.

557

00:22:27,405 --> 00:22:30,007

I don't remember her name,

558

00:22:30,007 --> 00:22:30,741

but she was really good.

559

00:22:30,741 --> 00:22:33,743

And I feel like she was really
was trying to get rid of the clutter.

560

00:22:33,843 --> 00:22:35,411

So that was like, "does it bring you joy?"

561

00:22:35,411 --> 00:22:37,245

Yes or no?" Let's keep it, or don't.

562

00:22:37,245 --> 00:22:38,746

Also,

how often do you think about this item?

563

00:22:38,746 --> 00:22:40,348

Yeah. Or use it.

564

00:22:40,348 --> 00:22:44,050

Because if it brings you joy, but then
you don't think about it for two years.

565

00:22:44,250 --> 00:22:45,218

Yeah.

566

00:22:45,218 --> 00:22:48,087

Maybe it's not necessary
to have in your life?

567

00:22:48,087 --> 00:22:48,587

Yeah.

568

00:22:48,587 --> 00:22:50,855

If you feel like it's taking up space
or something.

569

00:22:50,855 --> 00:22:52,823

It's not just a decoration or something.

570

00:22:52,823 --> 00:22:54,625

I do have a bit of a controversial take.

571

00:22:54,625 --> 00:22:57,627

As someone who's quite
scientifically minded, like I'm

572

00:22:57,627 --> 00:23:00,963

not going to base
my beliefs on rogue theories.

573

00:23:01,430 --> 00:23:06,066

I do have, like a kind of unusual thing

574

00:23:06,066 --> 00:23:06,767

that makes it hard

for me to throw stuff out.

575

00:23:08,101 --> 00:23:08,468

Yeah.

576

00:23:08,468 --> 00:23:10,636

Which is that I think,

577

00:23:10,636 --> 00:23:12,804

like, I'm like 70% sure it's not true,

578

00:23:12,804 --> 00:23:16,707

but there's 30% of me that thinks that

thinks that objects have feelings.

579

00:23:16,941 --> 00:23:17,308

Yeah.

580

00:23:17,308 --> 00:23:20,010

And so I can't throw them out
and it's like I'm talking

581

00:23:20,010 --> 00:23:21,811

even down to pieces of paper.

582

00:23:21,811 --> 00:23:23,545

So it's not just about the face.

583

00:23:23,545 --> 00:23:25,647

It's like it could be like a little chair.

584

00:23:25,647 --> 00:23:28,516

Like I was struggling,
when it was curbside collection, I cried.

585

00:23:28,516 --> 00:23:30,717

Because I was like, “they’re all out
in the rain, nobody wants them.” Oh.

586

00:23:30,717 --> 00:23:34,520

Such a problem.

587

00:23:34,520 --> 00:23:35,454

Such a problem.

588

00:23:35,454 --> 00:23:36,088

Yeah.

589

00:23:36,088 --> 00:23:40,624

Makes it harder to throw stuff out
sometimes.

590

00:23:40,624 --> 00:23:43,793

Sometimes it's good to take a step
back as well, maybe ask a friend.

591

00:23:43,827 --> 00:23:48,664

Yeah, instead of attributing sentence
to inanimate objects.

592

00:23:48,664 --> 00:23:51,366

Yeah. Like I would say this paper.

593

00:23:51,366 --> 00:23:56,036

Like I would struggle to throw this out,
because to me this would have feelings.

594

00:23:56,036 --> 00:23:57,937

Your water bottle is probably not.
I probably wouldn't go that far.

595

00:23:57,937 --> 00:23:59,371

But like, this has feelings

596

00:23:59,371 --> 00:24:01,139

and this has feelings

and this probably has feelings as well.

597

00:24:01,139 --> 00:24:03,841

Would you feel okay

if you like, donated it to someone else

598

00:24:03,841 --> 00:24:06,143

knowing that

like someone else would take care of it?

599

00:24:06,143 --> 00:24:07,777

Yes, that would be ok. Because I

600

00:24:09,178 --> 00:24:12,281

feel bad for like, environmental reasons

of just buying stuff

601

00:24:12,281 --> 00:24:14,616

and it breaks really quickly

and then I throw it out.

602

00:24:14,616 --> 00:24:16,083

That's a normal reason to feel like that.

603

00:24:16,083 --> 00:24:16,317

[Laughing].

604

00:24:16,317 --> 00:24:19,319

I understand what you mean though.

