

[00:00:00.170] - Matt

Are you struggling to look for work after finishing your education? Or maybe you're in a relationship you're unsure about? Are you having a quarterlife existential crisis? Are you in your twenties and don't know what the heck to do with your life? You've come to the right place. Hi, you're listening to A Cup of Growth, the drink for trying-to-be-adults. This podcast is brought to you by Mags and Cass, where the girls talk about how to confidently navigate your twenties. Let's ride the struggle together.

[00:00:29.800] - Cass

Hallo!

[00:00:30.520] - Mags

Hello!

[00:00:31.720] - Cass

Welcome back to A Cup of Growth with your girls Cass and Maga!

[00:00:36.590] - Mags

Back again. Do we sound better? Because we upgraded.

[00:00:42.060] - Cass

We have a new mic, so hopefully you can hear us much, much better, with better quality.

[00:00:51.600] - Mags

Yeah!

[00:00:51.600] - Cass

But yeah, I mean do you like the mic, Maga?

[00:00:54.470] - Mags

It's very sexy.

[00:00:57.440] - Cass

Yes.

[00:00:57.440] - Mags

If I do say so myself.

[00:01:01.380] - Cass

Good because we're not- we're sticking to this one until we upgrade for one more, because I always share with Maga at this point, but I don't have any issues with it anyway. But yes, welcome back! We're on episode five.

[00:01:22.280] - Mags

Yeah, already!

[00:01:24.680] - Cass

Oh my God. And today we're going to be talking about self-care, self-indulgence, and what was the other one?

[00:01:36.430] - Mags

Selflessness.

[00:01:37.680] - Cass

Oh that one! Yes. Selflessness. I love how I gave you the idea for this episode, and I forgot what the title was-

[00:01:45.810] - Mags

I was going to say, you named it.

[00:01:49.520] - Cass

Oh well, what can you do? But yeah, I think this is kind of related to our last episode where we talked about relationships. Ignore if you hear the sound of the background-

[00:02:05.700] - Mags

Cass is working, but it is the end of the day.

[00:02:08.760] - Cass

Always happens, always happens at the end of the day!

[00:02:11.160] - Mags

Oh again. Lovely.

[00:02:12.270] - Cass

I swear I've put it in silent. But anyways, well how about you do the intro, and I'll do that?

[00:02:19.330] - Mags

Okay, so today we're going to talk about the differences between self-care, selflessness and self-indulgence. And also, I guess question whether there's one that's better for you than the other or whether you kind of all need them to- for your wellbeing. But yeah, I guess a good place to start would be to define what each are. So, self-care is looking after yourself, whether that's physically, mentally or emotionally. You know, I think there's something that's really trending at the moment, to be fair, this whole self-care trend, especially with like 'that girl' and all that stuff. So think about that. That's basically self-care, looking after yourself, putting your priorities and your needs first before anything else. Self-indulgence is engaging in behaviours that to you are temporarily like gratifying, but then you know later on, you're going to feel the repercussions of that. So that's like staying up late because you're having, I don't know, good time, maybe at a party, but then when you come back-

[00:03:29.520] - Cass

The hangover that comes after!

[00:03:32.020] - Mags

Yeah, is not fun. And then selflessness is the opposite, I guess of self-care, maybe? Is that you're looking after others and caring for others' needs first before your own, so-

[00:03:48.280] - Cass

I think it's a good idea that we talk about all of these things because I think that as human beings we have these three behaviours basically, but we mostly forget self-care and only think about self-care as a trend that we see on social media and stuff, when it's actually something that we have to do. And I would just like to put this out there that I feel like self-care is very targeted to females and not enough to men.

[00:04:25.460] - Mags

Yes!

