

#203 - 10 Things Saving My Life Right Now

Hi there! Welcome 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 203 - 10 Things Saving My Life Right Now. I love sharing lists like this and also encouraging you to make and share your own. We are still in it after a very long year, and paying attention to the things that bring us joy, make things easier, make us more ourselves, those things deserve a spotlight. So I'm doing that today with my own list. And I highly encourage you to name even one thing that's saving your life right now.

Okay, let's jump into the list.

The first thing that's saving my life right now is ginger in smoothies. You guys. I'm obsessed. I shared this last week on Instagram - there's even a post with the loose recipe I've been using - but putting fresh ginger in your smoothie, especially green smoothies, is absolutely incredible. It adds this brightness and unique little bite that makes the produce sing. Plus I feel like I'll never get sick again. It tastes like my body loves it. I use the Trader Joe's frozen ginger cubes, one per smoothie, but you could use freshly grated ginger or a little squirt from those tubes of grated ginger. I'd avoid powdered ginger just because you lose the brightness. Otherwise, go to town. It's been the best thing ever. One cube is about a teaspoon of fresh ginger, so if you're grated from fresh ginger root, just start with maybe a teaspoon. But everything is to taste anyway. So that's number one: ginger in smoothies.

Number two: a cleaned out freezer. Last weekend, I opened my freezer and realized I could not access anything without moving five other things first. It was packed to the gills but not just because a lot was in there. It was more that things weren't in their best places and everything was on the verge of falling out. This last year, our freezer has been operating in a very "cram it in it'll be fine" sort of fashion, and last week, it was no longer fine. So I cleaned out the freezer. I threw out a couple of bags of frozen food that wasn't labeled - always label, y'all - and was so covered in freezer burn that I couldn't even identify what the food was. Yes, that happens to me, too. Just because you know the best way to approach something doesn't mean you always do, so be kind to yourself when your freezer starts eating itself. You're doing fine. You're not a failure because you have unidentifiable meat in your freezer. Just take a step or two to make it a little less likely for that to happen again if that's important to you.

I pulled everything out, threw away the things that needed throwing away, and then grouped everything together. I made zones in the freezer so that the same type of food goes in the same general place. This is a way that we batch as Lazy Geniuses, right? Batching is Lazy Genius principle #9. We batch our tasks by doing the same type of task all at once, but we can also batch our stuff by grouping things together in zones that make sense for our space and what matters to us. So I put all the frozen breakfast foods - the pumpkin bread, waffles, pancakes, hashbrowns - and the smoothie stuff in one drawer, dinner stuff in another drawer. I moved all the ice cream to the shelf since those containers stack better on shelves than if they're

crammed in drawers. Now when I open the freezer, I like it. I have what I need, I use what I have, and it's more enjoyable that way. So number two: a cleaned out freezer.

Number three: a skincare routine. I have been loving taking care of my skin in the morning and at night but especially at night. I've been a skincare routine person for a couple of years now, but in the last few months, I've really been paying attention to the products I absolutely love and using those again and again. It's very easy for me to get wooed by all the new products everyone else swears by, and while I have chosen a lot of my products that way and some have stuck around, I've enjoyed using what works for me and kind of ignoring the rest. I'm essentializing my skincare routine. Essentialize is Lazy Genius principle #10. It's the idea of keeping only what supports what matters and getting rid of the rest. I've been doing that with my skincare products in recent months and it's made the whole process so lovely because I know what to choose, I know I'll love it, and my skin feels great.

I won't go into products here because you might not care about that, but two things that will come up this week if you want more product info. First, I'll be sharing my list of my personal essential skincare products and why they've worked for me in the Latest Lazy Letter that goes out this Wednesday. The Latest Lazy Letter is my monthly newsletter with all kinds of extra content and deep dives, like my list of essential skincare. If you want to sign up, there's a link in the show notes, or you can go to thelazygeniuscollective.com/join. This week I'll also be posting a video on IGTV @thelazygenius of empties. I've never done an empties video because I usually am trying out so much stuff that I never finish anything. Well, now that I've stopped that and have found what I love, I've actually finished some things, so I'll share those on Instagram this week. Not a beauty blogger, but it's still fun. So number three: a skincare routine.

