



TRANSCRIPT : EPISODE 162

**Episode Title:** It's Called Manifesting, Look It Up

**Guest:** Anna Przybylski

**Episode Link:** <https://grownasswoman.guide/episode162>

**Jackie MacDougall:** Grown-Ass Woman's Guide is usually much of the audience is, I would say, Gen X; definitely over 40.

**Anna Przybylski:** That's my favorite generation, by the way.

**Jackie MacDougall:** Is it really? Why?

**Anna Przybylski:** Yeah. In my communities, that's the nicest group of people, for sure.

[laughter]

**Jackie MacDougall:** I love that.

**Anna Przybylski:** And, the ones that I tend to relate to more.

**Jackie MacDougall:** On occasion, I meet someone who's under 40 that I'm like, 'oh my God, I have to talk to this person.' And so, that person is you. So, thank you.

**Anna Przybylski:** Oh my gosh. Yeah.

**Jackie MacDougall:** [laughs] No pressure. Anna Przybylski is a video and content creator who brings realness, humor, and a bit of quirk to the Personal Development topic she shares on Instagram and TikTok. Anna's not so serious tone and approach, allow us all to laugh a little at the pressures we all feel. I first discovered Anna, when a friend shared a link to this gem.

In this episode, Anna and I talk mental health and wellness. The difference in perspective, when it comes to Gen X and millennials, it's kind of fascinating; and how we can begin to shed ourselves of judgment, expectations, and start to heal from some of the programming we have all experienced in our lives.

I'm Jackie MacDougall, and this is The Grown-Ass Woman's Guide.

After a day of go, go, go; balance in work and three teenagers, trying to juggle the unexpected things that pop up daily, I sometimes have a hard time settling down and prioritizing my inner calm. You know what I'm talking about. But recently I discovered Element Apothec, their CBD products for achieving a restful night's sleep and stress-free days, huh!

I got to be honest with you; I had heard about the benefits of CBD, but like many women, I had no real idea of what CBD could actually do. Element Apothec CBD-infused wellness and body care products, combine the healing power of nature with the ingenuity of science.

And, they are transparent down to every ingredient, so you know exactly what's in there. Give yourself or someone you love the gift of wellness today. Visit [elementapothec.com/gawoman](https://elementapothec.com/gawoman), and save 10% with promo code GA Woman.

Anna's hilarious wit in tackling things like mental health stigmas, body acceptance, ADHD, and depression to name a few, helps make these important, sometimes taboo topics, more easily approachable and digestible. You haven't been doing this that long?

**Anna Przybylski:** No. Nope. It's pretty new. I've been on TikTok a lot longer. But I am new to the Instagram game [laughs] Probably only like, not even a year, probably, I've been posting regularly. So, it's been a wild ride.

**Jackie MacDougall:** Because I looked back and you were doing, you know, the husband posts and the dog posts and the--

**Anna Przybylski:** Mm-hmm.

**Jackie MacDougall:** -I just colored my hair posts, and all those great things that we all love and do. Where did you discover? Was there a light bulb moment that you're like, 'oh, people like this stuff,' or were you just doing things? How did it happen?

**Anna Przybylski:** I actually feel like I'm lucky because I started on to TikTok where I got to like, feel it out because, you know, before I went to Instagram-- And, it feels like everything happened fast on Instagram, because it kind of did. But I had a year of TikTok under my belt of like, what works, who wants to hear from me?

So, I already had a voice when I came over, which was very helpful. But the first time I ever realized that what I was doing was some sort of a need was Thanksgiving of 2020. And, I did a post because it was, we didn't go to Thanksgiving, you know, right in the thick of the pandemic.

And, I made a post about how nice it was to be home on Thanksgiving because nobody makes you cry at home. And, that was it. Like, it took off and I was like, 'oh, people just want to know, people just want to hear like that everybody else is having the same hard times they're having.'

**Jackie MacDougall:** Relatable.

**Anna Przybylski:** Yeah, exactly. So, you know, and that was one, everyone was like, 'oh my gosh, I feel the same way.' And you're like, 'yep, we all are happy to be home this Thanksgiving,' you know, those of us who have a complicated relationship with our family or whatever. But so, from there I just, it was that.