[00:04:25.460] - Cass

I've talked to a lot of my male friends and my partner as well, and I was like, 'oh when you want to relax and do some self-care like, what do you do?' And they would be like 'I don't know, what is that?' Yeah, I'm just on my phone or I'm in bed and stuff, and it's like I feel like there's such a ritual for women, but there's not one for men. And that's why like for example, with my friend Johnny whenever I go and see him and stay over, he expects me to bring the self-care, and we'll have like a spa night and all of that because that's when he can actually relax and feel comfortable and stuff. And I feel like it's so important for you to be able to give yourself self-care without expecting it from others to show you how to do it or showing you on social media and stuff and find your own ways to take care of yourself, which I think is also a good reminder for not only me and Maga, but also for you guys to prioritise your wellbeing whether that be physically, mentally or emotionally, apart from taking care of others. And we're also, with self-care, like self-indulgence, like Maga said, are like those bad habits that we have that sometimes we get very lost in, and we forget the repercussions of those habits, and not- and we don't take care of ourselves afterwards. So, I think that's the main reason why we wanted to address this. So, to remind you guys, and to also I guess remind ourselves as well, to take it easy and be more conscious of what we do and how that affects us. But yeah, I think Maga is going to be talking more about each one, and we'll tackle the three of them separately and then we'll give our opinions on them and stuff, so Maga?

[00:06:27.610] - Mags

Yeah. Before we go into the deep end I guess, I just wanted to bounce back on what you said about like it not being- well, it seems like a lot of self-care products as well and stuff are targeted to women and not enough for men. Self-care is for everyone, no matter your gender. And I think in the male community, it's also very stigmatised, like other males will think that- will you know, what's the word I'm looking for? You know criticise other men for wanting to take part in something that I think is essential to everyone. And it's not just for the girls, and I think there also should be more of a thing where more self-care products are also targeted to everyone, not just women. Because I think that also emphasises a thing where women are the ones that need to be taken care of themselves to look good for men. When self-care is supposed to be about looking good for yourself and feeling good about yourself and that is universal and should be able to be applied to anyone and everyone.

[00:07:45.950] - Cass

Yeah.

[00:07:45.950] - Mags

But let's get into the first one. So we're going to talk about self-care first a bit more in depth. So obviously self-care, as we've said before in the intro, was- is holistic well being towards oneself, and it helps avoid things like burnout where you're under a prolonged period of stress, where you've neglected your needs and you haven't had time to rejuvenate yourself mentally, physically, socially and creatively as well. Because a lot of people who suffer with burnout is basically they get stuck in a routine that they're not content with, and they don't do things outside of that routine that they don't realise but do provide them with a break from things. So, obviously I think we're both this, but we both think that self-care is really important and vital to your wellbeing because it allows you to give yourself love in so many ways, which is to me, one of the most important sources of love is self-love. And also show appreciation for yourself, you know celebrate yourself and your existence and sort of nurture yourself. You know you were given this body for a reason. Nurture it. It's there to keep you alive. It tries so hard every day to keep you alive, so nurture it. It's here for you, but you also have to be there for your body. But yeah, I think you also need to take care of yourself first before you can take care of anybody else. I think that's why as well, like we said, I think in the last episode on relationships, that is really important to love yourself first before you love other people because the amount of love you show yourself will reflect on how people see how much love you can give to others. It's reciprocal, basically in a way, if you see what I mean. So, self-care is equally- it's the same thing. When people see that you take care of yourself, I think also you have a need to take care of others after that. I don't know if I'm making sense, I feel like I'm rambling, but anyways-

[00:10:02.290] - Cass

No, you're not.