Number four: counseling. I will make this quick, but I cannot emphasize enough how much therapy and counseling is helpful for every single person in this world. You do not have to have some deep trauma to go to therapy. Going doesn't mean you're an absolute mess and can't get your life together. It's not something to be ashamed of. We think it is, but it very much is not. I did an episode awhile back called The Lazy Genius Asks for Help where I talk a little bit about counseling and therapy and why we need help to be humans in this world. I'll plan on sharing some favorite therapy-adjacent accounts and resources on Instagram this week, but ultimately counseling has saved my life many times and really continues to in recent weeks. I started with a new counselor about two months ago, and the things I've learned about myself and how I see myself in the world, the weight I put on myself, the ways I show up and don't show up for people... it's been remarkable. It's been hard and painful, but the results on the other side after being willing to enter that pain have been beyond worth it. I was talking with my church community group about this just last week about how therapy is such a hard sell because you're like "hi, first it sucks but then it's great!" And most of us are like, umm no thank you I'm doing fine. But then when you break down those things that have been keeping you from who you really are, you see how not fine you were doing. There is such freedom in that process, not just on the other side, and I cannot have a list of things saving my life right now without including counseling. So that's number four.

Number five is pajamas. I think I've shared this before somewhere, but y'all there is something so special and empowering and lovely to me about wearing actual pajamas. Like matching top and bottom. I have a set I bought from The Loft about six months ago. Pants and a short sleeved buttoned pajama top. They have a chill floral pattern on them, they are so soft, and I love wearing them. I have three sets of pajamas for different temperatures, and I essentialized - there that is again - and got rid of all the other shirts and pants that were sent down to the pajama drawer after they didn't work as real clothes anymore. You of course have those because we all do. But I don't ever feel special in those leftover clothes. I do feel special in my pajamas. They've been almost like a marker in my evening routine. I put Annie to bed - she goes to bed about an hour before the boys do - and then I get on my pajamas and do my skincare routine and it's the best. I feel like I'm ready for the next hour or two before I go to sleep. Reading is more fun. Watching Schitt's Creek is more fun. Pajamas are just fun to me, and I'm so glad I invested in some. So number five is pajamas.

Okay, that's five down and five to go. Let's break really quickly to hear from this episode's sponsors! And even though y'all listen to podcasts and already know about how ads work, I wanted to say thank you for your encouragement over having new ads in recent weeks, especially as we've ironed out some kinks. And please know that I look at every single brand that wants to advertise on this show and try to be really thoughtful in what I share here. I want you to hear about brands that have something to enhance your life in ways that matter, so if you listen instead of clicking through the ads, I do very much appreciate it. And so now in my best podcast voice: let's take a break for a quick word from our sponsors.

AD BREAK

Alright, let's jump back into our list and do our final five things that are saving my life right now. Number six is getting a massage. Okay, I realize that this can be seen as a luxury, but the reason I'm listing it here is because I've had three massages in the last month, and it has improved my life in ways I did not expect. So I used to get a massage once every 6-8 weeks maybe. I started when I was writing *The Lazy Genius Way* and was very stressed. Like many people, I hold stress in my body, particularly in my shoulders and upper back. So I started going to see this woman named Cori who is so lovely and very good at her job, and it was great. But when the pandemic hit, nobody's getting massages. Well, after I finished writing *The Lazy Genius Kitchen* which we'll get to in a second, I had like constant pain in my shoulders and back. It was starting to interfere with my daily life. So I emailed Cori and was like "hey, what's the deal with you. Are you massaging people still?" And turns out she is. I was very at ease with her covid precautions and even wearing a mask while getting a massage, so I made an appointment.

