

[00:00:00.410] - Matt

Welcome to A Cup of Growth, your very own adulting survival drink. Get ready to tune in and navigate all the juicy bits of your 20s with us. So sit back, relax, and let's ride the struggle together.

[00:00:17.090] - Mags

Hallo!

[00:00:20.690] - Cass

Hello! How are we? How are you, Maga?

[00:00:24.050] - Mags

I'm good, how are you?

[00:00:28.010] - Cass

Not too bad. If anyone can hear plates and me just chewing away, I'm eating a bacon sarnie, so I am having late dinner. Well, if you want to use it as your ASMR for the week, pay me first and then we can talk about it. Anyways, welcome back to another episode of A Cup of Growth, the podcast where we talk all things being in your twenties and you're listening to your girls Cass and Maga. And it's been- can I just start by saying that it's been really weird recording episodes coming back from holidays and from being at work and all of that shamble, because I cannot find my footing-

[00:01:23.500] - Mags

No, nor can I.

[00:01:26.170] - Cass

And it just shows you how busy you can get in your twenties and how different priorities kind of overcome you and stuff. So if you feel like you don't know what day it is, what time it is, what the hell you're doing, believe us, neither do we.

[00:01:47.330] - Mags

I feel like summer is not our season. I feel like we're both autumnal/winter people and that's when we thrive and summer gets messy for us. And I also get seasonal depression in the summer because I'm not like other girls. We're sorry if we're a bit rusty. We'll get used to it the more we start recording again. But because we had such a massive break and because we've both been so busy with work and other personal dealings, we're not at the top of our game, but we'll get there because it just takes a minute.

[00:02:35.770] - Cass

Yeah, I feel like everything at the moment I categorise as like pre-Italy and post-Italy because it's like pre-holidays and post-holidays because- I feel like instead of being like, yeah, today is like Monday or whatever, I'm like, today is like the third week after Italy. It's like post-Italy. It's like three week 'PI', like post-Italy. But yeah, it's been crazy. Like, both Maga and I have been trying to look for work, but we're still working. But we're still looking for work. And then as previously mentioned in the last episode, we had a mini existential crisis that progresses into the autumnal and winter seasons. But yeah, it's just a bit of- we're entering our Twilight/Gilmore Girls era, so the vibes are there you know-

[00:04:00.110] - Mags

We're getting our- Oh my God, is it juju, mojo? I can't remember what that word is.

[00:04:06.180] - Cass

Mojo. Mojo.

[00:04:08.010] - Mags

Mojo. We're getting our mojo back. But anyways.

[00:04:11.540] - Cass

I feel like juju is more European, though. In Spain we say juju, but I don't know.

[00:04:18.370] - Mags

I honestly can't remember what we say in French, to be honest. So I'm just going to-

[00:04:24.070] - Cass

If you know correct us.

[00:04:28.950] - Mags

Anyways, that was like our little update, because, to be fair, I feel like we owed you a bit of maybe not really explanation, because I don't feel we have to justify ourselves, but if you were wondering, that's why we're a bit slow, or if you feel like maybe the pacing of the episodes is a bit weird, that's probably why. But we'll be back eventually.

[00:04:53.710] - Cass

To be fair, we've just come out of like I don't know how many freaking retrogrades, and we had a new moon, so excuse us if we're being a bit slow because life is trying to get back into literally, okay. And we're there, we're in the middle of it.

[00:05:12.400] - Mags

But anyway, should we introduce our topic for today?

[00:05:18.550] - Cass

Well, I was going to say that-

[00:05:22.230] - Mags

Do you want me to do it because I can tell you're chewing.

[00:05:25.270] - Cass

I'm not chewing anymore. I was going to say that because we mentioned the Twilight and Gilmore Girls, which are very nostalgic, kind of throwbacks, it gave me a very good leeway to say that the episode of today, if you haven't read the title yet, it's about nostalgia. And as if I didn't say enough with my pre-Italy, post-Italy, that I'm being very nostalgic about my trip, but it's all the Easter eggs I'm just leaving behind. But anyways, yes, our topic for today is nostalgia.

[00:06:05.320] - Mags

Yeah, she falls nicely with existential crises as well. I feel like reminiscing about the past and everything. Let me chuckle slowly. Yeah.

[00:06:24.570] - Cass

Oh, my God.

[00:06:25.680] - Mags

So today we're going to talk about all things like nostalgia, thinking about the past. Do we romanticise the past? Is it good to live in the past or not? Things like that. And then kind of our advice that we should probably also take ourselves to live more in the present. And yeah, Cassie's literally having a breakdown right now.