[00:10:04.060] - Mags

Show yourself love before you give it to anyone else because the love you give to yourself is so precious and so raw that I think you should keep it to yourself. And then once you have a good relationship as well with yourself, you can have better relationships with others. And then it also makes you feel good and sexy and confident when you look after your body and yourself. You know? You got the- the whole feeling good after you have like I think this is more of a women's thing. I mean, it can be a men's thing as well. Men do this as well because it actually slaps, is you know the 'Everything 2000' shower where you do like your whole like you wash your hair, you shave, you wash your body, you exfoliate, you do the whole nine yards. You feel so good after that work- you feel exhausted. You feel like you've just come home from a war or something. Because, let's be real, most showers aren't made for shaving. But you always feel so good after it. You feel so replenished. You feel so rejuvenated. You feel so clean, and a lot of times that means you also feel good about yourself and the way you look. And I think to go a bit deeper, I think that really helps with issues of self-esteem in the same place where it's like, you feel good about yourself and your body and how it looks. So, that is definitely going to help with any insecurities you might have or whatever. But enough rambling for me. Cass.

[00:11:46.720] - Cass

I've just enjoyed listening to everything you had to say because obviously I agree with a lot of things. I love how- I don't know if you've noticed guys, but Maga got really nurturing and motherlike when

she was talking about self-care. And then all of a sudden she turned like really loud when she was about going feeling sexy and stuff. And I'm like, yeah that's pretty much Maga for you in a nutshell okay?

[00:12:09.640] - Mags

Yeah!

[00:12:09.640] - Cass

But yeah, I'm pretty much on the same page as Maga is. I think obviously with life gets in the way of a lot of things. We have very busy schedules most of the time, and it can be a side- like a last thought, side type of you know thing to put away when you think about the things that you want to do for yourself. Not a lot- a lot of people may not struggle with taking care of themselves and stuff, but I know that a lot of people do, especially when you are looking for validation from other people to make yourself feel good. And I feel like this is something that Maga tackled a bit earlier, where it's like if you take care of yourself and like we talked in our last episode about relationships, if you have that love for yourself, you won't need that validation from anybody that's not yourself. And I feel like when we talk about self-care, like we've mentioned in the intro, it's something that you see a lot on social media. Like, you have to have this skincare, you have to have a morning routine, a night routine, you have to read a book or you have to listen to this specific type of music and stuff. But self-care is like the broadest thing ever because it all reflects on the type of person you are and the things that you like. And basically self-care is doing the things you like because they make you feel good. So for a lot of people will be, like Maga said, having the most luxurious shower and doing the full self-care, self-love type of extravaganza of washing your hair, condition, like exfoliate and like shave and all of this. I'm not saying that we don't do it because we do, and it makes you feel a certain type of way of course. But, it's also having a little party in your room by yourself and listening to the music that you like and just dancing like nobody's watching because nobody is watching or writing, journaling, reading a book that you've been putting off because you've been so busy, and you just really want to get into it and you get into it and you enjoy it. Or cooking food for yourself and enjoying that food, taking yourself out on a date with yourself and doing things that you want to do, going to events that you want to go to. There are so many things that you can do to show appreciation to yourself. And the thing is that you don't have to wait for anyone to do these things for you when you can absolutely do them by yourself and be independent from anybody else and have that time for yourself to reflect on the things that work for you and the things that don't and doing the things that you love. And that all reflects on how you take care of yourself, how you love yourself, how you respect yourself. And like Maga said, the type of self-esteem that you have and that also helps with your self-esteem. And like we've mentioned before, I feel like the whole self-care is so targeted towards females. Like women have seven steps to their skincare and stuff like that. And men have like a shampoo that's three in one, like shampoo, conditioner, body wash, face wash. You know like-

[00:15:39.560] - Mags

It's like the memes that it's like three in one shampoo for men, but it's like, it does face, body, hair, car wash-