I just started sharing me; like, here's what's going on, here's how I'm feeling, like work is overwhelming, being alive is overwhelming, every day is overwhelming. And, it just, sort of, went from there. But yeah, I was never like a content creator or any other thing of the sort, but I am an event planner and we essentially had a year and a half off of work because you could not put on events for a thousand people. You know, they said we could let events for like 25 people.

**Jackie MacDougall:** Oh jeez!

**Anna Przybylski:** And, we tried those and you're like, we cannot survive on 25 people. So yeah, I was home, bored. I was consuming so much content online. And, I was like, I'm going to try. And, I loved it. So, it's been an-- I feel really lucky that it fell into my lap. I mean, I could have never made a video; and you know, I'd just be doing my job every day.

**Jackie MacDougall:** Right.

**Anna Przybylski:** And, I wouldn't know that any of this exists.

**Jackie MacDougall:** Right. You know, you say, "Fell into my lap," but I think the key to point out here is that you tried stuff--

**Anna Przybylski:** Yeah.

**Jackie MacDougall:** -because there are so many people who have ideas like you who sit back and think about those ideas and think and plan; and you just, you just did it.

**Anna Przybylski:** That's not true. I watched eight months of TikTok before I posted a video--

**Jackie MacDougall:** [laughs] Okay.

**Anna Przybylski:** -because I got on before the pandemic. I got on, you know, in 2019, and I was watching and I was watching and I was watching. And then finally, eight months later, I posted a video and I was so mad at myself. Like, why did you wait eight

months? Like you missed eight months of prime posting opportunities. And, I did a lot of like encouraging in the beginning where I was like, if you're not posting, why?

I just was trying to get people to post because it was so cathartic to have an outlet. If you don't really have a creative outlet as an adult, which I didn't, besides my career, which doesn't count. So, it was just so nice. It was like, I finally had somewhere to put that chaotic energy and that frustrated energy and talk about the hard stuff, and somewhere to do it and people to talk about it with.

**Jackie MacDougall:** Yeah. Do you think there's a fine line somewhere between being "authentic" online, sharing your story, sharing your fears and all of that, and then like just going over the edge?

**Anna Przybylski:** Definitely. I always say I share so much of like my brain and my heart, but I don't share very much of like my life, you know? So, I share those emotions, but I don't necessarily ever share what I'm specifically talking about. It's like, I try to hold a little for me. But get the-- Yeah, there's like a line where you're still getting your point across, but you're not revealing every piece of information that's ever happened to you in your whole life.

**Jackie MacDougall:** Right. Right. And, telling other people's stories. I mean, I think that's what a lot of people end up sort of crossing the line of telling other people's stories and you never do that.

**Anna Przybylski:** No, I'm pretty, not to say vague because it's very specific, but it is, you know, I say in general. You know, like, is there that thing that you really want to do when you're scared to do? You know, I don't say like the thing I'm scared to do. [laughs]

**Jackie MacDougall:** Right. Which is?

**Anna Przybylski:** You know, it's what I'm doing really. All of this has been terrifying, you know?

**Jackie MacDougall:** Yeah.

**Anna Przybylski:** I try to be honest about that too. When people are like, 'is it fun?' And, I'm like, 'yes, but I'm scared.' Every day, I never know what's going to happen. You don't know like what kind of feedback you're going to get. You don't know what's going to happen day-to-day. The whole thing could fall apart tomorrow, and that's so scary.

**Jackie MacDougall:** Hmm. Let's talk about that feedback a little bit. So, who would you say, number one, is your audience? Who shows up for you again and again?

**Anna Przybylski:** Well, you look at my analytics, it's 95 to 97% women across both platforms; and everybody's pretty much over 30, which it's this, I feel really lucky I kind of found this community of people who have lived a little. As much as I want, you know, the things I'm saying to get to a younger generation, I also know that I wouldn't have been ready to hear it at 20, 22, you know, and now I am.