605

00:24:20,420 --> 00:24:23,188

I used to feel like that,

like when I was younger

606

00:24:23,188 --> 00:24:25,590

about like stuffed animals

and my clothes and stuff like that.

607

00:24:25,590 --> 00:24:25,991

I don't think I ever grew out of that.

608

00:24:25,991 --> 00:24:28,993

Yeah, I do understand, but

609

00:24:30,093 --> 00:24:30,394

Yeah.

610

00:24:30,394 --> 00:24:33,396

Something we've also been doing,
just to avoid getting more clutter

611

00:24:33,396 --> 00:24:36,398

is we're not buying cheap Ikea furniture,
or anything like that anymore.

612

00:24:37,165 --> 00:24:37,932

Yeah, smart.

613

00:24:37,932 --> 00:24:41,668

Like looking on Facebook Marketplace for

antiques because they last so much long.

614

00:24:41,668 --> 00:24:42,536

That's a good idea, I've
never thought about that before.

615

00:24:42,536 --> 00:24:43,770

And then you can do a bit of a refurbish.

616

00:24:44,771 --> 00:24:45,038

Yeah.

617

00:24:45,038 --> 00:24:46,539

It also looks cool, like having a bit of

618

00:24:46,539 --> 00:24:49,007

like when things don't necessarily
all look identical. Yes.

619

00:24:49,007 --> 00:24:49,641

I kind of.

620

00:24:49,641 --> 00:24:49,874

Yeah.

621

00:24:49,874 --> 00:24:56,479

Like all of the nice old wooden furniture,
as opposed to like a black iron box.

622

00:24:56,613 --> 00:24:57,647

Yeah.

623

00:24:57,647 --> 00:24:59,481

And it's no disrespect to people who,

624

00:24:59,481 --> 00:25:00,249

if anyone's listening
and they have a black iron box.

625

00:25:00,249 --> 00:25:03,017

If you're into minimalism, that's
great for you.

626

00:25:03,017 --> 00:25:04,785

Yeah. You know, it's. Yeah.

627

00:25:04,785 --> 00:25:06,486

It's fine. Yeah.

628

00:25:06,486 --> 00:25:09,489

Minimalism is not my thing.

629

00:25:10,589 --> 00:25:11,957

That the end of my sentence.

630

00:25:11,957 --> 00:25:12,724

It's not my thing

631

00:25:12,724 --> 00:25:16,293

but I do understand where it comes from

because a lot of times,

632

00:25:16,327 --> 00:25:20,330

like the cheapest thing

we that you think you can afford

633

00:25:20,330 --> 00:25:24,599

is also kind of the most basic, boring.

634

00:25:24,599 --> 00:25:25,333

And then it

635

00:25:25,333 --> 00:25:28,436

doesn't end up lasting as long,

so you end up spending more money to buy

636

00:25:29,003 --> 00:25:31,471

more stuff. Yeah. Yeah.

637

00:25:31,471 --> 00:25:32,672

Just being a bit more thoughtful
about what you buy.

638

00:25:32,672 --> 00:25:35,374

Yeah, the things you're purchasing.

639

00:25:35,374 --> 00:25:38,843

Taking your time-

That reduces clutter as well.

640

00:25:39,977 --> 00:25:41,445

So we're going to do some closing thoughts

641

00:25:41,445 --> 00:25:45,081

about Motivation Around the Home
and what we've talked about.

642

00:25:45,081 --> 00:25:45,648

Yeah.

643

00:25:45,648 --> 00:25:48,884

And what was your key takeaway?

644

00:25:49,217 --> 00:25:53,620

Obviously chores are hard.

645

00:25:53,654 --> 00:25:57,090

Like acknowledging that that can be hard,
especially if you're neurodiverse as well

646

00:25:57,090 --> 00:25:57,857

and, like,

647

00:25:57,857 --> 00:26:00,759

finding the motivation to do them
and then you find the motivation

648

00:26:00,759 --> 00:26:03,828

to do them, like managing the, the sensory
sensitivities that come with that.

649

00:26:04,128 --> 00:26:07,364

So like having awareness of that
as a first step is important.

650

00:26:07,364 --> 00:26:10,433

I guess then the next thing would be how

651

00:26:10,433 --> 00:26:14,335

we can make those,
maybe creating lists of what chores

652

00:26:14,335 --> 00:26:17,538

we have to do and when,
and even prioritising them.