[00:15:48.460] - Cass

Literally! And it feels so generic, and I think that, like Maga said before, that that's why people feel like women have to be taken care of because they have so many things that are targeted for women, whether it be like skincare or makeup or clothes or all of these things. And I would just like to say, for men, guys like video games are a type of self-care. Spending time on- chatting with your friends about a video game that you guys enjoy is self-care. Like watching a film is self-care. Going to a Comic Con or a game convention is self-care. All of these things that people think is nerdy is self-care. Going to the gym is self-care. It's basically what you want to do and what you love. And I know that, like Maga said as well, a lot of people, or a lot of men, will think that you are very feminine if you want to do self-care or like you know facials and stuff like that and say, like 'oh my God, you're so gay' or whatever. You're not. You're just taking care of your body and of yourself. And if you want to do a full skincare routine, you do that. If you want to go and get your nails done, go do that. If you want to shave your eyebrows, do that. Do you know what I mean? There's nothing that you cannot do. And the only person that can stop you is yourself. So don't let anyone's opinion say anything. And honestly, if you do all of the skincare and all of that, you're just clean okay? You just care about your appearance and you just care about feeling good about yourself. These people that are judging you for doing that are probably freaking smelly and greasy and shit. Do you know what I mean? They would rather be the dirt under your car than cleaning themselves and calling it self-care.

[00:17:55.860] - Mags

That was a roast and a half.

[00:17:59.320] - Cass

Sorry, but it's true!

[00:18:01.130] - Mags

No, no, I see what you mean! It's often- people will judge things that they're scared of, of doing or seeing or whatever, or that they don't understand. And I think it makes a lot of sense that the people that would shy away from this, especially in the man community, you know it's people that actually don't practise that because they've been brought up to think that looking after yourself is feminine and means you're gay, which is not true.

[00:18:32.390] - Cass

Precisely. I was just about to say what Maga said, that it might be also a generational thing where maybe your dad said this, your uncle said that, like your best friend thinks this, and blah, blah. But we live in an era that even celebrities don't give a damn about what they do to present themselves. I know Maga is going to roll her eyes at me in a moment-

[00:18:57.990] - Mags

You're going to talk about Harry Style?

[00:18:59.380] - Cass

Yes, I am! But you know-

[00:19:02.300] - Mags

I wonder how I knew that. It's not like you don't talk about him 24/7.

[00:19:07.050] - Cass

I don't talk about 24/7-

[00:19:09.500] - Mags

Oh yeah sorry. Maybe 20/7.

[00:19:11.440] - Cass

Yeah, 20/7. But you can see men celebrities and stuff not necessarily only Harry Styles, but people that are leaving their hair to grow longer. They're painting their nails, they're wearing feminine clothes. And it's like this bending of the genders and stuff that is just you know- it's having the freedom to express yourself in a way that's true to yourself, and that's self-care basically. And I'm going to leave it at that. Mic drop!

[00:19:42.580] - Mags

Beautiful. Okay, so next we're going to talk about self-indulgence because I think that's a nice it's like yeah-

[00:19:55.020] - Cass

A nice segway.

[00:19:56.860] - Mags

Yeah! I didn't know what I was going to say. I kind of froze. I was lagging.

[00:20:02.640] - Cass

I saw the hand motion. I was like 'I know what she needs to say'.

[00:20:07.940] - Mags

Anyways, so self-indulgence is like doing exactly as you want, succumbing to your desires, your cravings in an instant on the moment kind of thing, not really thinking about what the consequences of that could be later. So, I think that self-indulgence can be good in some situations, like for example, you're at a party, and you're really enjoying yourself and you know, the company is good, the music is good and stuff, and you're like 'you know what, I don't get many moments like this'. 'I'm going to savour it, I'm going to enjoy it'. 'It doesn't matter if I go to bed late, or if I feel hungover or whatever the next morning'. You know 'this is going to be a memory for me you know, a good memory'. And I think especially when you're young, you're as adventurous and stuff as you can be. And I think another positive is that self-indulgence also does help you like live more in the moment, especially when it's things like that, like going to a party or going to a concert or like I don't know, and deciding to stay longer to sort of prolong the enjoyment you're getting from the experience. But this is what I mean. I think these things need to be done in moderation and shouldn't become like a daily habit you do because I think on the long-term that's really going to affect like health, physical, mental, emotional, whatever. Because obviously if you stay up every night drinking until very late, you're not going to feel that good even if in the moment it feels great. You also need time to yourself. You also need to take care of your body, like we said before and stuff. So, I think it's about balancing it out with self-care, maybe doing it a little bit less than self-care. I'd say it's like a 70:30 kind of ratio, where 70% of the time you're doing self-care and 30% of the time you do things self-indulgently. But yeah, as I said before, it's like- it's good for spontaneity I think self-indulgence because you're like 'right now I'm feeling good, and I'm going to keep it this way' because it feels good, 'even if tomorrow I'm going to regret it', whatever you only would live once kind of thing. But it is important to take care of yourself on the long term. And part of self-care is actually not giving into your pleasures, to- so you can reap the rewards of long-term gratification. So don't be a Dorian Gray. Don't live that hedonistic lifestyle where you succumb to all your pleasures because you know-they feel good in the moment, or it's what feels right in the moment when you know that it might have negative outcomes later. Do things sensibly. And of course, it's good to you know break loose every now and then, just be like 'oh whatever, today I'm just going to do whatever I want, whatever I feel like'. But sometimes, you need to discipline yourself and look after yourself because it is what's going to make you happiest in the end. Okay, that's me.

