

365 - How to Have an Easier Maycember

Hi there! You're listening to The Lazy Genius Podcast! I'm Kendra Adachi, and I'm here to help you be a genius about the things that matter and lazy about the things that don't.

Today is episode 365 - How to Have an Easier Maycember.

We know the feeling of Maycember. May has a similar energy to the beautiful chaos of December, but we forget it's like that until we're in it. I never remember how crazy May becomes until literally right now, and then it feels too late. If that's you, this episode will help.

Before we jump in, let me talk to the folks without kids. If you're not a parent or the traditional school year is not part of your rhythm, May might not feel as chaotic to you. I'm genuinely so happy for you in that, and you can certainly decide to skip this episode. But I do think many of the mindsets and steps in this episode apply, not just to May, but also to any kind of seasonal transition, especially if one is slightly chaotic. So while this episode is definitely geared towards folks who have kids or are connected to the school year somehow, I think it has helpful, compassionate planning ideas for everyone.

Okay, here's how we're going to have an easier Maycember. First, it's important to slow down and look at where we are. We need to name why things feel so crazy so that we can be more accurate in our problem-solving but also in our kindness toward ourselves. I'm going to share the five things that are at play, and once you hear them, I think the fog will lift a bit, and you'll be like "Man, no wonder I'm overwhelmed!" After that, I'll share five practical steps to make this time feel easier and maybe even allow you to thrive. Imagine that. Surviving is great. Thriving is a bonus, but maybe you actually can.

Okay, let's quickly look at the five reasons why Maycember feels the way it does.

First, you're finishing something. You're finishing the school year. It's a big deal. Endings, particularly in school, always come with markers and celebrations, too. So not only is the year ending, you're dealing with class parties and field days and award ceremonies and EOGs to study for and teacher appreciation gifts. And that's for every individual kid, so if you have more than one, multiply by the appropriate number.

And what if your kid is in an even bigger transition with school? Are they finishing elementary school? My son finished elementary school last year, and it was emotional chaos. So many lasts. So many celebrations. The awards ceremony was adorable and also lasted over two hours in the middle of the day. Gracious. Do you have a kid graduating high school or college? Holy moly! That's huge! That's the end of an era, the beginning of another! Lots of lasts and celebrations and weird things to navigate. The end of any school year is a big deal, but yours for whatever reason could feel even bigger than usual. Your kid might be finishing something big. You might be graduating yourself! Maybe it's your first year teaching or your last year teaching, so the logistics and emotions are plentiful. Y'all, May marks an end. It's just the way it is. Even

though our last day of school isn't until June 7th, May is really the end. And ends are complicated. They're fun and sad and chaotic and surprising and sneak up on you, and all the things. The people in your family might even be processing the end of this school year differently. Maybe one kid is graduating and really sad while another didn't have a great year and is so ready to get out of there. There are many details - both emotionally and logistical - that exist during this time, and if you're a parent, particularly a mom, you're deeply aware of every single one of those details. It's a lot to manage on a lot of levels. And ending something is just the first thing that goes into Maycember.

The second thing is that you're also starting something, and that's its own energy. You're starting summer. Summer has its own schedule no matter what. If your job doesn't change, childcare for your kids probably does. And even if the schedule is relatively the same as school hours because of your job, the energy of summer is obviously different than during the the school year. If you have a flexible job and kids who are about to be home, you're starting a season of figuring out how to make all the details work without taking the fun and ease out of summer. If you have a kid who's graduating high school or college, this summer might be starting a move to a new city or transitioning into a new job or apartment. No matter what, Maycember has you on the cusp of starting something.

Ending energy and starting energy feel different in our bodies, but they are right next to each other on our calendars. Sometimes they even overlap. When we end something, we're winding down, we're probably worn down emotionally and logistically, but then suddenly, we have to gear up again for something new. At least that's how it might feel. In fact, I think this overlap of May to June or the end of school to summer is actually one of the hardest seasonal transitions we face, especially folks with kids or in education. In December, we're busy, too, but when we transition into January, there's a routine already built in. Kids still go to school. We still go to work. Things quiet down. We're moving from exceptional chaos to regular calm. Or even exceptional chaos to regular chaos, but January is still regular. The summer is not. The summer is its own thing. So notice that you are both ending something and starting something, and the thing you're moving into might just have its own level of unusual chaos. This is why you're overwhelmed. And again, that's just number two.

