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SPEAKERS

Krista, Deanna Mason

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- K** Krista 00:00
Okay. All right, everybody. So welcome to today's podcast episode with Deanna Mason with refreshed moms. You probably know her because I've mentioned her inside of the group before, but I'm super excited about this episode because she specializes in burnout for moms. And we are going to talk about all of the things about burnout with moms today and how, how to identify it, how to recover from it. And then this amazing, I say it's an idea, but it's this new container that she's creating for moms to help you with this. I'm super excited about it. So we will talk about that, as well at the end. So thank you so much for being here. Deanna.
- D** Deanna Mason 00:40
Thanks for having me, Krista. I love this space. I love this group. And I love the women in it. So I'm happy to be here.
- K** Krista 00:47
Yeah. Okay. So my first question for you is just straight up, like, what is burnout? What does it look like? And how do moms know if that's what they're experiencing?
- D** Deanna Mason 01:02

So there are symptoms of burnout, that could be symptoms of other things. First of all, okay, so as I share symptoms, I don't want you to think that there are not other conditions that can cause these things, because they can, but these are real life. Things that are tied with being feeling burnt out, and most of us can identify very quickly with the feeling of exhaustion, right, just feeling like we don't have anything else in the tank feeling like we have, given all the mental and physical and emotional energy that we can give to a thing. And we just try to keep going, right? So we can all identify with that. But I do want to give some actual signs that are tied to when a human being is burned out. Alright, so exhaustion and fatigue. We've already talked about that feelings of ineffectiveness. So you may not even connect that with being burned out, okay? Feeling like your efforts are not making a difference, your efforts don't matter. Right. So no matter what I do, no matter how I try, these things are not getting better, we're not moving forward, we're not solving a problem. So having consistent feelings around feeling ineffective is a condition of burnout burned out, burned burning out. This is something that I experienced was weakened, weakened immune system, there was a period of time where I was sick all the time, I caught colds very quickly. And I was living a very, very jam packed life. This was even before children, you know, just working, you know, around the clock and not giving myself time to refresh, relax, to refill myself physically, mentally, spiritually. So I was taking time off from work. Like every month, I was sick, and I needed a few days to get it was like, you could just count on it, I was going to catch something. So having a weakened immune system and an increase in occurrences of illness, loss of enjoyment, or loss of joy around a particular thing. Now, this is something I can I've had, I've experienced this as well, like you're showing up for work, or you're showing up for a certain responsibility and the joy that you've once felt around it, you're not feeling it anymore. And many times it's, it's not that you need to quit doing that thing is that you just need a break. You just need a vacation. And you may just be two days of rest away from finding your joy again, around something but when you're continuously showing up for something, and you're not feeling enjoyment, At least the enjoyment that you used to feel like if you used to feel joy, you no longer feel joy about that thing. That is a sign that you might be burned out. And I'm just gonna name a couple others is more excessive workload or over functioning, which I'm hoping we can talk about a little bit more as far as being a mom and being over over function or as a mom within the home. And let's see, let's all this list. I'm trying to think of one irritability. I think we can get in touch with your irritability, snapping at things that are that are small things that don't normally set you off are setting you off. Your children's smacking of food all of a sudden sounds like it's horrible, and they've always done it. They've never not eaten food that way. Right? But you you are extremely, extremely sensitive around things that are causing you to be irritable. That's a sign that you are probably living in the burnout zone. So there are some those are some things.

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Krista 04:54

Yeah. Okay, good. So my question and I think you're going to answer it with this over functioning thing. was like, what actually causes burnout, especially for moms and what is over functioning. So I have a feeling that over functioning is probably a huge piece of that answer. So what exactly is that, and,

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Deanna Mason 05:13

okay, so I'm going to connect that then to the cause of burnout, I believe that we burn out when we are over functioning as a human, it doesn't have to be just as a mom, and we're not making room for the rest that we need. That's just really, that you're on the path of burnout. If you're not interchanging interchanging rest and work, that has to be happening in order for you to be in order for you to work well, there has to be interchange and a rhythm of resting in work, they go hand in hand. So over functioning, I define over functioning, this is just a very simple Deanna Mason definition is that when you're doing more than what is required of you to do, you're living a life doing more than what is actually required of you, you know, we end up over functioning many times, because we are not delegating things that shouldn't be on our plate. While we're not automating things that ought to be more systematic, you know, we're doing you know, an example of this would be grocery shopping, okay, used to take me three hours a week, to shop for groceries, because I would go to two different stores that weren't next to each other. So three hours, at least, to get all the groceries. There's easier ways of getting groceries. Now, if that's something I happen to enjoy, if that was something that was life giving, if that was something I had the margin to do, then there's no problem. But I didn't have the margin to do it, I needed those three hours, I needed to take grocery shopping from three hours to one, which meant I had to either tap into some type of automation or some type of delegation in order to not have that three hour responsibility, right. So over functioning is just realizing I'm doing more than was actually needed and required. And then, you know, deciding on how to back out of that over function is where we make room for rest.