[00:23:39.700] - Cass

When I think about self-indulgence, I think a lot about my experiences. And seeing as Maga said something about herself in the last episode, I feel like it's fair that I say something about how to this episode-

[00:23:53.390] - Mags

Hold on! Drumroll...

[00:23:58.040] - Cass

Self-indulgence for me is something that I'm very guilty of. And for a lot of people, which like I include myself in, like it can be like the smallest thing ever. And the problem with self-indulgence sometimes, like Maga said, it can be a one-off thing where you're being spontaneous, and it feels good in the moment and stuff. But, the problem is when you don't leave it as a one-time off thing, and you make it into a routine and that snowballs and goes- goes deeper than it needs to. So for me, in my case, when I think of self-indulgence, just looking at Maga's notes and stuff, I saw the one word, I was like 'this is me'. So, mine is cravings. And Maga knows that I have the appetite of five full-grown men, doing weightlifting and doing competitions in you know- I don't know, sumo wrestling or whatever. I am hungry all the time, and I have a very fast metabolism, and I eat like seven times a day, which is not obviously healthy, but I have cravings all the time. And it's not only when I'm hormonal or stuff, it's like all the time. And it came to a point where well, it's still the point where Maga whenever she comes and see me, she's always bringing me snacks because she knows that in an hour or two, I will need a snack. And for me, it's like, if you've seen our post of 'Behind A Cup of Growth', you'll see that my first point is that I eat Pot Noodles all the time. And Maga knows this. Noodles all the time. If you come to my kitchen and you open the cupboard, like one fourth of my cupboard is just noodles.

[00:25:57.620] - Mags

Yeah. Yeah, yeah, yeah.

[00:25:59.440] - Cass

And it's just like anything all the time. When I'm at work, when I'm at home, when I'm with my partner, when I'm with my best friend, like Johnny, not only Maga, but especially when I'm with Maga. Like Maga's family know how much I eat, and then they just let me eat, which- it's a good thing for me. I feel very loved with food. Like, food is kind of my love language, right? If you give me food, like I'm amazing, I feel amazing, but I don't have a stop button where I'm like, 'yeah this is enough for now', and I'll just eat a bit later on and stuff. For me, it goes from eating a whole bunch one day and then feeling guilty about it the next day and thinking, I'm not going to eat so much today. And then I just kind of starve myself, which is also not healthy. So, with self-indulgence, it's like you're giving yourself that little bit of pleasure constantly for a moment and stuff and then you suffer from it later. And obviously in my case, it affects my body image, my health, and then when I try to stop eating, I will be smoking which is why I vape, which is also not healthy because I'm constantly vaping to manage my cravings. I'm literally giving you my life story here. But guys, you don't know the amount of times that Maga tells me off because I'm constantly vaping, and I look like a fucking train.