And so, I think the audience that it's going to, and the people that I'm interacting with, and the community that's always there for me in my comments, you know, it's kind of this same consistent group of women, same age, mental health struggles, just kind of relating to each other.

**Jackie MacDougall:** Yeah. I mean, one of the reasons I even started anything for women over 40 was because I'm from a generation where we didn't talk about mental health. Like some of the stuff that is discussed every day is like, that was a weakness, right? You didn't--

**Anna Przybylski:** Totally

**Jackie MacDougall:** You just kind of shoved it down. And so, now I'm 51. I have women around me who are in their 40s, 50s, 60s; and we're talking about this stuff openly. And, I think partly, we're encouraged by people like you because you are younger and you're figuring it out earlier. And, I think partly there's some envy there. [laughs] It's like, how did you figure it out so young?

**Anna Przybylski:** Right. Yes.

**Jackie MacDougall:** Do you get any of that?

**Anna Przybylski:** Well, in my own life, I mean, I'm dealing with this, obviously, with my parents. I still get that argument all the time. Like, 'well, we dealt with it, so you should.' And, I'm like, 'things being bad for one group of people is not a reason for it to be bad for another group of people. That's a bad take.' And so, that's like a daily battle. Like, 'it was bad for you so it should be bad for me,' is like such a, we got to, we got to get rid of that.

**Jackie MacDougall:** Yeah.

**Anna Przybylski:** Yeah, I do come from a, I always say my parents or the king and queen to keep it to yourself. And so, you come from that environment and then you turn into me, [laughs] that is definitely-- You know, I put it out there. I'm saying, I'm saying it, so--

**Jackie MacDougall:** Yeah. What do they think of that?

**Anna Przybylski:** You know, they're proud of me for following my dreams.

**Jackie MacDougall:** [laughs] They're like, pulling out the scripts, we admire you for--

[laughter]

**Anna Przybylski:** No, they're good. They're getting better, you know, but it is. It's like you said, it's just an entire generation; and they came from another entire generation of, 'yeah, you don't talk about it.' You know, things are hard for everybody. So, don't talk about it.'

It's like, 'well, no, why don't we find the root of this problem? Like, why is everything hard for everybody? Where did we go wrong? What systems are failing us?' And, it's so many of them that we need to maybe address. How about addressing it, instead of just saying, 'that's just the way it is?'

How many lives could have been saved in the last 30 years if people had felt comfortable being who they are and saying what they want to say and saying, 'I just don't feel good about this and I'm not happy?' But I think we're getting closer. I also think I might be a little bit sheltered because my community is so niched around me, but that's still a lot of people. That's still a lot of people who are having the conversations that I want to have.

**Jackie MacDougall:** Right. And, many of us weren't having any of these conversations growing up. Do you feel like Gen-Xers specifically are--

**Anna Przybylski:** I find a lot of Gen Xers are trying to be cycle breakers in my communities. So, that's true too. It's tough because I'm only seeing the Gen Xers that, you know, are in my specific community, but the ones that, you know, are following me and do find what I have to say of value, are people who are trying to break the cycle in their lives, you know?

**Jackie MacDougall:** Yeah. And, not that you're a doctor, and so, you know--

**Anna Przybylski:** Of course. [laughs]

**Jackie MacDougall:** -this is an opinion, this is an opinion question. How do you see Gen Xers or even yourself breaking the cycle? What do you think are the most important things?

**Anna Przybylski:** Destigmatizing mental health, which is so cool and so huge. I just think of how helpful like therapy could have been to me in middle, elementary school, you know? Obviously, I didn't get diagnosed with ADHD until I was 33. You know, that's tough.

You're like, oh, here are all these things that if somebody had been like, 'oh, do you want to talk about how your, you know, mind is feeling? How's your heart feeling? Where's your brain at?' Not just like, 'you're going to go to school and you're going to learn, and that's that.'

And like, 'you play with friends and these are the list of the things you do. And, here's the progression of your life. Like, you do school and then you go to college and then you get a job.' And, 'okay. Well, when do I take care of me? Like, what's my--' There wasn't really any of that.

