

Transcript Podcast/Vlog Style and Give - Being REAL with Jenny Matthews Q104 [Episode 13]

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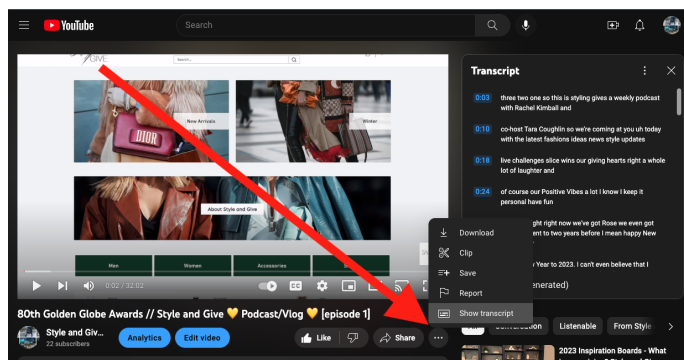
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Transcript

Intro

0:00

**yeah all right Kath we're we're going live now all right well hello everyone
welcome to style and gives weekly**

0:07

podcast with Rachel Kimble and Tara hotlin and our amazing special guest

0:12

Jenny Matthews she's with us today and we're going to we usually talk about fashion fashion ideas news we cover our

0:19

life's challenges lice wins we talk about our giving hearts and then we of course give you a high dose of

0:25

positivity because that's really what we're here for this is why you guys are my friends so uh if this is something you're

0:32

interested in you can hit subscribe you can share tell your friends like it um because we're here every week yeah

0:38

this is so great and so Tara Tara's going to talk a little bit about Jenny real quick because if

0:49

so I was like thinking about this I'm like we met when our kids our oldest kids were two and a half yep they went

Old Friendship Jenny and Tera

0:56

to school together at Oak Hill and I met Jimmy and I'm like oh we're fast friends

1:01

right away oh we clicked immediately I mean I'm like oh you're my people and so it just we just

1:07

not for nothing but sometimes with a private school you can come across some people that aren't you know your people

1:13

I'm just saying

1:18

yeah we met and instantly clicked and it was just like so cool so so awesome so

1:25

yeah when you find your people when you find your people they can help us it helps I agree and you know and we don't

1:30

chat and text every single day but it doesn't matter because we always pick up right where we left off and I love you

1:37

know and we laugh hysterically that's what it's about being able to crack each other up and be there for each other

1:43

because I think you are so funny because she tear up truly well until I met you because like you both I just put you in

1:49

the equal category of my most fashionable friends I will thank you Jenny but I always feel like I just I

1:54

roll in with my athleisure wear sweats or whatever and like Tara's put together and it was one of the first things I

2:00

noticed even at you know we were a kid's birthday party or something and it's just like oh my God she is always just so cute and so put together but what I

2:07

love is that you're all put together but you're still a net and I love that about you yes I mean you're just real and

2:15

that's one of my favorite things about you but well that's why we connect I think yes like you're real like we just

2:20

keep it I mean we get silly and real yeah and it's easy it's easy and I think that

2:27

that like it's just goes from one thing to another where it just feels like it's meant to be you know just like

2:33

so you are Jamie are just so personable and sweet and what it helps too like when your husbands are friends your kids are friends right that makes a big

2:40

difference and yeah I mean it is crazy to think we've known each other for so long that we were just meeting up at

2:45

parks and stuff with our kids when they were on the swings I mean and now we have middle schoolers and I mean it's

2:51

just great it goes so fast it does go so fast it's scary but good say our

2:57

connection just so I guess would you want to explain how we all know each other but so I met you years and years

3:03

ago and we've just been friends ever since and then also through school yes you and our boys are he calls having his

New Friends Jenny & Rachel and now Tera & Rachel

3:10

best friend the other day oh and Teddy Teddy thinks he's his best friend too yeah yeah they love each other yeah and

3:16

then with hundreds with their hunter in there because oh yeah they're always together

3:21

check on each other so that's how even Jenny introduced means Tara and we became super fast

3:28

because every time I would think about you you remind me a lot of her and then vice versa and I was like what is going

3:34

on these two need to know each other so actually we're all supposed to get together for right a brunch and then of course one of my kids was sick because

3:40

everybody's always sick in my house right illness like nearly every week

3:46

this entire winter and I'm just I'm quite frankly I'm done with it but um anyway so I I couldn't go but I think

3:52

YouTube still didn't went to a French restaurant stayed there for like three hours yeah and then committed to seeing

3:57

each other like every week to like you know make our dreams happen and to you know encourage each other and so yeah

4:03

you know you knew it you just

4:09

whatever Jenny says it's it's that is it's Bible it's true if you need to do it right you know I mean we all connect

4:16

and it's you're everyone's friend that is true

4:22

that is true uh the morning show I look forward to my mom definitely always listens to she's she's taking Teddy yet

4:29

she listens if not I'm listening on Q104 and I love you and your um your your host with you I might kill her in Mike

"Meet Your People" - How I met my Radio Q104 Co Host Mike Kellar

4:37

and I it's funny fast friends I really just do believe in life like you meet who you're supposed to meet

4:42

it's not for a great purpose you know you have some friendships or some relationships that teach you other things right but when you meet your

4:49

people you just know it and that's exactly how Mike and I were we connected instantly I remember I was over at Mix 93.3 for like 16 years and the

4:56

opportunity came up to do mornings on Q104 and um you know I said but I don't even know

5:01

I don't know Mike and Mike's like I don't even know Jenny so right you didn't know the powers that bee said

5:07

well why don't you guys get together for dinner or something and just kind of see if you even connect and so we brought

5:12

our spouses and we all met for dinner and what I thought might be a an hour of

5:18

my life it was a four hour we shut the place down wow we knew when you know you

5:24

know we knew immediately right and I've never had such a connection radio is different you you really I mean

5:30

you can't be awkward you have to you can't you know what I mean

5:35

you know like with our silences or like you want to talk about yourself can't see that like you're like okay I

5:43

got this and it rolls very nicely with you I've never it's never awkward which

5:48

is amazing and that's why we know we were

5:53

absolutely meant to do this together but it is so funny because we were
co-workers for years five years probably