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Krista 07:07

Yeah. So you guys are hearing it from Deanna in a new way. But what she's saying is exactly what I tell you all the time when like, you're at home, and you're like running and running and running, and doing all this stuff, and having never ending laundry and never ending messes and never ending dishes. And I ask you to stop for a second. set up some imaginary cameras in your house, everything that you're doing in a day and ask yourself, Is this really what I need to be doing with my life? Do I really need to be doing three loads of laundry every day for three people? Or, you know, however many people are in house, but asking yourself like? Do I actually need to be managing this stuff or no? Right? And

then eliminating it? Because I talked about decluttering or like Deanna talks about delegating it. And we can, I won't go off on the rabbit hole that we could go down of like how society has made it so that we don't have support systems like we used to, and we do are, you know, like our natural state of being now is to really kind of have to over function in some weird way. society makes us think we have to it's

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Deanna Mason 08:11

a very American thing. Yes, yeah, it is a very Western culture thing. To live a live in a constant state of over function. That is what is expected, in many roles, paid and unpaid. You're expected to do more than what they're paying you to do. You're expecting to do more than what has been asked. That is a that is a default setting for America, which is very, very unhealthy on so many levels. So we carry that into our personal lives as well. We carry that into our parenting, we carry that into our responsibilities at home. So yeah, I 100% cosign to that, yes,

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Krista 08:48

stop doing that. Let's like make it not normal. Yeah, functioning all the time. I love that. I love that message so much. That's a huge part of why I tell you guys declutter. Stop making yourself miserable. Okay, so now that we kind of know like, what exactly burnout is, and to find it and all of that, but what, how did you realize that you were experiencing burnout? Do you recover from it?

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Deanna Mason 09:17

How did I? How did I know? Well, I'm gonna try to nutshell my burnout story, because I rather I would rather focus on the recovery part of it, but I used to run a nonprofit organization. And we, we were called examples, Family Resources, and we did a lot of work with moms and teen girls. And out of the one of the results of that work, or one of the byproducts of that work, we started to publish a teen girl magazine, it was called True Tru talented, remarkable, unique. It was a print magazine that eventually got picked up by two of the major distributors in America magazine distributors, and we ended up on the shelf of anyone That was selling Teen Vogue, you know, we were next to them on the show. And so the machine to keep that moving was absolutely huge. In my little small nonprofit organization, we were making enough money in revenue to pay for the publication staff that was necessary to keep a magazine being pushed out bi monthly. But the other parts of the organization that were there before the magazine, which included events and workshops and conferences, and you know, just all the other parts that we did to serve families and to serve those that were working with youth. They were still

happening. And so because we no longer had the excess revenue to pay for other staffing, I ended up having to take on all those roles. And as well as be the editor in chief of the magazine, I was very a part of the publication side of things. And so, on top of that, my light just went out it has been doing that for him has been doing that. I hope it's not too dark. Okay. I hope it's okay. But um,

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Krista 11:09

this is motherhood simplified. Remember, the bars? Yeah,

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Deanna Mason 11:13

this is the second time is done at me. I don't know why it keeps going out. But anyway, I was also homeschooling my oldest, who was at the time that it was in first and second grade when I was publishing that magazine, and I was homeschooling him. And I had a I had a daughter who was not of school age, but she was there. Okay, so I'm working 40 plus hours a week to make this happen. And I'm also homeschooling. And after doing this for about three years, I found myself in a state of burnout. How did burnout look for me, it was definitely the exhaustion and fatigue. But some of the red flags for me when I know that I have pushed myself way past my limit, when I'm in the state of over functioning, I become extremely, extremely absent minded and forgetful. That is one of my symptoms. How does that manifest itself, I'm locking myself out of the house, I'm locking myself out of my car. I'm literally losing conversations that I've had with my husband conversations that I thought I was absolutely present for. And when he asked me about something that we talked about, I can't even recall the conversation. These are the types of things that were happening for me that were letting me know, back then I didn't know but they let me know, I was doing way too much. And I'm not functioning well. Okay. And I got to the point. And in order to relieve some of this, I was homeschooling my children, which was something I at that time was a huge part of my desire for me, my husband around the goals we have with our children, we wanted to homeschool them for their elementary years. And I decided we're going to enroll them in school. Because I need to create some margin, I can't do both well anymore, let's put them in school. We'll just do it for a year. Let me catch my breath. And I'll bring them back at the end of the school year. So I enrolled my son into third grade my daughter into kindergarten and they went off to school. And instead of creating margin, I actually just filled more, I filled my time up with more things. Okay, so I did not rest. I did not slow down. I just was like, well shoot, I got more, I don't have the homeschooling thing anymore. I'm going to do more work. And at the end of the school year, I was sitting at the kitchen table. And my children, you know, this is actually the summer, I was re upping for the next school year, I had my laptop up. And I was downloading the registration paperwork for the next school year. And I was sitting there