And, I think that's what people are introducing into their-- And, we'll probably mess it up too, you know? [laughs] We're going too far in one direction, I don't know. But as far as breaking the cycle, it's talking about mental health that; it exists, you know, that some of us just aren't okay. Like, we are struggling and that doesn't always have to do with your financial status or your career status.

Or, you know, everything can be perfectly great in your life; and that doesn't mean that your brain is keeping up, you know? It's not maybe recognizing that you're safe and happy and healthy because that's just not the way it works all the time.

**Jackie MacDougall:** Right.

**Anna Przybylski:** And so, yeah, those conversations, I think are just so important. And, I think we're changing the conversation around self-worth. That's one I keep seeing, I've been seeing it a lot. And, you know, I never heard any of that before. Like, you're inherently worthy of love, and you have value no matter what you're doing, you know?

**Jackie MacDougall:** It's not tied to-- I love that one that you did where it's not tied to like what you accomplish, right?

**Anna Przybylski:** Yeah, and productivity.

**Jackie MacDougall:** That's one of the greatest struggles of Gen X, I think, is that we are tied to that. And, I actually have an episode on it on being enough. I told my son-- I have three teenage boys.

**Anna Przybylski:** Oh my God.

**Jackie MacDougall:** And, I told my youngest this story where I was like, if you went to a nursery, brand-new 10 babies in the hospital, and they're all lying there, you know, being babies. [laughs] And, I said, what if you went to the hospital and you saw these 10 babies and you had to pick out one or two or three of them that were the unworthy ones; the ones that, who weren't good enough? And, my son was looking at me like, you're crazy. And I said, exactly. we're born good enough. Like, this is--

**Anna Przybylski:** Yeah.

**Jackie MacDougall:** This is the example we're born good enough. It's the noise.

**Anna Przybylski:** That's such a good example.

[laughter]

**Jackie MacDougall:** It's all the noise that gets in the way, right, that we stop remembering that we're good enough. Or we never learned that we're good enough.

**Anna Przybylski:** It's true, and I watch it. I don't know. Sometimes I just think I got lucky where I didn't get trapped in these ruts, but I watch my friends and family trying to find life partners when I have my friends in their 20s and 30s and having these insane standards and not, you know, thinking about somebody's heart. Or they're like, 'well, what's his job, does he have a car? You know, where does he live?'

And, I'm just like, 'oh my gosh, how did we get stuck on that?' Like, when we greet people, we say, meet a new person, we say, 'what do you do?' You know? It's like, what? And then, you know, we're assessing their value because that's the way we've always done it.' You're like, 'oh, you're a--' It's like, 'no, it's a person.' You should, you know, what makes you happy? Do you have any cool hobbies? [laughs]

**Jackie MacDougall:** Right.

**Anna Przybylski:** You know, what--

**Jackie MacDougall:** Is there something that you feel passionate about? Or, you know--

**Anna Przybylski:** Yes.

**Jackie MacDougall:** Yeah.

**Anna Przybylski:** Yes. Yeah.

**Jackie MacDougall:** That's such a good point. And, spoiler alert, the guy with the car and the job and all of that, we have no idea what's going to happen anymore, so that could be gone in a minute.

**Anna Przybylski:** Yeah.

[laughter]

**Anna Przybylski:** Yeah, totally. Yeah. We learned that too. Now I'm like, especially like, drop it all. Like, everybody's worth the same amount. Just see if you like them.

**Jackie MacDougall:** Yeah.

**Anna Przybylski:** That's it.

**Jackie MacDougall:** Yeah, such a good point. I mean, I've been married 20 years this year; and I'll tell you right now, it's all about, does that person have your back? When push comes to shove, and you know, the shit hits the fan, does that person value you enough that they're willing to partner with you through whatever it is?

**Anna Przybylski:** Are you still laughing when the money's gone? Because that is important. Yeah. Last year, essentially, we both lost our jobs, or 2020, which is now, so two years ago. We both--

**Jackie MacDougall:** Right? Well, 2000 was five years ago, so it doesn't matter.  
[laughs]

**Anna Przybylski:** Yeah. So, we both, you know, essentially, lost our jobs; and you're like, 'oh, okay. We can make this work, I guess. Like, we'll figure it out.' That was one of those moments you're like, glad I just picked someone I like being around who is a resourceful person who makes me feel comfortable in my own skin because, you know, otherwise we might be in a jam.