5:59

four years and the the most we always laugh about it now the most we would do
down the hall is just like hey how's it

6:05

going and then now you're like what coffee are you drinking machine we know
more about each other

6:10

it's it's comical how much we know about each other I mean aside from my
husband

6:16

like he knows more about my life than anybody it's it's really cool friendship

6:21

and I'm grateful yeah it's great [Music] the synchronicities of like meeting

6:27

people when you're supposed to meet them I think that that's something I know
we're gonna talk today we're gonna get a lot of stuff you want to talk about but

6:33

like just you know like being in the right place at the right time but it really is it
or is it just Divine you

Faith and Relationship with God - "For I know the plans I have for you"

6:38

know it's just Divine yeah you know someone's looking out up there and they
just connect you when you need

6:43

to be connected well and I think for a long time in life um really before when I'm
gonna go religious on us here but

6:49

before before I had a relationship with God like I I just would have probably

6:55

thought about coincidences but really the older I get I think all of us start to
realize there's got to be more to it and I I don't believe there are any

7:03

accidents like that I believe and even the the crazy things that happen in our life
I believe all of it is just so

7:09

mapped out and it's all part of the plan and that's why I got a tattoo that said for I know the plans I have for you I

7:14

love that um [Applause]

7:27

you also have a new but let's talk about your your new collection uh with Ash "The Bring It" Tee Shirt Collection with Etch Life in Liberty MO

7:33

life and when that comes out and I know it says it's the bring it collection can you talk a little bit about that and

7:39

who's helping because uh you're really into the charity work you do a lot of charity work which is wonderful well and

7:46

that's another example of a connection that just how did that happen you know what I mean

7:51

how do you meet the people that you meet in cross paths so Carrie who is one of the founders and owner of etch life

7:58

which is a Christian Boutique in Liberty it's on the Square in Liberty Missouri yes and um it's darling and I've come

8:05

across their stuff just over the years at different like the holiday Boutique or you know what I mean they always have a little setup somewhere and my mom came

8:11

into town a few weeks you know before I met Carrie and we just happened to pop in there and do a little

8:17

shopping anyway so I had posted a picture of myself wearing just one of their sweatshirt I think it says like

8:23

his plan his Pace his plan his path his plan I got champagne his place

8:29

yeah but um and I wore it and I put a picture on Instagram and I tagged them just because I love to tag I love

8:35

supporting local and I do and I just I appreciate just people take look at you

8:41

guys just like you're doing this you know what I mean you take a chance and you just you do what you love and Mark but I'm so happy it's out there yeah

8:47

it's out there and uh I think if you're doing what you love it comes so easy totally so easy right

8:53

totally agree and that's how it just you know and that's probably you had that sweatshirt on and they were like that's our girl right

9:00

she we started having a conversation here's what's Wild her husband is that wiener from KMBC I don't know if you guys are KMBC that's my that's my

9:08

channel like we all have our people on TV or whatever and those are my people and so and I had even said that one time

9:13

on his Instagram and she just said I I have to I have to we are supposed to know each other do you know so um yeah

9:20

so anyway that's the long story short is We've Ended up collaborating um I told her about my idea to get this

9:26

Bible verse as a tattoo right and so we came up with the idea to do a collection so we've got shirts that say bring it

9:33

and on the back it has the entire well before I know the plans I have for you but it's Jeremiah 29 11. so we have um a

9:40

Bible verse in the back but bring it on the front and bring it because again I've been through some great and you've

9:45

been here for all of it yeah

9:50

Boy you know you are I love that you share it with everyone and you're very transparent with all of us and I mean

9:57

that's it's it's so refreshing it's everyone needs to hear everyone wants to hear it and

10:02

you're sharing it with all of us we but we do and like I said

10:09

you and you do you always you have the perfect on the outside you really do
you're darling like head to toe but you

10:14

you stuff oh all about it

10:20

about it yeah you go through things and I think the ability to be able to share
them

10:25

and and connect with people that way and for people to know that there's of
course everyone's going through

10:31

something you know and you know sometimes you might not think that but
that's just not the reality and I'll

Infertility Issues & Miscarriages ("Don't feel alone") and even more

10:37

tell you the very first time that I really learned that and saw that I don't even
know exactly why I decided to get

10:43

bold and talk about my infertility issues on the year but that was a three-year
like pretty massive struggle all of that I mean there's a whole

10:49

there's just stories upon stories about infertility but I started sharing about that
on the air and then on social media

10:55

once you know that became a thing and I couldn't believe the amount of people
who reached out and just just to say

11:01

thank you for making me feel less alone because miscarriage is so common and
I'm

11:07

gonna be real with you I didn't know anybody that ever had a miscarriage and
now I feel I do feel like our world is

11:13

getting better about talking about infertility and opening up that conversation
but when I brought it up it really wasn't talked about and I was

11:19

just so happy to be able to be there for people who need because I knew what I needed I would have loved a friend who was like girl I've been there I get it

11:26

you know so I think just um I love that that is a conversation but that's so it kind of opened my eyes that okay I think

11:32

this is what people want like let's talk about our stuff they want it I mean I do

11:37

even that's who I relate to is anyone that's going to be real and honest and just share and just tell us what you're

11:42

going through tell us your deal because why not why not together yes

11:50

yeah I mean I I just fully believe that there's there's hope help in that and

11:56

hope in that and for other people so so but then like that so this is why I have a Bible verse about God's plan because

12:02

then like I thought my infertility struggle was it I was like okay that's my story I got through it

12:09

I've never take that for granted but you know I thought that was like the end of my struggle

12:15

and I will go into all the details but my gosh I had a surgery gone wrong I ended up with a colostomy bag and

12:21

multiple multiple surgeries on my intestines and so the reason I got the tattoo where I did is because I used to

12:27

just stare at the scars from all the surgeries and right now I don't look at them because I just look at my pretty tattoo and that's gorgeous it's the end

12:32

of that um and then I thought okay that's it like that's the end of my story right and then you know God had other things

12:39

so then last year my nose was bit by a dog and and I don't mean just bit he was Dog Bite on the face on air: "My nose was detached" ~~ "Leaving internal metal scars"