looking at them and looking at that paperwork. And I'm like, How in the world did we get here? Now I'm just I'm signing them up for another year. This was not the plan. This was not the goal. But I can't imagine. I can't imagine adding homeschooling back. I just I can't. But I just felt like I was moving away from the priority, which was my children and the goals I have for my children. And I was replacing it with work and over function basically. And I decided at the table that I wasn't going to send them back. I didn't know what I was going to look like. But I'm like they're not going back. I'm going to stay with the goals that we had. I'm going to prioritize those. I'm going to homeschool them. And I don't know what that means for my work. And sure enough, about 4-6 months after that we closed the doors of the organization. I just I told my board of directors, I couldn't do it anymore. I was at that point. Absolutely. And utterly burned out. I mean, just absolutely over functioning, functioning every single day. And we closed the doors, and I became a 100% homeschool mother did that for about three years. And in that three years was where I was recovering. Now I didn't know that I was recovering you guys. I didn't know that. That's what was happening. I just knew I wasn't doing the work stuff anymore. But while I was not working, I was spending more time with God, I was connecting more with my family, I was incorporating more activities that took care of my physical well being I lost about 30 pounds, just taking care of myself physically, I started sleeping better through the night. All of this was happening. While I was not working and just homeschooling, and around the end of that third year of taking that break or hiatus, I was, it wasn't really a hiatus, I didn't say I'm gonna put this down and pick it back up, eventually, I just put it down. I had no no expectations of picking it back up. But around three years after that, I just felt like that was nudging me back into entrepreneurship. And my prayer to him was, if this is something that you want, or you're asking of me, because that's what it felt like, I felt like he was calling me back into it. If this is something that you were asking me, I just, I'm just asking you to help me not sacrifice. all this hard work I've done to care for myself in please help me teach other moms how to do it, as well, because you obviously are not bothered by us trying to parent and work at the same time. There are things you are calling us to do while we're parenting. While we're mothering. There are things that you're calling us into that are more than motherhood. And if that's the case, then you you are obviously going to equip us with what we need to be able to show up in our families the way we desire to the way that you desire for us to show up and show up for the work that you've put in our heart. In order to do that we've got to get better at making room and giving ourselves permission to rest. So that's basically my story.

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Krista 16:57

Deanna I never heard your story told that way. I think the I mean, the part that you said the thing that stuck out to me was that that you said, and I think is so important is that like, specifically from others is like oftentimes, we're stuck in this place. And you're like, hit me

like in the fields with like the homeschooling stuff, especially what 2020 is like, Okay, so how am I supposed to do all of this? How most to educate my children? Right? Because that's a skill in itself. I don't care what anybody says, like, knowing how to teach your children is a skill set. That's why teachers go to school and get degrees, how to teach. How am I supposed to do that? Right? Like, and how am I supposed to be a human being? And how am I supposed to be also a wife? And how am I supposed to? How am I supposed to have a career and the thing that you said that I've never heard? I've never heard it. So like, directly from you this way? It's like, clearly, you're there's some kind of a poll here that says I can't do all of this. Yeah, but how? Right like so how that's the thing that I've like, I never heard you say it like, and I think that's so powerful. Because I think we get stuck in thinking like, Well, I have to choose and I have to, I have to sacrifice something is what it feels like. And when you're an entrepreneur, especially like yourself, and myself, like our businesses feel like an extension of our life, right? And so it's like, okay, obviously, my children and my family are my life. Right. And also, this work that I do is also my life. And so I think a lot of times when we do get burnt out, I think we feel like we're having to choose. And neither choice feels right or fair. And you can have both Okay, yeah, dang. He just rocked my world. Okay, so the I like, also, I resonate with your story a lot, too, because I got super burnt out from teaching. Like, I got to quit, I quit. It was very dramatic. But burnout makes you pretty dramatic.

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Deanna Mason 19:12

Yeah, you hit the wall, you get to the point where there is no more to give that is, um, that is coming for you. Even if you have lived in the state of burnout for a period of time, there is an end of the road, there is okay. And that's the thing I'm wanting to get to people before they get to the end of the road. But if you are at the end of the road, I also want to help you recover.

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Krista 19:39

Yeah. Okay. So let's talk about how you recover. So how do you actually how do you actually recover? What's the key and what's the difference between what you talked about? Because I know you're talking about spiritual rest, which I think is the key to merging these. All of these pieces of our life. We're taking a break.