**Jackie MacDougall:** Right. Right. So, speaking of your marriage, I was reading-- Do you live in different states?

**Anna Przybylski:** We do. Yeah, that's another thing I

**Jackie MacDougall:** That might be a good secret to the marriage, [laughs] Do I have to--

**Anna Przybylski:** That too. I mean, we were, we were together like four or five months of 2020. So, he was home for a while, but yeah, he works in New Jersey. I work in Michigan. He was very miserable at his job here in Michigan. And I said, "Quit, we'd never not made it work, like quit your job and we'll see what happens." And, then he was home for a little while, and then he got some temporary work in New Jersey.

He was going to be there for two weeks, make, you know, so much money and then come back. And, then he just stayed. I mean, he didn't stay, he came back and got his things, but he's been there ever since. So, we go back and forth. And it was hard at first, not because it was hard. It was hard at first because it's different, change is hard to wrap your mind around, but we got used to it.

And, now it's kind of nice to have that time where I just get to be me, and then that time where we get to be us. I feel like I really like having that me-time and that me-space, especially now that I'm online and I don't want to not be present when he's around. So, I'll go really hard for two weeks; creating content, writing content so that when he is home, you know, I can lay back a little bit. Yeah, it's definitely, maybe that is the secret.

[laughter]

**Jackie MacDougall:** I've been reading a lot about older couples who either get together with someone new and they live separately forever, you know, or other couples who've just decided to stay together, but live separately. And, a lot of people like it. And, you know, my husband started working from home in March of 2020, and he still here and we share an office and a bedroom, so it's--

**Anna Przybylski:** Oh my gosh. [laughs]

**Jackie MacDougall:** I can understand having your space. It's a great thing.

**Anna Przybylski:** Yeah.

**Jackie MacDougall:** How has your life changed, obviously, that has changed your life, but how has your life changed since you became this online sensation?

[laughter]

**Anna Przybylski:** It hasn't, you know, if you come to my house, like nothing's changed. You know, nothing's changed. We do the same activities we've always done. We go on the same weird trips we go on to Kentucky and wherever-- It's only truly changed online, which I think is so interesting.

I think I'm in that sweet spot right now where like, nobody really, really knows who I am. But enough people online know who I am, that I stay very busy podcasting and creating content and interacting with people. Mostly I'm just busier, because now I have two full-time jobs.

**Jackie MacDougall:** Yeah. And, I can imagine that's got to be a lot. Do you see your life kind of turning into just this at some point? Is that the goal or are you happy with having the two jobs?

**Anna Przybylski:** Oh, [laughs] you know, yeah, I would love to do this. I have learned so much. I find the whole experience to be so eye-opening. My entire mindset about myself has changed through talking about it online. And, I just think that's so cool. I think it's cool that there's a need for it, even, you know? I get messages that just like, break my heart. People are like you've changed my life and you're like, 'how? This is talking,' but it's happening. So, we'll see in 2023. [laughs]

**Jackie MacDougall:** How has your mindset changed? You mentioned that changing.

**Anna Przybylski:** I always thought my life would go one way, and I never even allowed the possibility that my life would go a different way. I went to college. I went to work. I've

been at the same company for 10 and a half years. I'm going to work here until I die. This is the plan. We have the house; we bought the house that we want to live until we die. We had all this, like, 'this is it. We're set. We're set. We're set.'

And, I was lying to myself because I always was like, 'I don't feel trapped. This is what I want.' And then, the more and more that I branched out, I did feel trapped like, 'oh, I really want to do this. I really want to do this on a bigger scale. And, I want to do this more and I want to talk to more people.'

And then, the shift in my mindset has basically just been like, 'open the door. You don't have to walk out it, but open it, leave it open.' And, I feel like even just putting the possibility of a change in the fire, so much of that anxiety just like flew out that door. And so much of that fear flew out that door. I'm not as scared as I was.