12:45

like stuck on my face for a period of time and um my nose was detached and I had

12:51

plastic surgery and I honestly the plastic surgeon Kudos like oh what's up Dr camera he's awesome but shout out

12:57

shout out um but but there's mental scar there's so many mental scars with all of these

13:02

things and people can't see those things and that's what this leads into mental health but that's why I talk so freely

13:07

about all of that because just because it looks good on the outside it doesn't mean it's okay on the inside I agree

13:13

it's that trauma that you have that maybe you tuck away a little bit and I

13:18

think a lot of us might tuck away that trauma and then all of a sudden it might come up with something else if you're

13:24

not able to kind of deal with it and cope with it for sure but it's always there right because you know if you just

13:30

don't automatically get over it but it is something that you know you have to work through but that's what our society

13:35

I feel like is really bad about because I'll even say people who were there that day in the studio it happened at work we

13:41

were on the air that's another story Brett heard oh he was listening oh my goodness

13:48

because Matthew was listening and he texted me he's like did that dog just eat you and I I called he's like

13:53

something just happened I'm like what yeah wow yeah it was pretty it was crazy

14:00

but um yeah I I don't know I just think talking about all of it and it's helped

14:05

me and even talking about the dog you know bite really helped me because I had no idea how common dumb bites actually

14:10

are I mean that's and sadly it happens to kids so frequently right and all I could think of is thank God this

14:16

happened to me and not a kid with this particular dog um that just would have been that would have been absolutely awful but yeah I mean it helps me as

14:23

much as it helps everyone else but there are times I'm not gonna lie where I go to bed and I'm like did I so over share today was that too far

14:31

I don't think so I don't think anyone would think that I hope and you know what and it sounds too bad cheers why no

14:39

but I do think the little people relate and that's what you know you might think it's over sharing but really it's like people who get home and they're like oh

14:45

well yeah I've went through things that are similar you know or I felt that way I felt that way I felt that way about

14:51

maybe it's different but but sometimes we just want to brush

14:58

things under the rug that really we need help with or just sharing even with a

15:03

friend sometimes you might think oh I don't want to burden them with this or am I going to tell them too much and

15:09

maybe they're going to think that I'm not coping well enough you know that I know that I you know with things that I've been through I know I'm like oh

15:15

gosh or they're gonna judge has to be judged yeah for my you know actually you

15:20

know I've got a lot you know in my back pocket there as a mother and just dealing with that plus shame the shame

"The shame you put on yourself" ~~ "Hot mess" Trauma and working through.

Tools to help Meditation

15:27

that you put on yourself which I just like I didn't realize how much I was actually putting on myself and that

15:34

you're like why am I doing that like where is this coming from like why am I shaming myself like you it's almost

15:40

like you shame yourself more than anyone else does because they're not really doing it but you're doing it and I think

15:46

that that's something that you know to get to the source of that whatever that is you know

15:51

um through therapy through uh your you know through spiritualness whatever

15:57

whatever it is you know we all have like our routines that we go through to kind of help us I know I'm a huge I've shared

16:03

it I'm a huge meditator I love that about you I feel like we're so in touch with your

16:08

soul but no I really I I started it I think I've done over 1100 days of meditation

16:16

um and it has changed me I don't I don't I'm not I think I was just really quick to

16:23

anything like you know instead of just being maybe more relaxed my mind is able to

16:29

you know I was able to basically manifest style and give in my mind like literally it came to me through

16:34

meditation because I got so clear on what I really wanted in my life and it

16:40

actually heals you it's been said it heals your brain like it heals you which

16:45

I was like oh whatever you know but that if you commit you know and during you know covid I had

16:52

three hours before I had a lot of time

16:58

three hours a day because I was so it was so calming to me it like just shut my nervous system down and my brain was

17:05

able to you know you're getting get back into your conscious mind and your subconscious and it's just it's an amazing thing so that's what helps me

17:11

every day um but you think about the world we live in and just technology let's just talk

17:16

about our phones for a second oh yeah and we're all every one of us is guilty of you know checking for what I don't

17:22

know um or just and I don't know if this happens to you guys but I will get overwhelmed with text you know this because all it'll take me forever to

17:28

reply to something I I saw it I know it I'm thinking about it I just I get totally overwhelmed and then I shut down

17:35

right and I don't and then I can't do anything I don't even know if that makes sense but I just feel like if there's just we're so our minds are just when I

17:42

see something on Instagram about so many tabs open it and at one time you know about in your brain it's true yes and I

17:49

there's something to be said I love that you care that much about your well-being to do that that's so good and healthy to

17:56

meditate and just to get uh just decompressed yeah and I would highly recommend I mean it I'm gonna tell you

18:02

that I'm gonna say it and I'm gonna mean it it changed my life yeah things in my

18:08

life got better I became more grateful and that's something that goes hand in hand I believe with meditation is to

18:15

because you're really training your mind to think differently you're you're training your mind to think

18:21

you know I've got this I'm you know you're not you're not these negative thoughts are going away and then it's

18:27

it's what am I grateful for every day switch your mindset okay I got socks on today that's great I could afford that I

18:34

got it then you can start simple that's how I did because I had no idea you know I was like oh all this stuff's going wrong in my life

18:40

okay well then start being sick do the simple stuff right for five minutes write down everything you can and start

18:45

with the very Basics my car started today my son got up and he's healthy you know he was singing in the shower you

18:50

know things that you know and just write that down and I do that during the day when I start to get in a a net like if

18:56

I'm if I see myself kind of going into more of a negative mindset I out loud say

19:02

I just opened you know the refrigerator and it's full of food yeah and guess what I get to you know I do

19:10

I do do I started a company that I love and I enjoy just just everything the trees are out so it's warm out you know

19:16

on that note I think that's why we're sharing about the traumatic and crazy things that have happened to me came

19:22

from because it's like I was able to find beauty in the ashes and Beauty out of like the terrible things and

19:29

um I think there are different mindsets I think you can take what you can be a victim right oh yes and you can live in

19:36

that and you can stay there if you want to the only person you're hurting is yourself and I realized that pretty quickly I'm

19:41

not saying have like have your moment don't think I wasn't down and out and really depressed and like having a time

19:47

you know for the first few weeks you know after the nose happened or after my surgeries or whatever but I just I just