So that first session, it felt like my back was made of popcorn. It was so crackly, there were so many knots, I was so tight, poor Cori. It was a situation. I knew that March needed to be a month where I focused on getting back to normal, getting back to some kind of physical and mental equilibrium. I had pushed so hard to write a book in ten weeks, and my body had paid the price. Now I agreed to that price because it's a season, right? And *Lazy Genius* principle #4

is to live in the season. Live in the season you're in and remember that it won't always be that way. It makes it easier to endure. So coming out of that season of intense work on top of just an intense world, I knew I needed to prioritize my body and my stress. And going to see Cori and getting regular massages these last few weeks has opened up some things I did not expect. I realized that I think I have some trauma stored in my left hip. Which is kind of a weird sentence, but if you've read *The Body Keeps the Score* - it's a textbook almost, it's very dry, but very informative and compelling - about how our bodies hold trauma. And realizing that was super helpful in paying attention to how I approach yoga now, you know? I also realized that my body immediately responds to stress with pain in my back. The first couple of days after my first massage with Cori were really chill days. I got my massage on a Thursday, I didn't work that Friday and took the day off, and the weekend had a lot of space in it. It was a really easy few days after. And I had no back pain. I thought was only because of the massage, but then sometime on Monday I think, I was walking with Annie to get the boys from school, and I started thinking about something that was causing me some stress. And immediately my back started hurting. It was the wildest thing. So paying attention to my body and how it holds and responds to stress and how the massages help keep the physical muscles more relaxed which helps lessen the impact of the stress a little... it's all connected, and the massages have helped me pay attention to how my body speaks to me. So I've been listening, and it's been really helpful. So number six is massages.

Number seven is my spring reading queue. So I love to read so much, and I have a lot of books on my shelf and on my Kindle Paperwhite to read. So many that it's overwhelming to choose from. You could have the same challenge with just a TBR whether you own the books or not. There's so much to choose from. We do the same thing with choosing meals, right? There are millions and millions and millions of recipes. If you try to choose five from the millions, that's impossible. You have to limit your choices. You need a queue. That's why we have a dinner queue. These are things we're pulling from right now. I have a spring reading queue. I have a list of books that I can choose from when it's time to pick up the next book this spring. And because I'm choosing them on purpose for this particular season in my life, it's easier to choose but also more fun. And it keeps me reading. It keeps the momentum going. I'm a momentum reader. If I lose momentum, it's hard to get back. So my primary goal is to keep reading, and a spring reading queue helps that. I mentioned that I'll share my skincare essentials in Wednesday's Latest Lazy Letter, and I'll share my spring reading queue too. So number seven is spring reading queue.

Number eight is my spring playlist, more specifically my breezy instrumental playlist. Did y'all know I like to make playlists? Have I mentioned that before? I very much do. Music in the right order for the right mood and the right setting - golly, it impacts my life so deeply. Which is why I like to share playlists with y'all. P.S. I learned all my playlist skills from my sister Hannah who shares secret playlists with our Patreon community. We do a monthly episode called *The Lazy Sisters Podcast* where we talk about all kinds of things in a way that only sisters can. It's a very unedited Kendra, and you also get Hannah's seasonal playlists which are fantastic. So I'll pop a link in the show notes in case you want to support *The Lazy Genius* on Patreon. But playlists - I love them, and while I have been so enjoying *Winter Sun* and *Calling Spring*, my two most

recent playlists, I really wanted something instrumental that covers afternoons with homework, mornings working and writing, going for a walk in the woods... I wanted to create something that captures that breezy windows open spring chill vibe without it being too sad or too jarring or too weird so that my kids ask to play Kidz Bop instead. And that is Breezy Instrumental, and there will be a link in the show notes for that too. Do not shuffle. If you have a pro Spotify account, do not shuffle. Shuffling ruins the playlist. Well, not ruins but it's not as intended. But that's okay. You do you. So number eight is my spring playlist.