[00:06:53.330] - Cass

I thought you went really dark because I didn't realise you were going to finish that sentence. You were like, do we romanticise this? Do we think it's good to live? And I was like, Maga, it's good to live.

[00:07:09.050] - Mags

I'm not that depressed. Jesus Christ. My anxiety makes me scared of dying so that will never happen.

[00:07:23.710] - Cass

I know.

[00:07:26.910] - Mags

But yeah. Shall we blast off?

[00:07:32.610] - Cass

Yeah, I guess. As you can see, this episode is already super chaotic. I don't know how long we've been on already, but I almost spilled water all over my laptop as well.

[00:07:48.870] - Mags

Oh lovely.

[00:07:49.190] - Cass

It is fantastic. Anyways, now that I have finished eating, I can also hold my mic like Maga-

[00:07:57.380] - Mags

Because we're professional, even though this episode is so chaotic. But that's fine.

[00:08:07.290] - Cass

Right, so the first question is Magali, are there more significant times in your life where you experience nostalgia? I think I can just jump off into the question, because I think everyone knows what nostalgia is if you don't Google it. But yeah, let's jump on to this first question. So what do you think?

[00:08:34.450] - Mags

I think this actually falls really well because low key feeling nostalgic at the moment because as I said, I'm kind of coming out of a bit of a seasonal depression episode and existential crisis. So obviously I really do romanticise the past a lot. Like I think about what has happened a lot and also ways I would have reacted differently. I have a lot of regret and I don't think that's a good thing. And I don't know if it's because the thing is I don't know if it's because obviously I've changed a lot. I'm someone who's changed a lot over the years and obviously the way I'd react to things that I want to say like impactful events in the past, I would have reacted a lot differently. And then I have a lot of regret about like, I wish I would have done this or I wish I said that and stuff like that and it kind of consumes me a lot. But then at the same time, I think it makes me realise like whoa, actually I've come quite a long way and it actually shows growth. If I'm like oh, if I went through this again, I'd do it- I'd react completely differently. Do you know what I mean? But coming back to the question, I definitely feel more nostalgic when I'm not satisfied with the current life I have or if I'm in a bit of a mental health crisis. Because obviously, I think you kind of either reminisce about the times where you felt good, you felt better, or just like I said, when you're not satisfied with your life, you just kind of think about the way things used to be. Or what I get a lot, especially at the moment, is like, I wish I would have done things in the past, so then my life now would have been the way I wanted it to be and it would have been fulfilling the way I imagined it. Especially I get that a lot with things like job searching obviously, because that's my main problem at the moment, I want to say, but also things like relationships. But the thing is, I feel like these relationships, whether that's friendships or romantic by the way, were so formative to my construction of self and how I socialise with people that I think I can't regret them because it's like, at the end of the day, they're so essential to learn stuff from. Do you know what I mean? But yeah, I do feel usually more nostalgic in those kind of places and it's really hard for me to snap back into the present moment. Or the other thing I do more than be nostalgic is daydream and makeup- especially when I'm listening to music. Oh my God, I think I might lowkey have what's it called, like maladaptive daydreaming, where you just can't like it's like you almost think about the daydream, like 24/7 and you can't snap out of it. But anyways, what about you?

[00:11:50.210] - Cass

Um, kind of kind of same. Actually, can I just say, first of all, that for us to be recording an episode this late in the evening, you have a lot to say and you always complain later "oh, I didn't know what to say. I didn't know what to say. I didn't know if I made my point clear, blah, blah, blah". And look at you now-

[00:12:11.850] - Mags

I just had a nap this afternoon so I feel really awake now and I don't know. And I exercised like, 2 hours ago, and so my mind gets so creative after I do. Yeah. Anyways.

[00:12:27.070] - Cass

Girl, you have work tomorrow and you had a nap this afternoon. Will you be able to sleep later?

[00:12:31.550] - Mags

Oh yeah because I'll tired after this once we finish-

[00:12:34.370] - Cass

Yeah, definitely. Because I'll wring your brain out and then you won't have another choice but to be tired-

[00:12:41.470] - Mags

You'll see, by the end of the episode I'll be like "am I making myself clear?"