19:54

think there is some message or some good in all things I really really believe that and I'm and I think that's all of

20:01

us having each of us having a story and sharing yes those things and it's funny just because I know you guys so deeply

20:06

and so well I know I know things about you know your lives and stuff and my goodness again this looks very pretty and this is good hi yeah

20:21

that's why I love you extra because it's it's real yeah it's real you know people

20:26

go through things uh and I do think also what I had learned from this and this I'm I'm

20:32

very spiritual and you know once I get into meditation it just like started rolling off it um the vibration that you send off so I

20:40

guess there's like this vibration scale where you know at number one you're you're you know

20:45

emulating Joy you know and it goes all the way down to you know like 22 which

20:50

is like you know fear and anger and all this and you know you want to stay in the top seven you know you want to try

20:56

you know try to emulate you know the happiness and your your light and you know that you're that you're you know

21:03

giving out to the world and I think that if you're able to stay in that people pick up on that you know even though

21:09

you've gone through some things just trying to turn it around or and there will be bad days that's the thing you

21:15

know me telling myself saying I'm not having a great day today and that's okay that's

21:22

okay you know because before it was like I gotta get myself together what's wrong with me why can't I get you know just

21:28

tune this in then she passed it and knowing that that there are better days I mean I couldn't look through my and

21:33

sometimes I do look through my camera and look at oh especially during the nose just because it was such a visual

21:38

thing right there there I am and these stitches and these surgeries and this looks terrible and oh my God and then I

21:44

just watched everything kind of progress and it's like oh but there I am smiling having ice cream with my kids like three

21:49

weeks later and do you know what I mean there's always a better day and I don't want anyone to feel like they're ever

Mental Health, Deep Anxiety, Depression. Infertility "Cold Uterus". Traditional Medicine (Rx & MD), Friends. Dr. Mary Zhang - Traditional Chinese Medicine Acupuncture.

21:55

just stuck in a moment and they that they can't get out of you know that's why again why I speak so openly about mental health because I struggled with

22:00

anxiety deep anxiety terrible anxiety we've talked about this for most of my

22:06

life and then what I didn't realize is that there was depression right there holding hands with it but

22:11

and the anxiety overtook it to where I didn't really see the depression and then I started taking antidepressants

22:17

right and it totally got rid of my anxiety and then I was able to see just all of it so clearly and realize

22:25

that my god there was this Cure All Along um and I do believe there's the work you have to do

22:30

um the work you have to do to get through it and some people would call medication a Band-Aid for me

22:37

um I I believe I had some kind of imbalance in this right to correct that right I'm not saying it's not a little

22:43

bit of a Band-Aid to work through but um you know I I don't know I just I just

22:50

think it makes me it even helped my anxiety level just talking about all of that just and then people would come

22:55

reach out and say oh my God you I had no idea like there's days I feel like I can't even leave my house I'm like I've been there I had a doctor say to me once

23:01

and I had panic attacks too the Panic is real and just hearing and it was it was

23:07

you know Dr Mary Zhang she's actually an acupuncturist

23:13

yeah the area she said that to me and just having somebody say it to me that I was not it

23:21

wasn't in my head you know where I was like I was like wait a minute I was on the ground at Target and you know like I

23:26

literally was like felt like I was having a seizure I could breathe right in the parking lot I think you're dying and it's not just oh yeah yeah it's real

23:36

and then so having her say that and I I went through uh fertility issues and went to her for that yeah too and she

23:42

told me my uterus was cold was your uterus cold no she said I mean I was really a fear I

23:49

think I was having a lot of fear um and panicked you know and and that was again she saw John and you know my

23:57

former spouse he told I think she said to him you eat you eat too much sugar because she looked she made him stick

24:03

out his tongue but you know I was really thinking about

24:08

going back to her soon just because she really does hurt she does amazing things and sometimes you think well I've got to

24:14

just go to the main doctor which yes I do agree 100 psychologists you know yeah just all of that too but there is a lot

24:20

of holistic medicine you know Reiki healers that that you know like with energy flow which I don't know anything

24:26

about this I would literally five years ago to like yeah right whatever but then you know going and getting acupuncture

24:32

and then really feeling a difference if you've never done it it's even hard to explain but it is it is it's wild I

24:40

mean there is absolutely something there's a healing thing with it I remember with Mary though this is just kind of a funny story but when I was

24:46

going to her for infertility I don't know if you ever had to do this but of course my uterus was cold who knew and

24:51

um she had me I was at this point I would have like drank my own urine to get pregnant I mean it like right whatever to get pregnant and she I was

24:58

taking all these Chinese little herbs they look like little Beauties and I was taking I mean like 50 of them a day and you know me I was not arrested bigger in

25:05

life you know and so I ended up doing that and then at night I had this kind of like incense that I had to waft over

25:12

my belly Matthew thought I thought my mind what are you doing anything yeah anything 30 so I like the

25:20

doctor that I went to see um for my fertility said this will increase your chances of getting pregnant by 30 and he

25:26

had documented over like the last 20 years oh there are studies so I was like okay

25:31

too so you know I do Band-Aids I know okay and I was like

25:39

what's going on it wasn't out but I knew like I was like you know like I would if

25:45

I didn't have them I was like I don't think they're working anymore I gotta come back in and get some more but it is real it does work it does work for me

25:51

and you know yeah she was lighting lighting at cups on fire and putting them on my back they're like what in the heck happened

26:00

she makes you feel like it's so true and it's so real that you're just like whatever married like what are we doing

26:05

today you know

26:12

I would imagine but she's really good but she's she was very instrumental I think that's the

26:18

first opening that I had of like some kind of different type of medicine and you know different type of way to maybe

26:25

heal myself and then that then you know meditation caught on and now I'm like but I think that's it but I think that's

26:30

important I really think this whole conversation is important because I take Prozac I mean I take medication for my

26:36

mental health but I'm not saying that these other things don't help it tremendously for some people maybe

26:42

that's all they need you know it's whatever I try everything under the sun except for meditation I feel like maybe

26:47

I should have given meditation more of a go but to cure my to cure my anxiety and I for me it took traditional medicine to

26:55

do that but I believe like why there's nothing wrong why would we not try to

27:01

right go all the other Chiropractic okay I don't know if you guys are into that but yeah yeah if you walk out feeling