[00:27:37.920] - Mags

Thomas the Tank Engine!

[00:27:37.920] - Cass

Literally. That's what she called me all the time. And even my boyfriend has complained about it. I have loads of people complain about the amount that I smoke every single day, the amount that I eat every single day. And as we've said before, that's not healthy. I am aware that's not healthy. Okay?

[00:27:59.020] - Mags

We're working on it.

[00:28:00.190] - Cass

We're working on it. But with that being said, as you can see, self-indulgence is not something that's long-term good for you. And that's why in this episode, I guess with the self-care and stuff, we want to promote you to have good habits that are good for you and make you realise the things that you're doing that you could consider bad habits that you could work on. And I know for a lot of people like me, it would be eating or it would be drinking loads, going out to party loads and stuff. You can tell for yourself what are the things that are making you feel not good basically. And those are the things that you should question yourself if you're self-indulging, if those are good for you, if those are pure bad habits that you should cut off and stuff. Like I said, self-indulgence can look like a lot of things. And I think we touched upon this on our social media episode. Self-indulgence is also being on your phone 24/7, being on TikTok, and it can look like the most common thing in your routine that you do all the time, but it still gives you that sense of instant gratification that other things don't do. And if it's healthy, well what can I say? Like keep doing it if it's healthy for you and it's good for you. But if it's bad for you, I would suggest to have a moment of reflection and being like, 'right what am I doing?' Do you know what I mean? And then if you find it hard to stop that bad habit or that indulgence and stuff, just you know ask for help because I bet that there's a lot of people around you that care about you and want to help or friends or family that have noticed that you have bad habits and they have tried to talk to you about it. And with that also comes the fact that there's a lot of ways that you can tell someone that they're self-indulging or that they have bad habits. So, with parents it might come as a lecturing like 'oh, don't do this, don't do that'. 'Oh, you're looking fat', or blah blah. And that might promote you doing these bad habits to you know-

[00:30:29.240] - Mags

Yeah, it almost comes at this point, like you don't want it to tip into an addiction of any sort or a disorder of any sort.

[00:30:37.080] - Cass

Exactly. And you might want to sedate yourself from the comments by doing what's actually bad for you, but believe me it's not. And you should have some time to reflect on it and ask for help if you need to stop doing something. But that's another conversation entirely. I've gone on a rampant from my food cravings and my noodle cravings, but that's basically what I would say. Just have a moment of reflection. Don't sacrifice your sleep or your appetite. I know that a lot of things seem like so minute and so common that you wouldn't think that it's a self-indulgence thing, but let me tell you

it's the most common thing, like picking your phone to look at the time that just turns into scrolling on TikTok for 3 hours. So, not looking at anyone here, Maga...

[00:31:34.040] - Mags

We're looking at each other, actually!

[00:31:37.980] - Cass

Literally! But yeah, let's close that on self-indulgence. Maga, what's next?

[00:31:42.550] - Mags

Well, the last one is selflessness. So, obviously that's being concerned with the wishes and needs of others, taking care of others, putting others' priorities first before your own, doing people favours and things like that. So, I think if you've got a good self-care routine or you've got good self-care habits where you take care of yourself, I think selflessness is a good thing to also do. Like it comes at a close second because I am always in the team doing good to others makes you feel good. And this can be through things like volunteering, doing someone a favour, helping a family member out, maybe it's an elderly family member, or just going to visit them because you haven't seen them for a while or something. And I think it's always very rewarding you make- when you can see you're making others happy. I think it just validates you as well that you are doing something good. Not necessarily that you're a good person, but that you're doing something good. And I think just naturally, most humans, most humans have an innate nature to be good.

[00:33:02.990] - Cass

Most humans!