[00:12:53.430] - Cass

Lol! Anyways, what we're saying yeah, in my case, I think it's kind of the same, and I think we all get triggered by nostalgia whenever our mental health is not good. And I think it links a lot to our previous episode about expectations, where especially for me, and especially with what you just said now about imagining how your life would have been and blah blah, it all links very much to what type of expectations you had and how- I guess it's like say, for example, I don't know, we've swapped places, I'm the one that's not able to speak properly tonight. But I mean, if you reminisce about the situation with the 20:20 vision that you have now, and then you kind of like knowing what you know now want to change that situation, it creates that expectation of what if, and then that progresses into daydreaming of this is what my life could have been which creates more expectation and more pressure on yourself. And so, at the same time, I feel like we reminisce when we feel to those points in our lives when we felt like life was easier. Because definitely when you're in your twenties and with the situation that we have now about jobs and whatever, I definitely feel like remember when we were like babies and the only thing that we had to do was eat, sleep and shit, you know what I mean? There was no bill, there was no commitments, there was no morning routine, night routine, of oh go to work and then, oh I have to socialise, and I have to do all of these things. It was like no. The most things that we remember are those times where we felt the most pure and innocent really because then we haven't been tainted with the bad things that we have now, in a sense, but kind of related to what you said, if we hadn't gone through all of those things, we wouldn't be the people that we are today. So, for example, you're saying that if you think about a past situation, you would do it differently with the 20:20 vision that you have now. If you, for example, had the power of going back in time and changing that situation, that obviously would change every single thing after that has made you the person you are today. And I don't know, let's say if you did something back then and came back to present now, we might not be friends because I'll be like, oh, this bitch. You would be in the position of someone else that we know of, but you know what I mean? Or you would have been stuck in situations that you are now free of or whatever. We always say everything happens for a reason, so we cannot change things because then it changes our trajectory in life in a way. It definitely feels easier to remember past things than to that's what I wanted to say. It is easier to remember the past when there's something that you have to confront and you don't want to-

[00:16:44.580] - Mags

Like as a way to escape whatever situation you're currently in.

[00:16:48.450] - Cass

Yeah, but because we're talking so much about the past and situations and stuff, what do you think you are most nostalgic about when you reminisce?

[00:17:04.890] - Mags

I want to say, and it's going to probably sound really cringe, it's fucking relationships isn't it? I think that's what I think about the most because weirdly enough, it's like, yeah, you know what you said about like, oh, yeah, when you think about life, when life was easier and stuff, because what you're currently facing is challenging. It's like, I don't really mind that because I kind of like a challenge, but I do still think about it. But the thing I dwell over the most is definitely relationships, both friendships, romantic relationships. I always think, like, I wish I would have done things differently, but then I'm like, I wouldn't want to be with that person now anyway, so why am I? It's like this really weird limbo of like, I wouldn't want to be with them anyways now, because who I am now just wouldn't match with who they are or who they were because obviously I don't know what they are like now and then also, I don't know. But then at the same time, I'm like, I wish I would have done this only. And it's like you said, what if I had been different? And what if things had turned out differently and things like that. And I also regret a lot of my actions when it comes to relationships. I think when I'm growing up, I've been like a very socially awkward child. Still am, to be fair. And I think that's kind of really scarred me in a way where it's like, I feel like I could have been so much better. But then it's like for a lot of these relationships that I've fallen out of and stuff, I was a teenager, so it's like you can't really judge that with, like, a very it's not fair to judge that basically is what I'm trying to say. Because I was young and learning like if I was looking back and I was like, I don't know my forties and I was thinking about in my twenties and it's like, yeah, fair enough. And I also romanticise when I think about relationships, whether that's friendships or romantic, again, I romanticise the person. So I kind of see it through rose tinted glasses where it's like I make up like a version of them that kind of suits me, but that's not really them and then that makes me miss them and then it's like, well, that's not what they were like. And I kind of have to give myself a reality check and be like, Mags don't be fucking dumb. You fell out with them for a reason. I don't know if because I'm single and romanticising, but I don't think so. I'm happy alone. But anyways, what about you?

[00:20:25.750] - Cass

I definitely feel the same. I think I miss friendships the most, some friendships. And I think it's because when you're in your twenties it's so difficult to make friends as easily as you did when you were younger because there are so many responsibilities in the way now that you do not have that freedom to make a connection. And that's the whole thing I realised about being nostalgic about places or relationships or anything that you miss is something that you lack of now and it makes an impact because you've made a connection. And that's why we have more nostalgia when it comes to people. Because you make a connection with someone, they become part of your life, you get used to them and then they become part of your routine in a way. And then all of a sudden, because something happens, they're not there anymore and then there's this void that you don't know how

to fill. And the only way that you know how to fill it is by remembering them because in that way they're still there.