27:09

like you're standing well you are standing up straighter but you know you yeah well I was always totally afraid of it I thought oh my God yeah

27:20

whatever but um no there's something to that I mean I've been healed several

27:25

times with chiropractic care so I don't know it's just finding what works for you and that we need to stop judging as a society other people's choices for how

27:32

they handle whatever they need to handle that's true we're all in different boats you know take to different things it's

27:39

well that's true and there's such a that's the medication thing but there's such a stigma around that that I even as

27:45

a person who struggled with mental health I mean I Xanax like my doctor would give me that and I would feel this

27:51

enormous guilt like I'm doing something really yeah wrong and it's no that

27:57

helped me a person that needed it to breathe for the day you know and we just

28:04

we have to break the stigma around all of it and we have to stop judging people's choices with all of it because again everybody's in a different boat

28:10

everybody has a different need and we just shouldn't be we just shouldn't be judging any of that all right sorry to

28:16

get on my high horse now I'm so passionate about it that's true I mean you know everyone feels guilty or bad or

28:21

I mean someone's looking at me I don't think I'm making more friends

28:28

so when I opened up about taking meds for my anxiety I can't tell you all the emails and messages I got about that

28:34

people just saying oh my gosh I've been on them for years people that I would have never even expected yeah here we go open up that

28:40

conversation yourself I think yeah that's I think that's wonderful that you're able to share that

28:46

and I think people need to hear they need something needs to change right yeah right like something needs to change

28:52

where people are more open and the media is more open I think uh because then

28:57

that just helps everyone you know well yes and on that note um I would have people message me and say I am not nearly brave enough to uh

29:05

you know speak openly about it and I get that too even in fertility I spoke openly about it for those who can't

29:11

there are a lot of people who that is very private battle but they need to they still need to know they're not alone with it so I get that too and if I

29:17

have to be the loud voice that shouts it out that's just that's what maybe I see I feel like God gave me to do I mean I

29:23

feel like he really put me in this career in this platform to do this I

29:28

I fully believe that I think that just also like living your being and able to

29:34

live your true authentic self and be your true authentic self and not have to hide that once you're able to

29:41

really get into that I think that the sky's the limit really for you and but

29:46

it's so hard because sometimes you just don't maybe want to show I'm getting teary-eyed maybe you don't want to show

29:52

who you maybe you're afraid that that is gonna say to somebody oh they won't maybe like me because that I have dealt

29:58

with a lot of self-esteem issues with that and that's something that or am I gonna

30:04

what are they gonna think of me how are they going to feel about me when in reality it's how do I feel about myself

30:09

like it was it's about how I'm about me and I've had to work on that very hard and I know that a lot of people out

30:16

there don't want to talk about that that is you know your self-esteem and how you feel about yourself and how you carry

30:22

yourself you know it is healing that and being okay with that is a huge thing and

30:30

I feel like in America at least when you know with social media and with everything we might be comparing

30:36

ourselves to others instead of just being who we really are and being authentic I'm trying to get back to that

30:41

how do I how am I able to be that true authentic person that I am supposed to

30:48

be and exude and so like that's like what I'm really trying to do this year is just trying to be be able to do that

30:54

yes and I just know that's all I want to surround myself with too I'm not I'm not here for fake you know let's be real and

31:01

I quite honestly probably the more messed up you are the more I love you because it's like I just appreciate

31:07

people for all the things that that they've been through because I mean I don't know I just I even look at my

31:13

growing up and I I come from divorced parents and we had a very it was just but it was a very ugly situation

31:19

um and I was always embarrassed about a lot of that you know and then I had a brother who passed away of a drug addiction but I was very embarrassed

31:26

about that and I felt that was going and people were going to look at me and Judge Me based upon his choices and

Growing up and my brother passed away from a drug addiction. "Getting through the depression and getting back out"

31:31

things like that so I mean it's right there and then all of that all of that just compounds and makes your self-esteem you know you just start

31:37

feeling less than and embarrassed and whatever and then I don't know I there's

31:42

freedom in being authentic and talking about it and just saying yeah this is who I am this is part of my story and things weren't Rosy yeah and I think but

31:50

and I know like there's a grief to that that kind of is this your Shadow Self almost were great and I've heard someone

31:57

say this and it's true grief as hell when you're going through it I also lost my brother to an overdosed

32:03

um and so yeah sorry yeah Jenny and I talked very openly about

32:09

that and Casey um you know my grief through that was just

32:15

um my family's grief was just so you know you I you just you need time by yourself but then it also it affects you

32:21

so much um and that trauma and then you know grief is hell that that's what they say

32:26

you know it's a wave it goes you go through so many different emotions and with that you know you're probably you're also dealing with you know I feel

32:34

like there there's a depressive state to that right and you just have to get through it and there's no timetable to

32:39

that you know and so I know like we both have openly said you know that that really affected us and affected our life

32:46

and how we felt about ourselves and you know just getting back out there I was afraid to go out I because if someone

32:52

even mentioned my brother's name I I couldn't I would start crying you know I was just like you know they'd say

32:58

something and I would just be like you know just it would just said I was like I don't want them to see me like but then in reality I did brush my hair for

33:04

three months I mean I really like I had to call uh Arista Hair Solutions and say I had another life

33:17

because that's really what happened um but yeah and I think that's you know grief is like that it it can you know

33:24

you don't know what you don't know what waves next you don't know which you don't know when it's good yeah and it comes in different ways you know you go

33:30

through anger and then you're you know you're like oh this really didn't happen or you know you're you're in denial you're in you know so it's a waterfall

33:36

of all and with my brother it was um you know he was an addict for I mean I can

33:42

remember a very little portion of life where he wasn't you know he started very right and

33:47

um anyway but I I just um I feel like when he passed there were a few

33:53

different emotions going around um he didn't have very many close uh friendships and things like that because

33:58

he was an addict and he was living the attic lifestyle so he and I think there were people in our family who thought it

34:05

was a relief you know he's he's fine he's at peace he's a part of me I believe he's at peace you know and I'm don't get me wrong

34:11

but um it was hard for me though because I knew there was more to him than his addiction