Number three. There are extra details in May you don't usually have. It's not that there are just more activities to put on the calendar even though there are. Every awards ceremony or team party or school dance comes with some kind of extra detail you have to take care of. You need to bring gifts for the teachers on awards day. You have to remember to remind your kid to turn in his track uniform at the last meet and also you need to bring cupcakes for the team and have to figure out who to ask to find out how many to get. The school dance should be easy until your kid wants a new dress or a sport coat to look fancy and oh wait they don't have a phone and would now be a good time for them to have something to get in touch with you oh my goodness should we get him a phone? In short, there are many events which is already extra, and almost every single event brings some kind of decision or task along with, and often way more than just one. So all the extra details is third.

Number four is all the seasonal changes that likely sneak up on us. Suddenly, it's hot outside and shorts are necessary. The other day I was getting ready, and it was going to be 87 degrees. Cool cool cool let's wear shorts. It was the first time I opened my shorts drawer in almost a year, and nary a one seemed to fit me. Some were too big, some were too small, some were too short, some were too long. I could not find a pair of shorts I owned that I was like oh good these work! None of them worked. And it's May and now kind of always 87 degrees in North Carolina, but as we've already discussed, there is much on the calendar right now. Your girl does not have time to go shopping for new shorts! That kind of errand could exist for us and for our kids. There are actual seasonal transitional items that we need like clothes for warm weather and swimwear. Plus, there are seasonal changes like the meals we cook for dinner! Just like we tend to transition out of pants and layers as we move into warmer weather, we also transition out of cold weather foods like soups and chilis and stuff. Sadly, most of our go-to brainless crowdpleaser dinners are best suited for cold weather. Y'all, it's not cold anymore, so that's another transition you might end up thinking about. I know I am. And we'll get into this in a minute, but there are things like oh wait I need childcare this summer or oh wait is that camp full or oh wait did I sign him up for the swim team or oh wait should we go on vacation do you think there are any beach houses left to rent? Seasonal changes and needs sneak up on us and often take us by surprise during the month of May. That's number four.

And number five is the energy. Holy moly the energy. We're feeling worn down, at least I know I am. But the kids are also feeling it. They can feel the end coming. There's this weird push-pull of end of year testing but also class parties and watching movies in class because we're just trying to make it through. And it's not just our own kids feeling that way. It's every kid in their classes, too. Probably even the teachers! And if you have a kid who absorbs the energy of everyone around them, they're going to be worn out just because everyone else is chaotic and worn out. Double whammy. It's been like pulling teeth to get my kids to do their homework and even just go to school the last couple of weeks, and we need to remember that our kids are beat too. The energy, whether they're worn down or jacked up, is its own thing in May. That's number five.

So let's recap so you can be kind as you understand why the month feels this way. First, we're finishing up something, and for many of you it's something big. Ending a school year is a big deal and could have many layers added on it depending on the age of your kids or your own education or career. So number one, we're ending something. Number two, we're also starting something, and that something being summer is its own unique animal to tame. The transition from May to June is one of the hardest there is. So we're ending something, starting something, and, number three, we also have all of these extra details we don't usually have. So many one-off things to remember. At least with the holidays, the chaos is usually grouped into bigger projects like gifts or celebrations or whatever. In May, it just seems like the longest list of individual tasks that have nothing to do with any others. It's death by a thousand errands. Not only that, we've got number four where we're having to think about the transitional logistics of clothing and food and work schedules amidst all the other chaos. And everyone feels it. Everyone feels the intensity that is the Maycember time, and it comes out sideways in us and our people on various days. And that energy is number five.

You guys. Did you see it? It's not just that you have a lot to do. It's that those things are tied to endings, beginnings, transitions, unusual events and needs that sneak up, and everyone feels it. Maycember is uniquely challenging.

So what do we do to make it easier? I have five ideas.

Here are five essential things to do to have an easier Maycember in the last couple of weeks we've got. And I don't want you to just survive the rest of Maycember but also thrive there. And by thrive, I don't mean get it all done like a robot. I mean enjoy it. Be patient with it. Embrace the chaos in a way that is memorable and lovely. Yes, thriving can also mean getting the things done and not forget too much, but I don't want to just survive a crazy season. I'd like to be myself in it, stay human, be compassionate as I figure out how to get my stuff done, and be present for whatever is happening. And when you're in that headspace, it does feel easier. The events don't change. We're not going to take away graduations and team parties, but we can make our energy and the logistics around them easier. So let's do that together. By the way, the first four essential things are a little simpler, and the last one is more practically robust. I'm saving it for the end so that it can catch all the other details we talk about.