[00:21:38.350] - Mags

It's like keeping the memory alive, isn't it?

[00:21:42.610] - Cass

Yeah. And that's what we as humans are very guilty of, is not being able to let go of things because of the greed of oh, I wanted this, so why cannot have it? Or I wanted this person, why did they not want me? And then it's like this whole snowball effect of things that pile up of negativity and you kind of focus more on your faults and you forget about theirs and then it's not about oh, there were bad things in between us, that's why it didn't work, or whatever. It's all of like it's my fault, that's why they're not here. I feel like, especially with what you said about remembering them and making a scenario and stuff, and that it's something I feel like that we talk about a lot, but not enough when we have conversations, especially it's not the conversations we have on WhatsApp like our weekly checkups. It's the times that we're in my balcony having rosé and we have those philosophical deep, deep questions where these comes up and it's the you- and it's the whole thing of you create this version of that person that you miss because one is the expectation that you had of them that you wanted them to be and that shows two things. One, that you lack something and that's why you're putting that expectation onto someone else for them to fulfil that need in you. And two, you have a lot of healing to do if you cannot accept them for them because that means you cannot accept yourself for yourself.

[00:23:43.260] - Mags

You literally just attacked me. This is not fair.

[00:23:49.190] - Cass

Mic drop. Mic drop. But I feel like that's something that we kind of remind ourselves in our not our weakest moment, but definitely one of them. Because I know for example, I have been talking about friends that I don't have anymore. Specifically one male friend from an old workplace-

[00:24:23.510] - Mags

Don't give out too much bitch. That's too juicy.

[00:24:29.990] - Cass

Nothing romantic happened. But it was the just for anyone because I feel like the juicing people are going to look for the juiciness but nothing romantic happened. It was like a best friendship that went to shit. But I feel like at the same time, when you're nostalgic about these relationships, they affect

how you connect after. So you put your guard up and you push away people because you're like, I don't want to make that same mistake again. But at the same time you close yourself to opportunities and to meeting people that can either make you learn and heal from the other connection that you had in the past or just give you more than another person could have. But at the end of the day, it all begins with your perception of things. So yeah, definitely. I can think of many missing the time that I didn't have any responsibilities or when I had people around me that made me forget that I had anything to worry about. But there will come a time where you will realise that there are different stages of nostalgia and different places or people that go into different categories and that depends on the impact that they had in your life and the way that they left. I'm not going to go too dark into this, but I'm going to leave it there for my point. And with that being said, I'm moving to the next question is is it good or bad to leave in the past? And can I just say, when I read this question in the script, we have talked about this question, right? And this is when we play our questions game. This was one of those questions-

[00:26:32.350] - Mags

I forgot when I wrote that. That's where that question came from because I have no original thought.

[00:26:42.550] - Cass

Because I read that on the script and I was like I'm pretty sure this has come up in conversation at one point, but yeah, anyways, carry on. I just wanted to say that I reminisced about a time where we were playing this philosophical question.

[00:27:02.870] - Mags

I think we kind of both already kind of mentioned it. But it's definitely bad because obviously you're romanticising a lot of things that weren't good for you a lot of the time, especially, like we both said about friendships and relationships that ended for the right reasons because obviously they were just not healthy or they were damaging or whatever. But then when we sort of are nostalgic about situations like that, we tend to romanticise it. And because we don't know what the person is like now, we romanticise a version that kind of suits us. And as you said, what we're craving in that moment and it's not a good thing because you don't remember people as who they actually are. You remember them through a very idyllic lens. And what's the other thing I was going to say? Here we go. I told you it was going to come. For God's sake. Yeah-

[00:28:14.640] - Cass

You can do it.

[00:28:16.370] - Mags

And then as well, like that coupled with extreme daydreaming or whatever about where you make up scenarios about a person from your past or a situation from your past and you're like making up

scenarios in your head and stuff, that's really dangerous because then you're not enjoying life for what it is right now. And you're also in denial of whatever hardship you're going through and you're dismissing it and you're not dealing with it. And that kind of spirals into you doing more, thinking more nostalgically and daydreaming more, and it just spirals into you literally not being present and kind of missing out on life. Because all we have is the present moment, I want to say. So it's definitely negative to live in the past, just as it is negative to live in the future. Yeah. Your opinion?