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Deanna Mason 19:58

Yeah, okay. Well, how do you recover I'm not going to say that there's like a path like a step by step path to recover. But I am going to talk about resting. Because I do believe recovery is directly is directly correlated to your ability to allow yourself, it gave yourself

permission to rest. All right. And so I want to talk specifically about resting right now. And resting is not, or I should say more than sleep. And that's where some of us are missing it, because we're equating our need to rest to our need of sleep. And even if you are struggling with the symptom of insomnia right now, if you are learning how to rest, well will impact how will you sleep at night. And there's other areas of rest that need to be nourished in order to impact your physical sleep. Okay, so let's just talk about these a little a little bit. There are seven ways I didn't come up with these. This is science and ain't. Me. All right, you can just google seven ways and rest, you don't need me to teach you it is on the web. All right. But there are seven ways to rest. And I'm just going to tell you all seven, and then we can, I'll circle back to spiritual rest, okay, but the first one is the one we are most familiar with, which is physical rest, alright, so physical rest can be broken down into passive and active. So the passive one is the one that we think we need, we just need more sleep, I'm not sleeping through the night, I just sleep through the night. And we do all these things to help us sleep better at night. And many times, we're not even hitting at the type of rest we actually need, that's going to impact our ability to sleep through the night. But that passive rest is passive. Because eventually if you don't sleep enough, your body is going to crash and it's going to get to sleep it needs. Now, let's just hope it's not while you're behind the wheel of a car, but your body is going to eventually say I need it, I'm going to get it right. This happened to me a couple of weeks ago, I just finished creating some course materials. And at the end of like that two month stint of creating in my business in the form of courses, that that very day when I recorded my last course. I had a coaching session right after that, and I was like, I'm going to take a nap, I just need like a 30 minute nap at lunchtime. And I went to go lay down and I slept for hours. The intent was like 30 minutes. And when I woke up, it was like one of those wake cups where you're like, What day is it? What am I supposed to be doing? Where am I it was like one of those things, it was like this deep, deep REM sleep, right? It was so good. But that wasn't what I was trying to do. I was just trying to take my normal, like 20 minute 30 minute nap. But my body said, Ah, that's what you think you're going to do. But we're going to I'm about to get what you need. And once you close your eyes, I'm kicking in and you're going to sleep. Passive rest is coming for you whether or not you plan for it or not. All right, another form of physical rest is active. And that's when we're actually putting in things that that release stress physically for our bodies. And this could be stretching and yoga and things of that nature. It could even be sex, that's a physical activity that allows the body to release stress, right, but giving your body opportunities to release stress through the stretching activities and then even some forms of exercise, not the necessarily the strenuous things but things that just when you finished, you can actually feel that your body has refreshed itself. Those are the types of things that are in active rest in the physical rest category. Okay, then we have creative rest. Now creative rest is I put working in my business, depending on how I'm working on my business, as creative as creative rest is the opportunity for us to create, whether it's with our hands, or however we show up

creatively. giving yourself permission to do that. That's where creative rest is. So that's why when you say I feel like working in my business is actually a refreshing thing is because it is refreshing you in a part of rest. Like if you don't have it, you will feel it if I don't get the opportunity to still a couple of hours away to work on my business, I'm going to feel it right. But when I do give myself that time to do it, I am refreshed, right I feel at peace. That's because it's your resting, it's a kind of rest and it falls into the category of creative mental rest. I'm going to read this because sometimes we get a little confused on the mental rest scenario and emotional rest and I want to talk about those two together. But mental rest involves relinquishing the constant stream of thoughts entering your mind quickly in obtaining a sense of cerebral stillness, okay. So think about things like meditation, right? Think about things like taking a walk, without earbuds in right Just think about things that that allow your mind to relinquish the to the to do list and all the things that you have, are trying to accomplish in a day. Whatever you can insert to separate from that in order to receive a break that is considered mental rest so Prayer is mental rest, meditation, those types of things, creating these little mental sanctuaries for yourself. me sitting on my porch drinking my spindrift. That's a form of mental rest, right? Okay. And then let's talk about emotional rest. I'm trying to go through these quick. This is the experience where you no longer feel the need to perform or meet external expectations. All right? It's the cessation of emotional striving. And many times when I talk about this in the in the entrepreneurship space, it's like, oka y, relinquishing the how many people download at my thing, how many people click, like, how many people made a comment? How many people fill in a blank, right, relinquishing that completely is a form of emotional rest. But anything that you have placed in your life as a performance metric, releasing that helps you rest emotionally alright social rest is when we can connect and find our relationships. Or find refreshment in social interactions. Okay, which is probably how you will take a rest quiz right now, which I will invite you to do when we in this I forgot to talk about talk to them about this, but I don't even know how to tell you where to take it. But anyway, because I don't have a link to it. I'll get it. Oh, I know where it is. I know where it is. But anyway, okay. Yeah, if I can give it to you, they can take it but because of COVID in the pandemic, many of us probably have deficits with social rest. Even if you're introverted, many, many introverts feel like Well, I don't need it, you do, because you've been designed and created for community, you've been designed to receive rest through connection with people. Now, that doesn't necessarily mean you need to be in group of people. But maybe that's a one on one coffee situation or a date with your spouse or partner or with some time outdoors with your children, that social interaction does feed into your ability to rest. Okay? sensory rest, is when we limit sensory input in order to decrease stimulation. So this is like taking breaks from screens, taking breaks from social media, you know, getting rid of toys that light up and make noise in your home. Yes, getting rid of clutter. That's even decluttering your spaces is a form of rest is a form of sensory deprivation. Okay, which feeds into your ability to rest in your, in your senses.