The first essential thing I want you to do for the rest of Maycember is to tell yourself the truth. It's true that this is a busy time. It's true there's a lot to do. It's also true that you've probably done this before, and it didn't destroy you. It's true that you can forget something and not be a terrible person. It's true that most people feel like this and you're not alone. Tell yourself the truth.

So in moments when you're overwhelmed, ask yourself what is true right now? There's sometimes a difference between what we feel is true and what is actually true. When we feel overwhelmed, it's easy to spiral and tell ourselves things that actually aren't real or true at all. We're terrible parents. We'll never get all this done. We can't figure it out. We should've been better at volunteering in our kids' classrooms so we'd know what the teacher actually likes. We should be able to go to all the events even though we have a full time job and literally everything is scheduled at 10am. We should be better at this by now. No no no, my friends. Tell yourself the truth. Just because you feel like an uninvolved, overstimulated, stretched-too-thin parent or person doesn't mean you are. Or that those things lay any sort of claim to your identity. They're neutral. Your feelings are real and true, but they're not necessarily indicators of what is. So tell yourself the truth. When you're feeling chaotic, ask yourself "what is true right now?" Accompany that with a few deep breaths to calm your panicking brain, and you'll be able to see things more clearly. I highly recommend doing this as often as possible. That's number one.

Number two. Catch the sneaky stuff. What's sneaky? Swimwear, summer clothes, summer camps, summer childcare. Those are sneaky for the upcoming season. Teacher gifts, concert or dance or event outfits, graduation party supplies, hot weather that makes you suddenly hate soup now. Those are sneaky for the season you're currently in.

A way to prepare for this is something we're all very familiar with, and it's the Magic Question. What can I do now to make something easier later? What can I do now to prevent the rest of Maycember from sneaking up on me? This is especially true for summer things you haven't had the energy to think through yet. Make a list of what would be helpful to do now to make this month or summer easier later. Think ahead for just a beat and see how it might help. You don't have to do them all now, but seeing at least some of them on paper could help offer a little clarity for your overwhelmed brain.

And what about things that sneak up right now? What about something that is suddenly urgent and you had no plan for it? You will likely get a few of those things this month or have already, and they're not the most fun to deal with. A lot of you really love being organized and ahead of the game and thrive there, so when something goes against that, when something sneaks up, when something causes your carefully planned plan to have to pivot, you find it very frustrating and overwhelming. I get it. Remember, pivoting is more important than planning, and you can do it. Sometimes things might feel more chaotic than you hoped, but that's often the nature of this season. Don't see those things that sneak up as assaults on your perfect plans. They just happen, and you can roll. You might have to be a little stressed out for a minute, but you can roll. You can deal with the sneaky stuff.

Y'all, last week was our final middle school band concert. I have two kids in middle school band, one of whom had to miss his last middle school concert because he had Covid. So sad. Anyway, I was going to this middle school band concert not just as a parent but also as the band booster club president. I had responsibilities during the concert and had to give an announcement and organize a gift for the band director and all the things. So on the day of the concert, family logistics were chaos. We had no choice in the matter. Because of when people had to be certain places and when they had to eat and all the things, logistics were just going to be chaotic. That's okay. Kaz and I had a plan of when we each would leave and take the people and the things where they needed to go. It was wild, but it was planned. Then right before I was about to leave to cover my part of the plan, I was making sure Ben had everything he needed to get dressed for his concert - black pants, white button down, black dress shoes, and when I handed him the shoes, he said, "Mom, these are Sam's. Mine have a square toe and have laces. Where are my shoes?" Y'all, I had seen those square toed laced shoes recently. You know where I had seen them? In a bag full of stuff I had just donated to our church's yard sale. Yep. I donated my kids' band shoes. I thought they were too small, didn't ask because I definitely had a touch of big black trash bag get her done energy that day, and his shoes were gone. And Sam's shoes were too big. Ben understandably started to panic, and I had to pivot.