[00:33:02.990] - Mags

Yeah, obviously there are the exception, but most humans have an innate nature to make others happy. It gives like, validation that, as I said before, we're doing good deeds to others and that we're doing good things, which is what- is something I mentioned in the blog post actually on Aristotle. So, if you haven't seen it go check it out. Shameless plug. But Aristotle's philosophy was like our function as humans- so everything that lives and breathes has a function. So, for example, like trees their function is to grow and give oxygen. And to us as humans, is to do good basically and shy away from evil. So, but anyways-

[00:33:54.980] - Cass

So very Christian of you.

[00:33:58.200] - Cass

I mean, I don't know if Aristotle was a Christian of any sort, but-

[00:34:01.630] - Cass

Well but still don't you-

[00:34:03.580] - Mags

Yeah, no but I know, but anyways. I was referencing maybe Aristotle. Maybe Aristotle's in the room with us. Maybe we'll invite him for a podcast episode. But yeah, and I think it is healthy and a healthy way to gain validation. Not like when we mentioned in a social media episode, like posting something to try and get likes for validation. Doing something good like volunteering somewhere or helping someone out is going to make you feel validated in a healthier way, in my opinion. So, you could do like- you could maybe include it in your routine, like maybe once or twice a week, you volunteer somewhere, like a shelter or a food bank or something. Or you could once a week make a commitment with yourself that you'll go see your grandma or your grandparents. And if you don't have any relatives or you're just not close to your family or whatever, then you could just do something within your community. Like I know there's a lot of like- you could volunteer at care home or something for a couple of hours a week, or as I said before, charities and stuff. Even like if you're a fashion girly, you can work in a charity shop for a few hours a week because it still counts as volunteering. I'm pretty sure- some places do pay you, but some don't. And then you also get to do something you enjoy, which is be around clothes and stuff. But I think the thing I want to mention is obviously, always prioritise yourself before you prioritise others because you don't want to lose yourself in the process of trying to make others feel good. You got to make yourself feel good before you can make others feel good because I think if you do things when you don't feel too good about yourself, then it won't have the same impact and outcome as you would have hoped. Cassandra.

[00:36:25.480] - Cass

You know, it's serious when Mags just says my full name out of nowhere. I was going to say with selflessness, when I think of selflessness, it's a love language as well. Acts of service isn't it?

[00:36:38.170] - Mags

Oh yeah! But Acts of Service has to be reciprocal, though, doesn't it? Where you do things for others, but you like people doing things for you as well. Favours.

[00:36:51.140] - Cass

Still, Acts of Service.

[00:36:52.420] - Mags

Yeah, no, I was just adding on to your bit.

[00:36:56.020] - Cass

But, yeah I basically agree with everything that Maga said. I would also say, I know that a lot of people find it very rewarding to just give and give and give and give all the time, and they find it much easier to love others than to love themselves. And I feel like I've seen that a lot, and I feel like in some way that becomes part of ourselves and our lives at some point. Whether it's when you're a kid and you to have good grades because then you get a bit of validation from that. Or you help a kid in school with giving them like a pencil or something, or when you're a teenager or like a grown up and stuff, you do things for others in different ways like helping with the groceries, helping someone cross the street or whatever, or just like helping your mom in the kitchen. I don't know. We do a lot of selfless acts in some way or another. I would just say with this that, like I mentioned before, there are a lot of people that find it easier to love others than themselves. And they might find themselves in a trap of you know- I would say that not only because you're a good person and you could do good things to others, not in other people might not always do the same thing for you. So, I would just say a word of caution of do good for others, yes. That karma will come back to you. But, be careful with the people that actually take advantage of your goodness because there's a lot of people that will just see that you're very willing to do things for other people and take advantage of your generosity. And then that would become burnout on you because you're just doing so many things for other people and stuff that you actually forget to do things for yourself. And it's a way that most people find to manipulate other people.

[00:39:11.200] - Mags

Yeah.