Number nine kind of combines the last two and it is knowing what matters and not deviating from it. I talk a lot about reading and music, but you know why I do that? Because those two things are integral to my feeling like a person. They matter so much to me, so why would I move on from them or stop talking about them when I share my own life just because I'm always talking about them? I'm always talking about them because they matter. I think we get caught up sometimes in this idea that we're supposed to be well rounded and great at a lot of things and have varied interests and not be boring and all of that. But if I spend all my free time reading or listening to music, maybe throwing in some walks, a few shows, and definitely just hanging out with my people particularly with food, I can't tell you how happy that makes me. That's all I need. That's all I need! So it's been saving my life to realize that, to not stop reading or chill out on all the music, Kendra, because it's what I always do. I always do it because it matters. So I want to stop trying to broaden and instead go deeper with what I love the most, with what makes me feel like myself. So number nine is knowing what matters and not deviating from it.

And finally number ten: my book is done. It is written. It is finished. And I can breathe again. If you're new here, I am a writer of books, two in particular, just two. The first one I've mentioned already; it's called *The Lazy Genius Way*, and it is a book of 13 principles that you can apply to any area of your life from skincare to reading to organizing your freezer to finding a job to having a baby... all of it. It's a book that helps you Lazy Genius anything, no matter your life stage or personality or situation. I just finished writing *The Lazy Genius Kitchen* which comes out in a year, but I had to write in ten weeks. And then I had another ten weeks to edit. So that's a book from idea to locked manuscript in four months. Which is very very very very short. Very short. And my body and schedule and sanity have taken for sure, but I knew that going in and my family made the decision that it would be worth it. That we would rally and be lazy about some things for a little while, and we did it. I wrote the book, and we're still here. But what's saving my life is that it's done. Because that process was so hard. I Lazy Geniused as best as I could, and really I think it went well, the process of writing a book in such a short period of time, but I would be lying if I said oh it was normal it was fine no changes now that it's done. No there are changes. Just because that season went well in terms of how we planned it or whatever doesn't mean it wasn't hard or even more so that I'd want to keep living that way. No thank you! So I'm glad the book is written. The hardest part for me is over. Some authors I know love writing the book or editing the book. I love sharing the book with you. I love coming up with fun ways to get the word out and show you what's inside and see it in your hands and celebrate it. That's my favorite part. And now we're heading that direction which is really fun.

So those are the ten things that are saving my life right now. Remember all the links are in the show notes, and if you want more in depth info particularly about my skincare products and my spring reading queue, be sure to join the mailing list so you can get the Latest Lazy Letter. And share your own things, too. Even just naming them for yourself is really helpful and encouraging and inspiring even. So make your own list. As we've learned from our friend Laura Tremaine at the podcast 10 Things to Tell You and who wrote the book Share Your Stuff, I'll Go First, it's important to share. It makes a difference in our relationships, so I encourage you to share something that's saving your life with a friend and invite that person to share with you, too.

Okay, before we go, let's celebrate our Lazy Genius of the Week! It's Wendy @unearthinghome. Wendy's post caught my eye because she shared a recipe for a food I do not even know how to say - pannukakku. I think. Apparently it's a Finnish pancake I had to look it up, but the point is Wendy shared her pannukakku recipe because she decided once - Lazy Genius principle #1 - back in September - that she would make the pannukakku for breakfast every Sunday morning and has been since September. She says, "in my mind, weekends are for relaxing, so pick one recipe and make it every Sunday. Mine is pannukakku." And I loved that because it was so simple, it's a clear way of using the principle Decide Once, and it was a recipe I'd never heard of before which is fun. So thank you, Wendy, for being a Lazy Genius! I'm excited to see what else y'all post this week and who will be the Lazy Genius of the Week next week!

Okay, that's it for today. Thanks for so much 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!