My plan had me leaving in the next 15 minutes, heading to Target to get the final bit of the band director's gift, along with something to munch on on the way to the concert. But now I had the shoes to consider, so instead, I pivoted. I left right then, grabbed a banana on the way out the door since I wouldn't get something at Target, went to a store closer to get a different but similar enough gift for the director, and then stopped by my church which thankfully is right across the street from the middle school, got the key to the where the yard sale stuff was being stored, and

miraculously found his shoes amongst all the donations. I got to school two minutes later than I planned, but who cares.

Was it chaos? Yes. Did I feel crazy and need a few extra minutes to come down from the adrenaline of having donated my son's band shoes days before his concert? Definitely. Did I pivot? I did, and it all worked out fine. Ben wore the too-big shoes to school, and then I found him in the auditorium and gave him the ones that fit. That situation was definitely more surviving than thriving, but emotionally, I feel like I actually was thriving a little. I was kind to myself, I knew it would be okay, I didn't start questioning whether I had done too much by agreeing to be booster club president or if I had done too little for my kids because I didn't prioritize their clothes and experiences as well as I should have. None of that self-talk happened. I was kind even in my adrenaline rush and crazy energy. And all of that happening in my head made the actual circumstances, crazy as they were, easier. Easy doesn't always mean simple. Thriving doesn't always mean calm. I think having an easier May and even thriving in it means being the most yourself you can be, even when the circumstances are bonkers. Sometimes you thrive logistically and everything works seamlessly and gets done, but thriving is embracing who you are, where you are, and being kind in the process. And when that happens, life feels a little easier.

So the first thing to do is tell yourself the truth. The second is to catch the sneaky stuff before it sneaks up, but also be kind to yourself when it does it anyway.

Number three. Plan your hot dogs. This is a season to absolutely plan your hot dogs. If you're new here or haven't heard me say this before, what on earth does plan your hot dogs mean? When life goes a little crazy, we fall back on emergency things like hot dogs. If we don't make a plan for something, the default safety net is the metaphorical "well, I guess we'll just have hot dogs for dinner." Sure, your hot dog meal could be cereal or eggs or frozen pizza. The food isn't the point. That it's food at all isn't the point. Hot dogs are a metaphor, you guys. They're a metaphor for the fallback things we see as settling or being lazy about or not being prepared for, but really hot dogs are helpful. Making easy decisions everywhere you can is enormously important during Maycember. So instead of just falling back on them accidentally or guiltily at the very end, plan them. Plan your hot dogs.

So some examples of planning your hot dogs right now are literally planning to eat easy meals for the next couple of weeks. Who cares if you have spaghetti or quesadillas or cereal or whatever easy meals several times for the rest of May? Well, you might care. Some of you might. Having different foods might matter to you the most right now, but if they do, you have to let other things go. Not everything can matter, especially during May, and I tend to think that meals are one of the simplest ways to make life easier. Plan your literal hot dogs as often as necessary.

You can also see hot dogs as a metaphor for the easy way out. If you're thinking about the shorts thing or the swimwear thing or the teachers gift thing, make it easy. Plan your hot dogs, and decide once. If you find a pair of shorts your kid likes while you're on a Target run, go ahead

and get that pair in five colors. Done. Maybe the swimsuit you liked from last year is too small now, so rather than stress out about finding a new one, just order that same suit in the next size up. Instead of getting all the teachers different things, get them all the same thing but with a note specifically written for them. Make it easy wherever you can. Plan your hot dogs, guys. Metaphorical hot dogs everywhere.

Number four. Schedule rest. In this whole logistical cacophony of Maycember, you are likely worn down. Last week we talked about when life feels like a fire hose, and when it does, we're so tired. We just want to sit down and stare into the void or do something fun. Here's the problem with May. The times we might normally schedule for ourselves might get eaten by Maycember things, and then we're left with very little time to refuel and feel like ourselves on top of being extra busy. That's happened to me several times the last couple of weeks. The times I normally have set aside to do something for me and to rest are filled with all of this extra from May, and unless I schedule something at a different time, I'll be extra tired *and* have no rest time set aside. So number four is schedule some rest. You don't have to schedule it for the rest of the month, but even this week, even today, when are you going to rest? When are you going to recharge? When are you going to do something fun or joyful or that makes you feel like yourself?