Okay, that is that is so true. This, that is what you're helping them do, you're helping them on a couple of these rest levels, but definitely, with the sensory. And then I talked about creative rest, the rest that one finds when one allows themselves to be immersed in creative beauty. That's creative rest. Now the last one I'm going to end with is the one I love to focus on most is spiritual rest, because I use spiritual rest, as the foundation of every single thing that I do, it's creating wholeness in your body, mind and spirit. When we find places and activities to find relief from daily struggles and immunity from outside attack. This is where we lay down our fight. Yes, and rest. And I do that, through my faith. I experienced spiritual rest in my connections with God in my prayer. And in my Bible study and in my journaling. In my meditation. That's where I find spiritual rest. All right, those are the seven ways of rest. I'm done.

K

Krista 28:36

I'm done. We're done here. I would drop my mic, but it's the headset.

D

Deanna Mason 28:45

Okay,

K

Krista 28:46

so I love all of that. And so you tell us like, just practical ways that you incorporate spiritual rest into your days? Because I think that's one of the biggest things for people is like, it almost feels like just like another thing to do, which defeats the whole point, right? But how do you like seamlessly integrate this into your life? in a way that's life giving to do?

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Deanna Mason 29:11

Yeah, I think for me, especially as a mother, I, my my children are older. But I can think back to when they were younger and the struggle that I had, because I had a preconceived notion of what it needed to look like that was part of the problem. I need to connect with God by spending like 30 minutes in the quiet chair away from everybody in order for me to be able to focus on my Bible, scripture or whatever that is. And the funny thing about kids when they're young, they don't really care that you had a plan to sit in your little chair for 30 minutes or with your Bible open. They don't they just don't if they were anything like my kids. The minute they heard my foot hit the hallway. That was their alarm clock. And it was like up, mom's up, we're out and they would just pop out of the room and it was like I can't even go pee. This is when I didn't have a master bedroom.

From I will never ever live a life without a master bathroom again. I had little kids and no master bathroom. So in the early morning, when I had to pee, I will try to hold it so bad because I knew my kids are gonna hear this floorboard crack at 5am and they're gonna pop up.

K

Krista 30:20

Then your rest is gone for the day

D

Deanna Mason 30:22

is over because they are out. There's no going back. There's no get back in the bed. It's not not at two and four years old. So anyway, I forgot to Oh, spiritual. So relinquishing what you think it needs to look like, is one of the things that I like to help moms to do. Okay, let's just recreate what this is one of the ways that I used to fit prayer in because when I was before I had kids, I would have a very intimate time of prayer in the morning, I was something I enjoy, that all went away with kids. And my shower time became my prayer time. And I would literally like, I would take on the page protectors, and I would insert my prayers. Like I would tape them around the tiles in my bathroom. And like, tape them to the bathroom, tile wall in the shower. And while I was in the shower, I would just read those scriptures and read those prayers. And I begged my husband I said, when you're home and I'm in the shower, I need you to do everything you need to do to keep these kids out of this bathroom. Cuz I need 15 minutes. I just need 15 frickin minutes. Can you can we

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Krista 31:28

I just need 5, 15 minutes is better?

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Deanna Mason 31:31

I mean, I know it's the only toilet. But one of one of the 2 is in diapers. So between you and the four year old, Can y'all figure this out for 15 minutes, right. And so I'm being creative on how to insert the time and getting really okay with five minutes here. 10 minutes there. That's, that's what it looks like for most of us in a season of parenting young children. And just saying goodbye to the need to have these deep dives of study every single day. And then maybe finding containers where you insert the deep dives. Okay, so one of the things I do is I practice, I observe Sabbath on Saturdays. And so that's the day that I decided I'm not doing anything, I'm not putting anything on my calendar, I'm only going to put something on my calendar, if it's something that I want to include as a part of my Sabbath rest, which could be like meeting somebody for coffee or taking the kids out somewhere,

whatever. But it's the day that I'm like, I'm not committed anywhere to anybody in those could be containers where this is I move slower, I'm not doing chores, I'm not doing any of those other things that take my time. And maybe in those containers, I can spend longer times journaling, I could spend longer time praying, I could spend longer times reading my Bible. And so if you create those opportunities, and you know they're there, you know, where you're going to grab them, but in between those getting really, really good. And really, really okay, with the five minute two minute time slots when they present themselves.