34:16

and I didn't want that to get lost so I tried anytime I can to share about the

34:22

beauty that you know he his musical he was funny he was he was so smart like this kid seriously

34:28

could have been anything and I just it's heartbreaking and that's when it's hard when you were telling me it was like a

34:34

mirror to my brother like he could have been a doctor yeah there's so many things he was a musician he was totally you know he's

34:40

funny whip smart hilarious um and so when you see that you're like you don't want people to forget that

34:47

because it's so easy to kids are like well it was drugs yeah

34:55

but there was so much more to um his soul and who he really is this person and and I I get that 100 Jenny

35:03

yeah because you know I I don't want that to get lost and um I also I'm not gonna pretend like he was just you know the most you know that he he was doing

35:11

all the right things all the time he wasn't he lived a pretty shady lifestyle for a good chunk of it but I know that

35:16

he mattered and I also tried to use his story as part of my story to share that

35:22

message because addiction is a disease right and it affects you know we talk about these pretty families and

35:28

everything looks great well I guarantee you there's some someone somewhere in that mess has you know has

35:34

has had some kind of experience with addiction and I I don't think it should just be the definition of who a person

35:40

was or is no and I think that they actually I I recently hold it was like it in every single thing

35:47

to be so it is because it's just so rampant right now um and so yeah I mean that's that's another part of the mental

35:54

health and and you know getting trying to get you know help or you know what I believe so strongly now just being older

36:02

and wiser and all the things but just I totally believe if my brother had had some help with his mental health along

36:08

the way yeah that that could have been that could have changed everything I

36:13

don't think that was never treated but it was I anxiety as a child I mean I couldn't I was fearful to go to school and I just remember my mommy God bless

36:20

her like she just you know you only deal with the tools you have but she would just be like I'm gonna go to prison if you don't go to school and then I was

36:27

like just because I'm like my mom's gonna go to prison but what's she said nobody realized it was anxiety and and I

36:33

I couldn't even explain it but it was like I said something was off and

36:39

it took my whole life to figure out how to fix it but I feel like I finally did you know

36:45

you know you know we had the resources but nobody talked about things no no and now I think even after coveted people

36:52

are I know Jenny and I were able to like really you know talk about our brothers and some of the things that we had been

36:58

through I think people are more open to sharing because you know a lot of people lost their parents both their parents

37:04

through this um they're you know just there's so much there was so much loss that you know

37:09

even before then and then that hit so I feel like it was just I think people are more open to saying this is what I went

37:16

through and and now with mental health I think that it's a it's a cry for help now in the states at least I'm sure all

37:23

over the world um to to get help or to you know know

37:28

where to start to find help um which well that's the other thing too and I'm just gonna say this in case this

How did you seek and who did you see for help?

37:34

is reaching someone and touching someone who doesn't know but people have asked me they're like who's your psychologist or whatever I went to my OB

37:41

my OB GYN and that's where I started now I also see I have a family doctor who he also treats me for it but I I didn't go

37:49

I really didn't go to a psychologist for any of it and I'm not saying that's right or wrong or whatever but I'm just

37:55

saying there's help there's help all over you know it's not I think it's again with the stigma people don't worry

38:00

about it so people don't realize it's okay to talk to whoever you need to talk to but go to a doctor go see your

38:05

whatever doctor you're comfortable with they can at least guide you to the next point they can get you a good place to

38:11

start I feel like I asked her for everything I'm like well she's kind of my friend not really I mean I wish she was but I'm sure she is

38:22

yes I'm like I guess I'm just gonna ask Dr Carter because she knows everything

38:27

she'll tell me what to do or she could at least tell you what it is a great thing to mention to people because you

38:33

sometimes just don't know where to go and that's okay I guess oh ask your eye doctor I don't know I mean

38:39

I don't just know a lot

38:45

I've been in the same practice with my um you know like who I see uh as my

38:52

psychologist psychiatrist uh for many years so like I feel like blessed to have that but you know then we had the

38:58

doctor retire but then he had another doctor come in but yeah I mean like it's you just don't really know where to go

39:04

you don't know how to get into people and so starting there they can definitely uh get you into where you

39:10

need to go or get you that referral that's why the conversation has to be because when people

39:18

feel and then you do go in your room your room I'll hopefully come out of this phone you know but either way so

39:24

right right or if I exercise enough I'll feel better or yes you know because I know we all have our routines you know like or if maybe if I started eating

39:30

better which I do think all that helps I agree agree um and just getting out I know with me it's it's me getting out

39:37

into nature that is what you know like I literally had someone tell me like oh to change

39:42

your energy rich go hug a tree today and she's like I'm not kidding it was

39:49

like okay well you know like and I haven't done that yet because but but you know I'm probably gonna do it today

39:54

but just like I'll do anything I'll try anything yeah it's gonna you know like change my energy level or whatever but I

40:01

do think with me it's getting out in nature and and yeah I have put exercise back on my back burner here lately and I

40:07

can feel it I can feel it but I know Jenny's working out hardcore right

40:13

you're getting back right yeah but I'm gonna keep it real with you I'm I've always been this way I'm older than

40:19

nothing and I've tried to write that mentality for a little bit I did but now I'm back to that again and I just it's I I've got to stop that it's just because

40:25

you do you feel a thousand times better when you're working out and I don't even mean like hitting the gym three times a day I'm doing like a couple mile walk

40:32

around the neighborhood you know just getting some fresh air and getting out and moving your body and actually every uh personal trainer and everything else

40:39

I've had is just said it's just moving your body just move and I do it's I mean I'm always with two kids you know I'm

40:44

always on the move anyway but right just that time too I loved my favorite thing is truly to walk and just put on a

40:50

podcast or whatever I need to speak things when I'm out there you know I like cats

40:57

are coming up to me and that dragonflies thrown around right it's that's what I love about it but yeah I agree I agree

41:03

just getting out and just taking that walk and I know Tara you're really good about exercising because every time I'm like what did you do I got on the bike

41:12

I have to move and I have to exercise because for me it just makes me feel better and it's just part of my routine and I feel

41:19

like if I don't then something's missing so um like I said even if it's 30 minutes I'll walk on the neighborhood

41:26

and my walk so I'm happy I think that's really good and is there anything that you're you guys are wanting to like try