653

00:26:18,138 --> 00:26:23,142

And then I guess once we know that, then
how can we make those chores more fun,

654

00:26:23,142 --> 00:26:28,245

Or can we delegate them to certain people
who prefer certain tasks or whatever-

655

00:26:28,245 --> 00:26:29,746

kind of like you and your partner. Yeah.

656

00:26:30,981 --> 00:26:31,214

Yeah.

657

00:26:31,214 --> 00:26:33,816

So I guess maybe that's like-

Yeah, teamwork is really great.

658

00:26:33,816 --> 00:26:35,150

Teamwork is great, yeah. Yeah.

659

00:26:35,150 --> 00:26:37,252

If you've got

no one than you can use a podcast

660

00:26:37,252 --> 00:26:39,320

or watch a YouTube video,
something like that. Yeah.

661

00:26:39,320 --> 00:26:41,655

Those kind of things. Yeah.

What about you?

662

00:26:41,655 --> 00:26:41,922

Yeah.

663

00:26:41,922 --> 00:26:45,124

I mean obviously when you hear the words
like Motivation Around the Home

664

00:26:45,358 --> 00:26:49,728

and chores and organisation and stuff-
it doesn't sound the most exciting,

665

00:26:50,028 --> 00:26:54,431

but it's about making sure

you're comfortable in your home.

666

00:26:54,631 --> 00:26:57,466

Yeah.

So you can feel safe and comfortable.

667

00:26:57,466 --> 00:27:00,335

But also so you can get on
with the other things in your life.

668

00:27:00,335 --> 00:27:02,337

And not have that
stressing you out in the background.

669

00:27:02,337 --> 00:27:04,005

There's an additional cognitive load.

Yeah.

670

00:27:04,005 --> 00:27:07,007

We were trying to think of a saying,
the best we came up with

671

00:27:07,240 --> 00:27:10,376

was, “you can't water the plants,
when the house is on fire.” Yeah,

672

00:27:11,043 --> 00:27:13,845

but you kind of had to take care of your,
like,

673

00:27:13,845 --> 00:27:18,315

baseline needs sometimes before
you can go out and do all the fun things.

674

00:27:18,915 --> 00:27:20,116

Especially if the stuff is kind of

675

00:27:21,084 --> 00:27:21,717

unavoidable.

676

00:27:21,717 --> 00:27:24,719

And so it's empowering you to feel capable

677

00:27:25,120 --> 00:27:26,154

and confident and able to achieve.

678

00:27:26,154 --> 00:27:30,257

And it sucks

that chores are just an infinite thing.

679

00:27:30,257 --> 00:27:30,891

Yeah.

680

00:27:30,891 --> 00:27:32,859

But they kind of are,

681

00:27:32,859 --> 00:27:34,326

so we have to think of

682

00:27:34,326 --> 00:27:36,661

some ways to deal it that, otherwise it's

just going to keep piling up.

683

00:27:36,661 --> 00:27:39,664

Yeah, exactly, exactly. Yeah. Very true.

684

00:27:39,864 --> 00:27:41,965

We've just talk a little bit
about this today.

685

00:27:41,965 --> 00:27:47,302

Obviously the Life Skills module,
which we're sort of drawing this from goes

686

00:27:47,302 --> 00:27:50,738

a little more in detail
if you want any specific tips

687

00:27:50,738 --> 00:27:53,740

and tricks and strategies.

688

00:27:53,874 --> 00:27:57,176

That module is running on Tuesday May 5th.

689

00:27:57,643 --> 00:28:01,313

So if anyone wants to come

690

00:28:01,313 --> 00:28:04,481

say hi and join the module, let us know.

691

00:28:04,481 --> 00:28:06,683

Slay. I'll be there. Hell yeah. Yeah.

692

00:28:06,683 --> 00:28:08,184

And thank you for watching.

693

00:28:08,184 --> 00:28:09,852

Thank you for joining me again.

Yeah. Of course. Thank you for having me.

694

00:28:09,852 --> 00:28:11,820

Thank you for watching everyone.

Follow me.

695

00:28:11,820 --> 00:28:14,789

Hopefully you've heard something
that you relate to

696

00:28:14,789 --> 00:28:18,525

or something
that you can maybe do in your own life.

697

00:28:18,758 --> 00:28:20,827

Yeah.

And yeah, we'll see you in the next one.

698

00:28:20,827 --> 00:28:22,661

Yeah. Bye. Thank you. Bye.