K

Krista 33:12

Yeah, and I'll just let you guys know, too, because I have, we have five kids, right. And we have three older kids who are self sufficient, like in a season of life where Deanna is at and then we have the two little ones. And one of the things that that I didn't learn with my first three kids that I know now with these two is to adjust my expectations even around those five to 10 minute pockets that I do get because and I've shared this with you guys because I started motherhood simplified when I had the toddler she was about six months old and telling you guys like I like a non negotiable for me as a shower. And that means that the baby in the toddler is often with me because my husband works outside of the home. And that's what I have to do but my shower, same as you was like my time to like, get my thoughts together. Like do my connecting with my god and my spiritual connection time. And it wasn't perfect like there are I think there are seasons of your life where you're more at risk of burnout. And I think a lot of times we we make ourselves even more at risk and an at risk season by having unrealistic expectations of what it needs to look like because some days it was literally me in the shower with the baby at the in the bumbo at the bottom of the shower. Yeah, two babies in a bumbo sometimes right? Because they're 2 and 1 or one and three now. And I'm just being like it is what it is right now. And when people are like oh just meditate everyday or just pray everyday like they have we have this unrealistic expectation I think of like that means that needs to be silenced. Like you said sitting in my chair alone. 100% focused. You it's fine to your kids out for a minute and just be in your zone and ground yourself. center yourself. I'll reconnect plug back into that source for you. Come back to your kids.

D

Deanna Mason 35:05

Yeah,

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Krista 35:06

They're gonna be there. Yeah. Trust me. They are going to be all up on your leg. They're

going to be

D

Deanna Mason 35:13

Yeah, yes.

K

Krista 35:16

I just, yeah. Okay, so I have a question to you just like, do you ever look back on your life with your small kids and be like, well duh I was burnt out? Like that was a lot.

D

Deanna Mason 35:26

Yeah, I don't even understand what I was thinking. Yeah, I don't even. I mean, I'm gonna chalk that up to inexperience and lack of knowledge, because that's really what you know, parenting is all on the job training. We don't know what the heck we're doing. You know, I have a 15 year old and have a 13. All right now, I've never raised a 15 year old boy before. I've never raised a 13 year old girl before. It's always new. So you know, now I can speak back to their younger years and kind of give people some little nuggets here and there on what I think, you know, let me let me save you from what I went through type of things. I can do some of that. But we don't know what we don't know when we're going through it. And so I think the biggest mistake is just not honoring the season. Yeah, just not honoring the season. And once again, our American culture doesn't celebrate and integrate the mothering season. Well, whether you're a career woman on an entrepreneur's stay at home, Mom, there's no celebration for the stay at home mom, there is none. All right. And then when you do decide to be career oriented, while your children are young, the expectation has been, I mean, things are starting to chip away and change now slowly. But the expectation has always been for you to leave that part of your life out of the office, you were you were expected to produce the same way your male counterparts did. Not saying that you produce less, but you were expected to produce in the same way that doesn't work for childbearing women, women are having kids and raising kids, it just doesn't work. It doesn't work well. And for me, as I'm looking back, you know, I just wish I had the wherewithal to create that permit those permissions for myself. That it I don't have to overextend myself to keep up or to reach goals. I don't have to do that. And that just wasn't that was foreign. That was that was absolutely foreign. And, you know, if men can keep going, you know, men don't take maternity leave. I mean, there's a return, there's a such thing as paternity leave. But in America, men are not taking, you know, 18 weeks off to be with their kids, they're continuing to go make money and grow their careers, while women are out. You know, they're, and we're, we are the ones that pay for that. But we're the but we're the ones that biologically have to push these babies out.

You know, that I'm hoping that we're living in a world right now, where we're closing those inequities, and celebrating the woman as a mother in all of her spaces, that is my heart and desire. But it's also why I love helping women around entrepreneurship, because it gives you it empowers you to create the reality that you're actually wanting to live. So anyway, that's that was a little soap box.