41:32

like something new in your life or like something that you're like wanting to track more of or just like like I was

41:40

trying to think about this because I was like okay well obviously abundance you know like obviously that like I'll take

41:46

I'll take but you know thinking like I was really trying to attract better friendships you know and I feel like

41:52

that's that is really coming to me you know especially the last year you know

41:57

like really getting into some friendships that can I can go a little deeper and then grow but I don't know if

42:03

you guys were thinking about anything like it can be something like I mean

42:18

five days ago and now I was only a beer her forever and then I

42:23

realized no it's the things I like I love champagne so yeah okay so you're ready coffee cake and yeah Tara what are

42:30

you thinking like you really got you've done a lot of new things like this year right I have I mean obviously the

42:35

podcast is new for me yes it kind of got me out of my element and so I think for me just getting out of the box is kind

42:41

of a jolt for me which it feels good to do something new so I think just try new things

42:48

I was so happy to see when you started doing your closet consultations and things like that all of it is so you you

42:55

know because you know you were a stay-at-home mom and the babies needed you but then the babies go off to school and you have more time on your hands and

43:01

it's like everything you're doing I feel like is so you I'm just I'm truly genuinely so happy for you like I feel

43:07

like you're in spread but you're doing like what you're usually doing it's it's so you it's easy and it just flows and

43:14

it's just it's your authenticity it's your authentic calling on yourself

Define My Style by Tera in three words. FREE PEOPLE

43:20

putting stuff together and I love it because I'm like what do you think about this what should I do with this what about this she knows oh she does she's

43:26

like this she I asked her to like Define my style in three words and she like nailed it

43:32

was like I'm writing this Vlog and yeah you know about you know style like how people Define their style and there's

43:37

like 100 words you can use and she was like yeah you're edgy would you say polish yeah and elevated oh I love that

43:45

that's

43:53

I know that yeah it was like it was less than

44:00

like two minutes it was minutes she had it it wasn't like she was like oh hold on yeah

44:07

some people just have that it's your gift yeah and you are good at it and I'm

44:13

so like the fact that you were able to like you've transformed it into a not just a hobby I mean it's a you have a

44:18

career with it really it's amazing so oh she's very proud of yourself very proud
how would you define your style in three

44:24

words I'm curious to see what you would think so I thought about this I think I
think boho chic yes for sure

44:35

modern yes modern that was my that was that was that was when I came back
with yeah and Chic I don't I mean like I feel

44:43

like I have many different styles I can kind of go I'm kind of like a Carrie Rachel
though

44:50

gal I don't know yeah but you're always put together and even when you say
you're not you are yeah you are so

44:56

curious everybody told me I was a Carrie but then at the end of the day I was
really a Samantha you know like in my

45:01

with my style of sexy I wrote you know and I wrote that in there and I said you
know I was like I am the character

45:07

I'm like no way I'm not you know but now it's funny though before I knew you
knew

45:13

you and you were somebody that I would always see and think I bet we could be
friends like do you ever just see people when you think you know what yeah

45:18

because I really I love your style you always look put together you're like here I
am again homeless she get the

45:23

basketball games for the kids and whatnot anyway but no you always just so
cute just such cute style and I and I thank you yeah so you're always put

45:30

together too don't think if you think you're right I like Leisure wear s you know
me I'm like

45:36

an elevated athleisure yeah

45:42

is a way to make it cute I mean you know it doesn't have to look I mean totally wrong I have my favorite awful sweatpants that Matthew's probably gonna
45:48

burn one day you know because but um yeah I mean now it's because
45:53

honestly I feel like that's such a style that everybody craves is Comfort did you
45:59

miss out free people that this is so Random a free people movement have you guys are you familiar now yes
46:10

I'm sure they'll have some sales and you can use your little uh rewards oh I guess you have some amazing things there
46:17

and it's comfortable and you can wear it but cute like if that is right I bought
46:22

like all of it and they just keep evolving like I do love I get their magazine every month and I love just
46:29

looking through it they're doing it and you are you got a pair of jeans
46:34

oh I love them they look fantastic it was like model they're really really like what I love
46:40

about you too and you've always been this way but I feel like you you are always put together and you know how to put you know pop in that fancy piece or
46:47

that brand name piece but good rocket Target T-shirt with you know yeah
46:54

but I'm also like I supported with everyone else I'm like no there's no need to go out and you don't have to
47:00

spend a ton of money to look no you don't but you don't and I think that is a misconception I think and don't get me
47:06

wrong like we all like the really nice pieces yeah but you don't I mean you can do it on a totally on a budget
47:14

it's great I think it's awesome well Jenny was so I'm just so glad that you like came on today and were able to talk

47:20

about everything and like you know really like hit some of the points um

47:30

I wanted to tell the listeners and also you know our viewers like tell us where we can find

47:36

the brilliant collection because I know it's coming out I think tomorrow or well yeah we're waiting we're waiting on a

47:41

couple things so it will be available at the edge life Boutique which is in Liberty on the Square it's a darling

47:47

moment there are cute boutiques that you guys yeah let's go yeah okay

47:59

but there's a ginger suits I've never been there everybody says their brunch is great so we'll do that and then we'll go hit up the boutiques oh my gosh this

48:05

is happening planning our calendars right now that's right um yeah it'll be available there and then of course I'll have it on all my

Talking about God. Love in the name of Christ | Clay County, MO

48:10

social medias I'm pretty much at Jenny Matthews on air everywhere and um I'll have it all there as well and um yeah

48:16

I'm just I'm really excited about it just because you know I talking about guys is something that I

48:25

feel like I even shied away from for a really long time because it's funny we can talk about a lot of things but man you mentioned that it's like oh don't go

48:31

pushing your beliefs on yeah yeah and I always felt that way because I'm not a pusher like that you do you whatever

48:36

whatever's making bringing you Joy I'm happy for you but for me that's what it is and I I because I believe all of

48:43

these events in my life are so orchestrated by God I thought well I'm gonna like let people know that and

48:49

you know explain where that thought process comes from and maybe I mean it's not like I'm trying to lead every

48:55

person to show them the way but as somebody and somebody can see it yes and the joy that I have maybe they can

49:02

get some of that too yeah you know so I love it and then it benefits all uh the

49:08

love ain't charity right so Love In The Name of Christ is actually it's a Christian they help people in Clay

49:15

County with any any need that they have wow um so it's just it's sort of like an all-purpose

49:21

all-around yeah so please check that out and then also

49:27

check Jenny out on Q104 with my calendar in the morning show because we all

I

49:32

mean I tune in my mom Tunes in tarotunes and they're hilarious everybody's listening they're fabulous wow

49:40

there's nothing off limits we talk about everything we uh there are days we screw up everything and we just laugh at ourselves about it

49:46

it's it's a really it's we we've just it's a safe place it's just a fun easy

49:52

place to hang out with us it's easy I love it and I love connections

49:58

well it's yeah and it's all the things we'll tell you if we're having a good day a bad day it's all it's all out there and you can also follow Jenny at

Wrapping up and see you next week to talk about Spring Dress and make it POP!