You know, I was just so scared of not doing what I was supposed to do or what I thought I was supposed to do; and not having that constant fear of disappointing everybody all of the time is like such a weight lifted off my chest.

People ask me the other day, they're like, 'how has your life changed? You keep talking about how much your life has changed.' And, I say, "It's not that my life has changed. It's that my mindset has changed, and that makes everything different."

**Jackie MacDougall:** You have changed.

**Anna Przybylski:** Yeah. I have changed so much. None of it feels as scary or as impossible, or like I'm trapped anymore in the "American dream", you know. That is actually a nightmare. I got the keys to the lock, and I can walk out if I want. And, I never thought that was possible. I never even imagined that.

**Jackie MacDougall:** Yeah. I think we automatically expect that a young person is going to want the "American dream". And, your life is not meant to be lived for someone else. And, we're finally talking about that.

**Anna Przybylski:** Yes. Yes. 'You come first' and 'your needs matter', are two things I've never heard before, like ever. And now, every single day, I'm like, 'you come first.' Like, everything else matters, but not as much as I do.

**Jackie MacDougall:** Right.

**Anna Przybylski:** My mental health matters. The way I'm feeling that day matters. It all matters. And, not burning myself out matters; and not letting everybody walk all over me, and not dropping everything to take care of everybody else all the time. Like, what? [laughs]

**Jackie MacDougall:** Right. And, you talked about the people being disappointed. What actually happens if somebody is disappointed or feeling judgment toward what you're doing?

**Anna Przybylski:** Yeah. It's like, that has nothing to do with me. Nothing. If you ever feel a way about my life, that's very strange. Now I see that. But before, I would've dropped everything to change my life back so that nobody would think any certain way about it.

**Jackie MacDougall:** Right.

**Anna Przybylski:** Exhausting. It's exhausting living your life for other people.

**Jackie MacDougall:** Especially, I think it's more the fear that they might be disappointed than the actual disappointment because--

**Anna Przybylski:** Yeah. They might not even care. [laughs]

**Jackie MacDougall:** Right. Right. Because when someone's disappointed, you're like, 'oh, okay. I understand the feeling,' and that's yours. But that fear of, they might feel a certain way, seems to be greater than the actual feelings.

**Anna Przybylski:** The fear of the unknown.

**Jackie MacDougall:** Yeah.

**Anna Przybylski:** Yeah, it's a tough one to push out of your mind. So, what if they aren't happy? That's the way the world works. Also, put yourself in their shoes. I'm like, would I be mad if somebody else was living my life and wanted to do this? No.

**Jackie MacDougall:** Right. Right.

**Anna Przybylski:** So, if they were frustrated or angry or disappointed in me, that doesn't really have anything to do with me.

**Jackie MacDougall:** Yeah. And, I think on the flip side, what you're doing is important for parents too, to not try to pass that legacy of trying to please everyone onto your kids. So, like the four-year college, I'm going through it now, where if you ask me when my kid was in kindergarten, I'm like, 'he's going to a four-year school. He's blah, blah, blah, blah, blah.' And now, I'm like, 'oh, I don't-- That's not necessarily your path.' And, I'd love to help you figure out your path, but it's not my path.'

**Anna Przybylski:** Yeah. My husband lives with my aunt and uncle in New Jersey. And so, he lives with my cousins; one's a freshman in college and one is a senior in high school. And, I felt really lucky that I got to be a part of the, not the decision-making process, but the, everybody was hounding down on her. You know? Like, 'what are you going to do? What are you going to do?'

I was like, 'oh man, you know that none of this matters, right?' And, she was like, 'it doesn't?' And, I was like, 'no, you just got to-- You got to do what you want to do, and you'll figure it out.' And, I said, "And, if you pick one thing and you don't like it, you can change your mind." Nobody told me those things.

And, it's just like, Ugh, knowing that you're not trapped is, I think is like the number one thing I wish I had known my whole life. Like you aren't stuck. You are never trapped.

This is not something you have to do. None of this. And, I just learned that like last year. So, now I'm trying to tell everybody else like, 'Hey, you don't have to, you don't have to.'