K

Krista 37:42

No, I love that soap box. And that's why I love the work that you do. And I specifically like what, like I said, going back to what you said at the beginning of the episode is like we feel called to do all of these things. And for so long, we've, I think a lot of us have like internalized as something being wrong with us something Yeah, there's something wrong with me as a mom, because I want to go to this, or there's something wrong with me as a business owner, because I still want to be with my kids. And like, just like Deanna and I were in a group together. And we I talked about this last week with Deanna just as Deanna got on her soapbox, I'm gonna get on mine to have like, I have, I have to make a choice right now between like, my work and my kids. And the reason that I started this is so that I didn't feel like I had to make those choices. So it gives clarity on what I needed to do. Right. I think that we can have it all. And just like Deanna said, is like, Okay, so we're not all of us, but a lot of us are feeling called to do more. We know how to do that. And Deanna has that missing piece to like, bring it all together. Yeah. And like Deanna said, like, like I can look back on on how I was doing things with my first three kids. And just for anyone who's listening and needs this kind of support, and is going to go find Deanna after this or you know, an entrepreneur mom. Like I look back on things I did with my first three kids that dads and men just don't understand, like going to work and being like, I have to pump for my baby, and then saying, you can go in the art closet and pump in the art class. my closet, I'm like, Okay, well, it's tiny, and there's no plug and people walk in there all of the time. Trying to be a mom, the reason I'm sharing that with you is because trying to be a mom, and trying to do live is hard. Yeah, we've been set up in a lot of ways to fail, and then internalize that to make it mean something about us. And then of course, we're burnt out. So if, if you're feeling this, if you've experienced this, go find Deanna. Oh, find her. Okay, so on that note, like, let's talk about the things that you have, because you have a group, specifically, your group, and then I really want to talk about the third thing.

D

Deanna Mason 40:58

Let's go, we can do it.

K

Krista 41:00

Okay. So Deanna has her podcast, the refreshed moms, you can find her podcast, it's amazing. You will love it. She has a new group, can you tell us about the new group.

D

Deanna Mason 41:10

So my favorite form of rest, which I think is the foundation of all that I do, not just the seven ways of rest is spiritual rest. And so I am a Christian. So my that is where my faith is. And I love incorporating my Christian faith, as part as my rest rituals. And so I wanted to create a space where we can just focus on spiritual rest in that regard, that one of the number one things that women Tell me because I have these little questions in my old Facebook community of where are you needing support right now. And the number one, that thing that people were saying was, I want support around creating consistent rest habits, which was surprising to me, because I'm thinking they're going to tell me about their business things that they're needing support with. And I'm like, well, let's just create a space where we're, we don't have to worry about the noise of business building. And we can just focus on short bursts of insertments. I made that word up insertments of spiritual rest. And so I created a group called spiritual rest with refreshed moms. It officially launches and I was start actually, you know, supporting that group fully on April 5, but it is open now for you to find so if you just look for spiritual rest With refreshed moms on Facebook, you'll find me or [DeannaMason.com/refreshedmomsgroup](https://www.facebook.com/DeannaMason.com/refreshedmomsgroup). That's what it is. [DeannaMason.com/refreshedmomsgroup](https://www.facebook.com/DeannaMason.com/refreshedmomsgroup), it will redirect you to that Facebook space. So that is just a new space that I just opened up. In April 5, I will be closing my old group and focusing all of my efforts into that one. So that's one thing. It did you ask me about something else?

K

Krista 42:49

Yeah. Okay. So, okay. So one of the things that I love that you distinguish here is like, a lot of times moms are just told generically, take a break, go practice self care. Rest, right, you're like, Okay, what does that even mean? And a lot of times, what I think moms think a form of rest or a form of like self care is like taking a trip alone and like getting out of like, staying in a hotel room alone or going on a vacation alone or going on like, and that's great, and that's fine. And that's it that that can be a wonderful life giving experience. However, for a lot of moms, like myself, specifically, I have five kids, right? There's a single moms, you know, moms with small babies, moms with toddlers, moms with not a lot of like, disposable income to dress, you know, \$5,000 to go on a trip, like just not reasonable and you have this thing where you facilitate right like a getaway basically, where moms can engage in the What do you call it? It's like a kind of like a retreat?



Deanna Mason 43:53

Yeah, I call it mini sabbaticals. Mini sabbaticals, because this is a radical traditionally is about 30 days or more. Which, you know, unless you're like writing a book or on maternity leave, most of us are not taking 30 day sabbaticals for anything. Even though I would love for you to be able to do that and still generate revenue for your business if you're an entrepreneur, but that's a whole nother podcast episode and a whole nother conversation. But many sabbaticals are within reach for most of us. And so, what I wanted to do and what I would love for all my time to be spent doing is creating opportunities for mini sabbaticals for women leaders, however you're leading, whether it's as an entrepreneur, if you're a leader at your place of employment, or you're a ministry leader, I have a heart for women pastors and women that are giving in that way in their church spaces. But if you're leading and pouring out as a leader in any way, I know that you need opportunities to rest apart from your family apart from your house, apart from your children, and so I've been noodling around this idea of creating spiritual retreat. Spiritual sabbaticals that are like three nights long, okay. And so what they are is you choose where you want to sabbatical, whether it's around the corner at the Holiday Inn, do or holiday is even still a thing I know but around the corner at a hotel, or Airbnb, or you can, you know, go to Cancun or that it doesn't really matter, whatever, whatever you decide is your sabbatical place of getaway, just you, I want you to spend your money on that. And I want to be able to offer opportunities for being poured into at a lower price point. In order for you to actually get refreshed spiritually, as well as other areas we'd like to pour into other areas of your rest as well, through packaging, your retreat experience, virtually, okay. And so we're just trying to figure out if we can take away the cost, because I have paid 1000s of dollars to go retreat at places within programs that are already paid 1000s of dollars to be a part of right. So that makes it really hard in very, you know, especially if you, you only have a budget of three or \$4,000 a year to go towards a family vacation. And you're like, I'm about to spend more than half of that just taking me to this retreat, right? That's not for many of us. It's very inaccessible, it makes things very inaccessible. So I want you to be able to honor your financial situation, your budget, I want you to get away from your kids and your family, leave the house, please sit back think that that's necessary for you to find out where you need to get away, spend your money making that whatever you desire it to be. And then I will provide the the sessions in the virtual experience that allows you to sit and sip or eat and just be poured into while you are on sabbatical. So that is a has been a dream of mine. Well, I'm actually having the first one in October. We're in the planning stages of that right now. But just making opportunities for mini sabbaticals for women, and they don't have to come to work. They don't have to work on their business. They don't have to work on anything. They can just be refreshed.