I love to draw as a way to rest and have fun and refuel, and I haven't been able to draw in the last few days because of all the things, of needing to just go to bed and actually sleep instead of spend my evening drawing another face, and I can feel it. I can feel a difference in how I'm moving through the world because I haven't done something gratifying and slow for me in awhile. Since Maycember is changing how I normally spend my time, I need to be proactive in scheduling rest for myself, and I encourage you to do the same. Schedule it. On purpose.

And finally number five, the most practical, plan-y of the five. Centralize your logistics. Centralize your logistics. Does everything on your calendar and in your head currently have a place? And do you know where that place is? Would it be helpful for this season to maybe have everything in one place?

Chaotic seasons often bring extra details as we've already established, and sometimes when we're caught up in the sudden chaos of all those details, we stick them in random places. Tasks that used to get thoughtfully placed on a to-do list app or in a notebook are now scribbled on the back of a bill and then maybe promptly lost, both the task and the bill. Or maybe the systems, however loose, that we use the rest of the year just aren't robust enough to take on the onslaught of May, and so things are metaphorically or even literally falling over the sides. Or you do what is normal. When a kid says they need a bag of lollipops for a school field day or you get an email about a party you're supposed to bring the kid early for but you don't have to be there until an hour later or your partner texts you that he used the last of the milk this morning, you do what you normally do. You quickly text yourself a reminder or put something on the calendar or you put a sticky note where you might see it. But you're likely getting more reminders and details to manage than usual, and all of those reminders are now in different places. That's

normal, and I'm not saying don't do that. But if there's a way for you to centralize your life's logistics right now, it might be helpful.

You can use a planner for this or a separate Maycember notebook or a shared Google doc with your partner or a Notes app note or whatever you want to do. But having everything in one place, at least all the things that don't currently have a place, will be so helpful to you. Examine where your current life logistics are, notice what is not making it into that current system, and see if there's a way to widen your net to catch everything in one place.

I personally find value in a master May to-do list. This might not work for everyone, but it works so great for me most of the time and definitely in really busy seasons like May. I have one list that I just keep adding to. Everything goes there. It's where I put the random things that pop into my head, the tasks that come through emails, from the papers my kids bring home, whatever. I have one task list for May. Then every week when I'm planning my week, I pull from that list and decide what has to be done this week and what I hope to get done this week. Remember, we recently had that episode on have tos and hope tos. That could be a great way to organize your centralized to do list. But no matter how you organize the things on that big list, I wonder if it would help you to have it all together. It's like a closet. Put all your clothes in a closet so you know what outfit to choose today. If your clothes are in the closet and also the dirty clothes hamper and also the dryer and also on your floor and also in your daughter's room because she sometimes steals your sweatshirts, it's harder to get dressed. Everything is everywhere. The same is true of our tasks and planning our days. If you can keep all of your logistics in one place, it might really help you.

Now, centralizing your logistics doesn't have to mean every task is on one list, but maybe it's all in one place. For example, you might have separate lists for work stuff and parent stuff and home stuff and summer stuff, but they all live in one notebook or binder or document. I like having things centralized because so often our decisions in one area impact decisions in another, so it's helpful to not have to go digging for information you might need. If it's all relatively together, it's so much easier. That's why I love Google Calendar. I have a personal calendar attached to my personal email, a work calendar attached to my work email, a work team calendar attached to another work email, and I also use colors. Yellow is birthdays, purple is carpool transportation stuff, red is urgent stuff, pink is work, blue is life, task reminders are light green, etc etc. My calendar logistics are centralized in Google calendar. But I don't have to look at all of them at the same time. I can click off of work if I need to. I can pull in or out whatever information I need. It's not that my entire calendar is one calendar, but ultimately it's centralized. The logistics of my calendar are all in one place.

This is why I love the Summer Docket. It's a digital resource we created a few years ago that helps you keep all of your summer hopes and dreams and logistics in one place. It's currently available in our digital store if you want to check it out.

This is also why I love the Summer Break calendar from The Essential Calendar! It's a simply designed wall calendar that goes from Memorial Day to Labor Day and keeps all the visible, important summer things in one centralized place.

As much as you're able and to whatever degree is helpful to you, centralize your logistics.