[00:39:11.200] - Cass

So, even though I would encourage anyone to do good deeds for anyone and everyone other than themselves because that's just how we would function better in this society, like we need more people that do more selfless things and are more empathetic and more compassionate and all of that. You also have to have a bit of a boundary, a bit of a backbone as well, being able to say no when those things that people ask you to do are not in alignment with your values or what you want to do, and just be able to select the things that you want and don't want to do. Do not cause you burnout because it's so easy. Believe me. It's so easy to be willing to do so many things because you know that you're going to do good. And at the end, you're just piling yourself with more and more and more things to do that at the end you don't see where you started and where you end. You know what I mean? I'm very guilty of this, especially at work. I'll be like 'yeah I'll help him', 'yeah I'll do this, I'll do that', 'I'll do this for this event, I'll do this for that event', and then at the end I just come home exhausted and then I'm losing track of the things that I have to do. And then at the end of the day, I'm messaging Maga, being like 'I'm so exhausted, I just want to go to bed'. Do you know what I mean? So, just be careful, be aware of your energy levels as well, how much you can give to others, your time and your capabilities really. But obviously, you know treat people with kindness.

[00:40:52.560] - Mags

Don't take on too many responsibilities, as you mentioned, only have boundaries with yourself and how much you can handle because you don't want to be forgetting about yourself in the process because you also need help, and you need to help yourself as well. But, yeah do you have anything else to add? Because I'm happy to leave off right 'ere.

[00:41:20.660] - Cass

Last word for me would be to- I know it's said a lot on socials, and you're probably tired of hearing it and seeing it, but taking care of yourself is so important and so easy to forget as well. So, try to include it in your routine, even if you have a day off where you just take care of yourself. Like I, myself and I think Mags as well, has it on Sundays. Mags is checking something on her phone.

[00:41:48.000] - Mags

I forgot to tell my mum I arrived at yours safe.

[00:41:55.860] - Cass

Lol! But, yeah just encourage others around you to take care of themselves. If you're in a relationship, take care of each other and of yourselves. And, just know that you will bring so much more to the table and be more able to do things when you take care of yourself first and you make sure that you're well in yourself first before doing anything else. Because as we've said so many times in this podcast, everything that you are and everything that you do, what you think, what you say, everything that you are, reflects on your outer world, and it reflects on how you feel, where your mind's at and all of this. So, everything that you portray out there is a reflection of who you are. So, I would assume you want to put the best of you out there for others. So, just make sure you're taking care of yourself, not caving into your cravings or desires and stuff, and do acts of kindness because at the end of the day, that will reflect good on you somehow, and it will come back to you. So, yeah that's about it from me.

[00:43:14.750] - Cass

Beautiful. Beautiful! Sorry about my interruption, but-

[00:43:19.170] - Cass

That's fine.

[00:43:20.190] - Mags

Got to let the mamma I got home safe- to yours safe. Cool. I forget what our outro is. Oh, yeah! If you want to share your opinion or your thoughts, or there's anything you think we missed and that you'd

like to comment on, you can always ping us on- using the #AdultingsFavouriteDrink or #AdultingFavDrink, whatever's easiest for you, on Instagram, Twitter and TikTok. Our Instagram is @acupofgrowthpodcast, and our TikTok and Twitter is just @acupofgrowth. And there will be a blog post coming the following Monday. Topic to be confirmed because I cannot remember on top of my head, but it will be juicy and informative and great. So check our website acupofgrowth.co.uk, and while you're there, sign up to our newsletter where we give you exclusives, and so you don't miss anything. Yeah, anything else you'd like to add?

[00:44:29.560] - Cass

Also, do give us a review wherever you're listening, whatever platform you're listening to. Feedback is always welcome and obviously it helps us grow, and it helps us improve the content that we put out there for you guys to enjoy. So, do leave us a review, give us your comments and thoughts, any concerns you have. Obviously, apart from our socials, you can also contact us at enquiries@acupofgrowth.co.uk, if you want to be fancy like that and send us an email. But, apart from that, we hope that you've enjoyed today's episode, and we'll see you next time!

[00:45:08.930] - Both [Mags and Cass]

Okay, bye!