Krista 47:20

Yeah, yeah, you can just be supported. And you do it in a way that's accessible to you, which is just I think, so important for moms like that's another thing that I think it comes back to is like, a lot of times retreats are modeled after not a mother or a woman life. Right. The expectation that just get up and go, right, yeah,



Deanna Mason 47:43

I mean, because think about it, if you got if you had \$1,000 to play with to take three days away, you know, you need to put childcare in place, right? I'd much rather you have the money available to pay for the childcare and just go spend a couple \$100 at a you know, a hotels.com situation you found for \$47 a night, right? I'd much rather you choose how you set yourself up to be able to get away. Then feeling like I'm going to max out my budget just on the plane ticket.



Krista 48:18

Right? And, and oftentimes, like just even like coordinating your life when you're gone is



Deanna Mason 48:24

that's a whole nother thing.



Krista 48:25

An additional form of stress yet is I get the kids to school, pick up food, who's gonna do the dogs like who's gonna do all this stuff? Like when you're gone, that's like, what you're thinking. That's what you're thinking about calls up, like, What do I do? anyway? But yeah, that's a whole nother a whole nother thing. Okay, so everyone, like, if you are feeling any form of like burnout, any of the things that she talked about go, find her podcast, go find her new group, and maybe come hang with us in October in our separate locations. I love that too. So low pressure, like just do you



Deanna Mason 49:07

just go Where are you? And we're playing around with that. I hate to I don't really want to talk about it, because it's still on the formation stage. But I've been on polling my people on what types of things would they like to enjoy? So like, different workshops right now one of the things that's in the front running is a cookie decorating class. Another one

that's in the front running is creating. I say this wrong, every time I try to say, charcuterie boards, you know, just trying to figure out you know, yoga isn't the top writing is like what types of things would you like to participate in? virtually, and so people are telling me and so now the question is, alright, so if we're going to do a cookie decorating class, how do we get them the supplies, I don't want them to have to shop. I don't want them to have to go and get a whole list of things in order to participate in a virtual workshop or training, you know, or whatever. So now I'm trying to figure out how do I put a sabbatical in a box, what is a sabbatical Little Box. So that is like a current prayer. And a current research thing is like if I can put every piece of their experience in a box, who can curate that for me? And how do I get it to them. So that's current. So those of you all that pray, be praying for that wisdom, because I love for you to be like, I'm gonna sign up to do the cookie decorating, I'm going to sign up to do the flower, the flower making, you know, create a floral arrangement or whatever thing you know, a process art class, that's also something that people say they would like to do. I want to do that. But I don't want you to have to go find the pins and pencils. And you know, the, I don't want you to find those things. I just want them in a box that gets delivered to you and you just take your box to your Airbnb. That's what I want. So that's that's come in. If anybody has wisdom on how to do it just hit me up, but that's what we're currently noodling around right now.

K

Krista 50:52

And on that note, go fine. Deanna, excited about this idea of what she's offering moms like you, Deanna she's very open and like getting feedback from her community and so definitely go find her and watch for the questions that she asking connect with her let her know your thoughts ideas connections if you have them to a national cookie. Yes, thank you so much, Deanna. Real quick. What's the site what's the best place for them to find you?

D

Deanna Mason 51:21

Yeah, the two places refresh mom's podcast you can find me wherever you enjoy podcast or I would love for you to join the spiritual rescue refresh moms Facebook group is actually a space I'm really looking forward to plugging into and as always, my website DeannaMason.com you can you can grab me in my world there too.

K

Krista 51:42

Okay, DeannaMason.com and I'll put this all into the show notes. Which podcast is getting upgraded. So there will be great show notes in there for you. Alright, thanks so much, Deanna, and we'll talk to you all soon.



Deanna Mason 51:56

Thank you.