[00:29:17.330] - Cass

I would say it's along the same lines as you. I think one thing that you said there at the end about being in denial, I think it links so nicely to nostalgia and to expectations is the denial of not being able to accept your conditions. And at the end of the day, what you said about denial made me think about the stages of grief. And it all revolves about how you're grieving for something that you don't have and that can be a person or that can be a place, a missed opportunity, something that you regret. But like regret and denial are there. Those are the stages of grief. You're grieving for something that you're missing and that comes to a lot of healing that you have to do with yourself. And so I think we're just jumping onto the advice here. I think I will just connect it to the advice that I was going to give. And there are two things that I remember with you, what you said one is that the stages of grief. And the second one was you said something about dwelling in the past or whatever, and okay, I am such a geek for this, but that made me- don't laugh at me. But that reminded me of that quote of Dumbledore in Harry Potter where it's-

[00:30:56.300] - Mags

The fucking cultural references man, in every episode!

[00:31:01.650] - Cass

He says in Harry Potter and the Philosopher's Stone not wanting to give any more reference to fucking JK. Rowling because basically there's a quote where if you've seen the film or if you've watched the film or read the books, you know about this scene where Harry finds the mirror of Desiree and he sees his parents in it and he keeps coming back to the mirror because he craves the presence of his parents. And obviously he has this conversation with Dumbledore or blah, blah blah, and Dumbledore tells him, what did he say? "It does not do to dwell in dreams and forget how to live", that's something that has stayed with me since I was a kid and I do not use it enough. But I guess that's the whole thing that Mags and I tell each other all the time and something that we have said in this podcast before, which is being present, the whole thing of meditation and just trying to connect to what you have right now because you cannot change what's happened in the past. You don't know what's going to happen in the future. The only thing that you have is right now. And no matter how much you reminisce the past and how much you want to change things and how much you miss people and, like, oh, I want to build this future, and I want this person and this person to be in it and blah, blah, you don't know what happens forward, and you cannot change what's happened already. So if you want things to work in a certain way, just focus on what you're doing now to work towards that. Because everything starts with your now and the choices and the actions that you do now and how you think and how you feel and all of these things, but everything starts with you and how you become a better person in yourself. But it all leads to a lot of healing, a lot of introspection,

a lot of figuring out where these needs come from. Because if you're missing someone or something, it's because they gave you something that you needed that you haven't healed in yourself. So you have to figure out what that is to give that thing to yourself. So you do not depend on other people to give it to you because that way, yeah, you can miss the person it's like, yeah, it was a fun time, whatever. But you do not crave something because you already have it, if that makes sense. People come and go. You stay with you forever.

[00:34:05.470] - Mags

Nice, mic drop. I think the angle I want to approach for advice is especially in terms of- I want to more touch about the more daydreaming side because I think that's equally as important as when you feel nostalgic. They kind of go hand in hand, to be fair. But it's like when you daydream about scenarios or things that could have happened or even that you like that haven't happened, just making up things and stuff. Use it as a way to find out what it is you really want out of life. You know how a lot of people when they daydream, they think about what their ideal self would look like and what life they'd be living and stuff use that as motivation for right now to kind of almost make that come into reality-

[00:35:08.510] - Cass

Manifest it.

[00:35:09.390] - Mags

Yeah, except for the like in terms of people and stuff, I think it's just a thing about discipline where you just have to remind yourself that these people that you're romanticising that used to be in your life yeah, you have a history with them, but it doesn't mean they should have stayed in your life. They were probably just meant to be a lesson or a way for you to learn something about yourself and if anything, life will bring you even better people. I think- I don't believe in things that happen for no reason like- I can't remember what the English word is for it- random. I don't think things happen randomly. There's always a reason behind things happen why things turn out the way they do. And yeah, I think if you're imagining scenarios in your head of things that could have happened or things that you want to happen, then use it as a way to almost manifest, as long as it's empowering things like what you would kind of see your life being like, if you want to be successful. What does that look like? Kind of thing. And kind of use it as a motivator to get you going and start that business. I don't know. Or start working out if that's your goal or what your sort of ideal version of yourself would be and just reminding yourself that the way you've made up people in your mind is not how they are in real life. They are two separate people. And if anything, the idealised version of the person you have in your head use that as a way to know what it is you want out of your relationships and what you're seeking because as we kind of mentioned, being nostalgic about people and kind of seeing them through rose tinted glasses is a way for you to kind of- because we're missing something. We're trying to fill a void of something, we're grieving over something we don't have anymore. And I think when you romanticise people then just think, well, the next person I meet, I would like them to be like this instead. Do you know what I mean? I feel like I'm not making sense anymore. I told you this would happen. I'm just going to stop there because otherwise I'm going to ramble. But I think you get my point.