50:05

Jenny Matthews on air it's your Instagram tag right and mainly doing but I feel like Instagram is my is my

50:10

favorite is that your favorite recipe yes yes it is

50:16

now I like to watch no

50:26

the side but just how much kids even music because that's why I got into radio I've always just been a music fanatic my whole life it was listening

50:33

to the radio and Casey Kasem's countdown on the weekends and like that yeah I literally do what I do and it's funny

50:39

because my kids don't consume music that way everything that they're hearing or

50:45

know all the words to it's from Tick Tock and I think that's really cool for artists though too there are a lot of

50:50

sort of getting scenes that yeah you know otherwise maybe wouldn't but it is just wild the way everything's changing and how so much on how that's when we

50:57

yeah yeah for us it was like oh that top 40s on get the get the station on yeah

51:02

how music is like brought into the world yeah it's everywhere now it's so many

51:07

which is wonderful but I think radio will never go away because I think people like and for our show we keep it

51:13

local we focus on Kansas City yeah you know we we like to think that we're your friends in the morning when you're driving to work or I mean I'm wanting to

51:21

maybe try coffee because I'm a super iced tea like okay

51:34

oh yeah that vanilla it's delicious

51:39

we're gonna have coffee we'll do we'll do it and I I know there's a lot of I'm hearing a lot about downtown there's a

51:46

lot of you know like uh new coffee places that yeah downtown that are supposed to be fantastic and like pretty

51:52

phenomenal yes like I haven't we need to like I need to Branch out and start that I

51:58

probably like get my day started super fast if I do that without drinking like two uh full glasses of unsweet tea which

52:03

is what I'm usually doing no that's when I was doing my whole life until I discovered coffee seriously so we you're right there because you're doing the

52:10

unsweet tea so was I I mean it helps us with the bitter of the coffee because we're our taste buds are used to you

52:16

know you have internet yeah yeah oh I'm so excited

52:27

it's crazy because both my parents my brother was a huge Americana drinker but

52:32

um which that'll get me you know just I'll be like you know yeah I think you're gonna try one give it up

52:43

slow down

52:50

um I also want to talk a little bit more I want to have uh Tara talk about a

52:55

closet refresh because she does them and she does them so well in closet edits so tell them where everyone can tell the

53:01

listeners where they can find you yeah you can find me at Terra coughlinstyling.com and the same for

53:06

Instagram as well she's fabulous she has she has wonderful work even if you just want to go shopping in town or you need

53:12

somebody online and she can travel too and then for your circular fashion needs you can check out style and give we have

53:18

some great stuff out for spring great style everything benefits a charity um and then if you sell or you donate or

53:24

if you want to clean out your closet you can pick the charity um that you want it

53:29

to go to and pick the commission so yeah well thank you you yes and um next week

53:36

we are going to talk about spring dresses oh yes which we're very excited about because we're going to talk about how to accessorize them what's in

53:44

um just you know long sleeve short sleeve we're going to do sleeveless we're gonna just talk about how to make that spring dress pop for you and and

53:52

have it represent you and your style elevated polished you know like where you're going with it and we'll talk

53:58

about that next week so we're really so today we hope that as you tune in that

54:03

you know you were able to take some of this information and really what we want you to do is call your friends share with your friends share with your people

54:09

in your community um sometimes I know I put off making that phone call to a friend that I know

54:16

I need to call so maybe today this would encourage you to call that friend that

54:22

you might know either might be struggling or you just haven't reached out to lately um because you know people people need

54:28

connection they do and and it's funny I always say that about you you are Tara is the the best you really are the best

54:35

friend because you you don't forget about your friends you're so good at checking in and making sure everybody's

54:40

okay and like I said we don't talk we're just running our lives are crazy and we're you know we're just going a million different directions but I I do

54:47

always know that we pick right up but also you're very good about checking in and I'm sorry I'm a terrible texter just

54:52

a terrible texture there's times I'll get it I'll go she'll get back you know you know
it's coming yeah

55:02

year up for two hours ago but okay girl you got it you're good you got it

55:11

and I was like yes I'm good thank you but um but we're so blessed to have you

55:17

Jenny thank you I love you girl I'll come back anytime yes yes

55:24

my style up tell me all the things oh you don't need fishing we just we love just
like the thing is we want people to

55:30

wear what they love and what they feel comfortable in and I think that you know
we don't ever try to change anybody we're just trying to say you know what

55:37

would you feel good in and what would you want to buy that that you would want
to wear now what

55:42

we're wanting you to wear which I think is a huge thing you still be at a boutique
and they'll say try this on and I'm like oh girl

55:48

girl and I'll do it just because like I'm just to be nice and I'm like this is awesome
yeah so I love Yeah

55:55

Tara's really good about that with me she's like you gotta try it and I should have
bought that love Chef fancy sure

56:04

look at this but then again two days later I'm like do you still have that shirt are
you there and it was sold so you

56:11

know it was that that me thinking you know double thinking oh I don't really
need it and that's not really me but

56:16

really it was it was bright and pink and you would have been like Rachel what
the heck is this

56:23

anyway so as you leave you today I want you to remember that we are all one
and we all have a story and we're all just

56:30

really looking to connect so thank you thank you Jenny for your time so much
and uh we'll see you guys next week

56:36

thank you see you later have a great week thanks for having me