**Jackie MacDougall:** Right. What you've decided is good for you at one period of time is not necessarily the thing that you have to stick to. And, we talk about quitting, right? Don't quit, and sometimes quit.

**Anna Przybylski:** Yeah. Yes. That's a lot happening more now. I even see with my friends, you know, like encouraging each other to leave their jobs. And, you're like, 'yes, you do what makes you happy.' And, I've seen it. And, I've seen friends leave like a toxic work environment and get a job, another great job where they have Unlimited Paid Time Off, and they're happy.

And, their employers understand that sometimes they can't be there, and mental health is a struggle. And, you're just like, those things exist. So yeah, why wouldn't you walk away from a situation that is making you miserable?

**Jackie MacDougall:** My generation was not taught that. That's for sure.

**Anna Przybylski:** Yeah, I know.

**Jackie MacDougall:** I mean, we were raised where it was like, figure out what you want to do for the rest of your life. Yes.

**Anna Przybylski:** Yes, I know. [laughs]

**Jackie MacDougall:** You know, better than 18. Right? I think, now we have learned, and we're raising humans or millennials and beyond who's behind millennials, Gen Z?

**Anna Przybylski:** Gen Z.

**Jackie MacDougall:** You're all learning much younger that it's all a bunch of bullshit.

**Anna Przybylski:** Yes. The whole thing is made up.

**Jackie MacDougall:** It's not real.

**Anna Przybylski:** Every day, I'm like, it's made up, none of this matters. Like, everything is made up. Some guy just decided one day, that's how it was going to be, like, doesn't have to be that way.

**Jackie MacDougall:** Yeah. It's kind of crazy. My oldest said to me one time, "So wait, you want me to go to college and get into debt to go somewhere that I don't even want to go to begin with?"

**Anna Przybylski:** Yeah.

**Jackie MacDougall:** And, I was like--

**Anna Przybylski:** To work for the rest of my life to pay off this--

**Jackie MacDougall:** I'm like, oh my God. I was perpetuating.

**Anna Przybylski:** Yeah. That's what I was raised into. And, I didn't even have a say in what I went to school for. You know, you're like, 'oh my gosh.'

**Jackie MacDougall:** Wait, you didn't have a choice.

**Anna Przybylski:** No, I had a choice, but it was like, I wanted to be a teacher. And, my dad said, no. Like, I could have still done it. I was an adult, but I was-- You listen to your parents, that's what you do.

**Jackie MacDougall:** Yeah.

**Anna Przybylski:** And, he said, "You can't be a teacher. You won't like it." And, I was like, "Okay, what should I do?" And, he's like, "You should be a business major." And, I was like, "Okay, well, now that I've failed macro, I could not pass accounting." And, I was like, 'so, now what? I have taken it three times. It's not for me.' And then, I wanted to leave college, because I was happy with where I was in hospitality. That wasn't an option either. I mean, it was, but it was not.

**Jackie MacDougall:** Didn't feel like one.

**Anna Przybylski:** Yeah. It didn't feel like an option. And so, it is. You're like, I wasted all that time and money, and I didn't use the degree and I never felt like I had a choice. And, what a bummer? I wish I felt like I had a choice. I would've loved-- I loved working then.

Now, I'm less inclined, but I liked working so much. You know, I was skipping classes to go to work. I was like, 'I would much rather be here making money than sitting in school. It just seems silly.'

**Jackie MacDougall:** And, school is there for those who want to go back to it.

**Anna Przybylski:** Yeah, totally

**Jackie MacDougall:** So, if you need to take a few years to figure your stuff out. So, May being Mental Health Month, one of the things that I think we should focus on a little bit this month too, is mental wellness and not just mental health. We talk about mental health, like anxiety and depression and all of these things that need to be treated and addressed. But how do you think, can we address mental wellness?

**Anna Przybylski:** I always harp on the basics. When I'm like, 'your brain is not going to function the way that you want it if you are not sleeping, eating, and drinking water.' I hate that that works, the basics. It's so frustrating. But the reality is you cannot function, your brain cannot function, your brain cannot take care of you if you don't take care of it.