[00:37:56.170] - Cass

Yeah. I will just quickly add a metaphor that we say a lot. First off, people are mirrors for each other. So whatever you mirror, you can give something to someone. But if you're attracted to- it sounds horrible but if you're attracted to toxic people, that means that there's some toxicity in yourself that you have to fix. We do not attract something that's not for us because, like Maga said, that person can be a lesson or whatever, and it's more on how you can work on yourself and how working on yourself helps your other relationships. And the second metaphor I have for you is this sounds horrible like, I started thinking about this metaphor before I started talking saying it. But basically, people are like hotels. I hate that like the hotel bit-

[00:38:53.050] - Mags

Let her cook, let her cook.

[00:38:53.650] - Cass

For creepy reason. People are like hotels. So there are some people that will just pass by and not see you and just random. Then there will be people that will come in and then go, just like, oh, quick check in, quick check out, whatever. Then there will be people that will want to stay for a while and they get comfortable. And then they will stay for a certain period of time, and then they will decide, oh, I want to check out now and just go. And then there will be people that come in unexpectedly, they just they find you randomly and they like it so much, they want to stay. Whatever person you meet comes into these categories. There are people that you will see on the street and why even bother saying hi like what for? Then there will be people that it's like when you're going shopping and you have a very nice cashier and they're like hi, how are you? Blah, blah, blah. That's a quick check in, check out. Right? Then these relationships that we miss sometimes that we don't have anymore, they stayed for a while and then they decided, I'm going to go, whatever. Right? But then the people that actually stay, they find you randomly and you find them randomly. Sometimes the setting is perfect. Like Maga and I found each other at uni. But then again, when Maga and I first met each other, we didn't like each other. I at least didn't like her. I thought she was such a bitch. Mate, I will just say this so it's on record. You walked past me when I said hi to you. I was ready to give you a hug because we had this one person that was staying at your accommodation and I accompanied her, right? You and I weren't friends yet. Later, we would know a couple of months later that we were going to be where we are now. But I walked towards you and I was like, hi. And you walked past me, you didn't even look at me.

[00:41:09.770] - Mags

In my defence, I was just so focused on the other person, I just didn't clock her at all. I actually hated her. I thought she was such a bitch. And actually, it's because she was really pretty and I was like, no one that pretty wants to be friends with me.

[00:41:29.370] - Cass

I thought you were just below me and you were a bitch.

[00:41:33.710] - Mags

It's the European in us. We just both think we're bitches and then we actually meet each other and we're like never leave me, please.

[00:41:41.600] - Cass

Yeah. I'm like, oh, yeah, she's all right now.

[00:41:46.550] - Mags

And now we're like too clingy with each other. It's like the opposite.

[00:41:50.390] - Cass

Yeah, literally. But, yeah. Anyway, that was the last metaphor and the last thing I wanted to leave the listeners with. You're welcome, actually.

[00:42:02.410] - Mags

That made me think actually.

[00:42:07.450] - Cass

But yeah. Anything else to add Mags or do you want to close now?

[00:42:15.130] - Mags

Yeah, no, I'm good. So, if you want to see our very minimal activity on social media, follow us on Instagram, because we've deleted all the other social media channels because we can't be fucked, so follow us on Instagram, please because that's the only source of social media we have. It's @acupofgrowthpodcast. And then read our- if you want to find out some if you want to have some extra advice and stuff, visit our blog on acupofgrowth.co.uk, where we post blog post on the Monday following each episode with an article kind of loosely surrounding the topic we discussed in that week's episode. And I want to say, sign up to our newsletter, but it's been a bit dormant. But if people subscribe, I will actually do it, so subscribe to our newsletter and then we'll see what ensues from there. But it's behind the scenes and sneak peeks and exclusives about the pod. You get early access to all the good goods and yeah, I guess that's it.

[00:43:49.610] - Cass

Right? Can you tell that we didn't do this on the last episode when we came back from holiday?

[00:43:55.810] - Mags

But it's fine because we deleted all our socials in the meantime anyways, except for Instagram. So please join us on there, even though we're not very active.

[00:44:06.350] - Cass

But we'll get there. We need yeah, well, we hope we enjoy you enjoy this episode. You've been listening to two girls-

[00:44:22.370] - Mags

And a cup of growth, bye!