I'm not saying you need to have a Maycember notebook or one master to-do list or you suddenly need to switch to Google Calendar. Those are just examples of how I centralize my logistics. I'm simply encouraging you to notice if your logistics are all over the place. Where can you bring things together a bit more? How can you make all the details a bit more centralized so they're not everywhere and you don't even know where to look? This is a great place to remember the Lazy Genius principle put everything in its place. When things are in their place, you can find them. You can use them. You know where to go when somebody has a Maycember question. Your energy is already limited, so if you're spending it trying to find something that doesn't have a place yet, that makes life slowly harder and harder. Instead, set aside a little bit of your existing energy and find a place for your logistics. And I think a simple way to create that place is to have it just be one thing. One place. You don't have to keep a notebook of everything in your life every month, but maybe you do for May. It doesn't have to be cute or organized or indexed. You just know that all of your lists and details and things to remember are in this little field note style notebook you keep in your pocket or purse all the time this month. Just consider what might work for you.

Okay, let's recap. How can you have an easier time and even thrive for the rest of Maycember?

First, remember the reality of the season. There's a lot happening. You're ending something, starting something else, you have extra details you don't usually have, you have seasonal changes that sneak up, and everyone's energy is probably all over the place because everyone is actually all over the place. Be kind to yourself and others in this reality. It's a crazy season where you're just trying to stay above water. Be kind.

Now, what can you do practically? Five things. First, you can tell yourself the truth. You're very likely going to make it. It feels crazy, but some seasons do. Tell yourself the truth about the real ramifications of this season, and be kind to yourself in that. Second, pay attention to what might sneak up on you. Take a beat to think ahead about the next few weeks and what might sneak up. Ask yourself the Magic Question so your future self can have a slightly easier time. Third, plan your hot dogs. Go ahead and automate whatever is easy. Don't wait until you have to fall back on those easy things. Do them proactively to take the pressure off. Fourth, schedule rest. You likely need some, so schedule it. And remember that the times you might normally take it could be impacted by Maycember, so schedule something in a completely different place to ensure you get something. And fifth, centralize your logistics in whatever way makes sense. Even noticing that your logistics aren't centralized helps you know how to take even one small step to make your life easier. Sometimes we don't realize everything is everywhere until we stop and notice it. Just doing that will help.

A few resources for you that we'll put in the show notes: I mentioned The Summer Docket from our team and the Summer Break calendar from The Essential Calendar team. We also have a Summer Sanity podcast playlist that you might want to check out on Spotify. It has maybe seven episodes or so that we've done over the years that might offer particular help as you transition into summer.

And that is how to have an easier Maycember.

Before we go, let's celebrate the Lazy Genius of the Week! This week it's Kristin C who left a comment on the episode that might actually be helpful to listen to right now: Episode 258 - The Seven Kinds of Rest and How to Know Which One You Need. Kristin wrote this: I love all the nuance in this episode! It helped me finally figure out how I most needed and wanted to spend my kiddos' nap time. I'm a SAHM to a 1 and 2 year old who are finally napping at the same time! As great as it is, I was floundering and found myself feeling unrested but also unproductive. This episode helped me pin down that a relax-reset-relax sandwich is my SWEET SPOT! As soon as the kids are down I take some time to relax - just sit on the couch, savor a fresh, not-reheated-4-times cup of coffee, and scroll. Then I will do a reset - a quick toy pickup, some food prep for dinner, maybe load or unload the dishwasher. Just a few things to tidy and calm the crazy from the morning, and a few things to make the afternoon go a little smoother. Then I take a just a little more time to relax again before the kids are up. Reframing the reset time as a form of rest and self care, and giving myself all the permission to relax has just been a wonderful and I've been feeling so much more refreshed and ready to take on the rest of the day with two toddlers." This is such a great framework, Kristin! So simple but so helpful. I wanted to share this today with y'all because sometimes we need to think about our rest like this. Not necessarily with the relax reset relax sandwich but maybe some kind of sandwich! When we have this scheduled time we talked about, pay attention to what you need in this month. What would be most helpful to you when you have a little down time? If it's more than one thing, try a particular order, and see what works best for you. Thanks for sharing this Kristin, and congratulations on being The Lazy Genius of the Week!

This episode is hosted by me, Kendra Adachi, and executive produced by Kendra Adachi, Jenna Fischer, and Angela Kinsey. The Lazy Genius Podcast is enthusiastically part of the Office Ladies Network. Special thanks to Leah Jarvis for weekly production.

Thanks, y'all, for listening, and until next time, be a genius about the things that matter and lazy about the things that don't. I'm Kendra, and I'll see you next week!