And, it's always the first to go from you when I'm super stressed, you're like, 'I'm skipping breakfast because I'm busy, I'm going to stay up until four in the morning to finish this proposal.' And, it's the wrong thing to do. It's that same like productivity. You're like, 'I got to do more. I got to do more.' It's like, 'Nope, you got to do less to do more.'

But your brain just needs, it needs time. It needs to be nurtured. You need to fuel it. And, you need to have time for yourself and not be going 24 hours a day. Are you busy or are you happy? When you slow down to actually think about it, it's like, okay, if you're slowing down and feeling stressed, that probably means you need to slow down.

**Jackie MacDougall:** Exactly. There's no badge of honor for being busy.

**Anna Przybylski:** No, there's no prize. It's frustrating. That's true because yeah, I always want to be the best, but yeah, you cannot be the best overachiever. You need to be the best at taking care of your basic needs.

**Jackie MacDougall:** I love that you talked about one time that rest isn't a reward for not resting.

**Anna Przybylski:** Rest isn't a reward for not resting. Yeah. It's like food and water. You have to do it or you'll end up burnt out, like an entire generation or three generations of people did. That pandemic, I say for me, and I think for everybody, it was like, 'you'd lived your whole life going 155 miles an hour. And then somebody put up a brick wall,

and we all just ran into it.' And, you're like, whoa, what happened? You know, it felt like a train wreck of the brain.

**Jackie MacDougall:** I think we realized that we were running that quickly for no reason, really?

**Anna Przybylski:** For no reason, like what were we getting out of it? Nothing. Well, maybe something, but I mean, there's a lot easier ways to go through life than rushing through everything.

**Jackie MacDougall:** Right. So, if you had one message of all the things, if somebody pressed play for some strange reason, at the end of the episode, that would be weird. But if they did, what do you want them to know?

**Anna Przybylski:** Your self-worth has nothing to do with your productivity. That's one of those things I have to tell myself 15 times a day when I'm getting frustrated, because I'm not getting enough done or I'm frustrated because I missed a deadline and I'm taking that out on me, which is very unhelpful.

And, I think it's the hardest thing to unlearn because I've been saying it once a day for a year now and I still don't quite believe it. So, I know it's true, my self-worth has nothing to do with my productivity.

**Jackie MacDougall:** It's definitely something that needs to be reminded.

[laughter]

**Jackie MacDougall:** If you've checked out Anna's recent TikTok, she's partnered with Dove for the Detox Your Feed challenge. You could say a lot of things about the generations that follow ours.

But one of the things I appreciate is their desire to look at the way we've been living as a society and break the cycle of shoulds and all of the other stories, many of us over 40 have been telling ourselves and living by. It's refreshing and it's hopeful to see future generations or the younger generations start to take back, and get rid of all of the BS stories that we've been fed, you know?

**Anna Przybylski:** Yes.

**Jackie MacDougall:** And so, for the women like myself who are in our 50s, trying to deprogram ourselves only to reprogram, it's nice to see you doing this.

**Anna Przybylski:** Yes. Oh my gosh. And, just keep in mind that unlearning is 10 times harder than learning. So, got to give yourself a lot of grace.

**Jackie MacDougall:** Yeah. And, do you give yourself the same grace that you tell everyone else to give themselves?

**Anna Przybylski:** I try.

[laughter]

**Anna Przybylski:** I sure try.

**Jackie MacDougall:** That's all we can ask. I will link to 'all things Anna' in the show notes at [grownasswoman.guide/episode162](http://grownasswoman.guide/episode162). Remember, every episode of The Grown-Ass Woman's Guide also includes a companion video and a blog post.

So, visit [grownasswomen.guide](http://grownasswomen.guide) for every episode and be sure to hit that *Favorite* or *Follow* button on your favorite podcast app, and subscribe to our YouTube channel for more mental health-related episodes throughout the month of May, and to get every

single one of The Grown-Ass Woman's Guide episodes. Thank you so much for listening. If you like this episode, please share it with a friend.

And until next time, you are a grown-ass woman. Act accordingly.