

Episode 36 - Shit We Don't Talk About Podcast

Guest: Drew Linsalata

Topic: "The New Normal" ReEntry

Speaker: Mia Voss 00:00

Hey, welcome to *Shit We Don't Talk About* powered by Helix Interactive. Today we're doing a hybrid episode combining my other favorite podcast *Shit We Don't Know About*. And of course, that means the amazing Drew Linsalata will be joining me to dish. We're going to be diving into the delicate **process of re-entry**. Now that things are opening up and for better or worse, we are heading towards post pandemic mode, here in the States at least. Tune in, it gets good. Here we go.

Speaker: Mia Voss 00:37

De Drew,

Speaker: Drew Linsalata 00:39

Mia Voss, Mel Diane Voss, it's been a while.

Speaker: Mia Voss 00:42

you'll have to listen back to other episodes to get why we call each other this goofy ass, names, but hey, what are we going to talk about today?

Speaker: Drew Linsalata 00:50

Today we're talking about is This *Shit We Don't Know About* or *Shit We Don't Talk About*? It can be both? Today we're talking about **post pandemic societal reentry**, anxiety. makes it sound really official, doesn't it?

Speaker: Mia Voss 01:12

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It does. You know, I think a lot of people are talking about it. But I think it's a thing that we need to speak more honestly about.

Speaker: Drew Linsalata 01:23

It is a real thing. So, in the community surrounding my podcast, which is focused on anxiety disorders and mental health, it is a huge discussion. But yeah, there's two components to it. There's the vaccine anxiety, which we could talk about people that are still afraid they have, you know, anxiety around the vaccine, and then people who are literally feeling a lot of anxiety, trepidation and fear about like, *oh, we go back to normal now*. Like, we go back to being out and seeing people and doing all that stuff in there. Yeah, it's causing some consternation for sure. And I get it. I really,

Speaker: Mia Voss 01:56

Yeah, it is. It's interesting. I just drove into Denver the other day, and I make it sound like I need to leave a trail of breadcrumbs or something. But it's really not that far but when you're getting out and I happened to be in neighborhoods I hadn't been in in a long time. So, me and my apocalyptic fascination that I have, I was really looking at everything one I hadn't seen in a while, things that look like it was a little bit neglected. So, it was just interesting one to get out and about when it's getting real, real busy now, which feels odd. And then to see places that are opening back up, places that haven't opened up before, and I had a myriad of the feels about that some good, some bad part of me. You know, in this last year, I realized that I am very much the introverted ambivert, meaning an outgoing introvert. but I realized that I did enjoy it. There's some guilt to even saying it saying that out loud to them.

Speaker: Drew Linsalata 02:59

Well, I think that's, you know, we were talking about this the other day offline. Like, one of the things that I've had to acknowledge in my community is, people are feeling this, many people are, but they're a little bit ashamed to say. So, there's an undercurrent of, and this is not a bad

thing, it's just kind of normal to be expected as an undercurrent of like, *I'm happy that it's ending, but I kind of don't like that it's ending*. So, like, let me just say, right now, you're listening, and you're having those conflicted feelings of like, *well, of course, we want it to be over but could you weigh in?* So, what I was going to say is if you're listening, and you're having those conflicting emotions of like, you know, of course, when *we're happy that a pandemic is ending, but I'm a little sad that the new normal is going away and the old normal is coming back*, like you're not alone. And I think it's okay, to feel that way. It really is.

Speaker: Mia Voss 03:55

that's the shit we don't talk about just telling people, *You're not alone on that*. And you can say it, you can divide it up. And we don't want to sound too certain like, oh, because I mean, it was a pandemic based on. It was bad.

Speaker: Drew Linsalata 04:10

Yeah, so everybody wants that to be over. Nobody's denying that. But I think it's really kind of almost expected. Whether you've had an anxiety problem before or underlying mental health issues or not. A lot of people either were just chomping at the bit, *this must be over, I need to get back to normal* and that I understand that and some people felt like, either they have some underlying mental health struggles, and this is hard for them to readjust, or they just didn't like it the old way. Like the you know, the old normal kind of sucked for a lot of people. There you go.

Speaker: Mia Voss 04:38

I think, who has two thumbs and is asking for a friend. Yeah, I think there has been a realization for me to have one kind of moving through of feeling somewhat guilty about it. But coming to that realization of *I wanted to have new boundaries around things I want to do*, I think there's a lot of shit I'm not going to do anymore. Let me give you a list, networking events, FTS. Fuck that shit. And let me also do a little bit of a, *I was country before country was cool moment*. This was I was doing Google Plus, rest in peace, way back in the day so I think I started doing Google Plus video calls like this back in 2013 and doing live streaming and when people were using

Google Glass, so even back when I was doing a lot of networking events, I was like, you know what, we could just get on the phone and people loved like, hey, let's get together for coffee. I have a whole rant about that in my talk called *How to Not Transact Like an Asset*, I'll put in a link for you. But it was one of those things where like, *why just not get on what was not termed a zoom call then, but some kind of video call where I can take notes and I can look up links if I'm on the computer and have this great conversation where I don't need to put pants on to come see you.* And I love that this has kind of come full circle to everybody else search morning that that crowd but I hope that it doesn't go back to at one from an environmental standpoint and a health standpoint, we think about that rant

Speaker: Drew Linsalata 06:16

Yeah, you know what, I think it's a fine rant. I don't even know if I qualify it as a rant, I do like your *I like country before country was cool thing.* That's the like, *I saw you two when they were playing a pub in Dublin,* like, you know. But I agree with you on that and it's so funny how everybody acclimated to, nobody knew what zoom was and not too many people were using zoom, and now everybody it's just become part of the lexicon and I think people acclimated to it. And it's sometimes bad, like, I am just shorted done interacting with the world through a camera clipped to my monitor. So, I am itching to get back among people. But in the same vein, there is a lot of stuff that we used to drive around for and make time for that you now realize you don't have to do that anymore.

Speaker: Mia Voss 07:00

So, I just say unless you're handing me the big Ed McMahon check or whatever that is, like Publishers Clearing House check.

Speaker: Drew Linsalata 07:09

I can't give that to you over zoom, I get to come and knock on your door. For me, I think like it's nice. I would prefer to reserve my, I don't know if it is the right thing to say but I'll say it anyway, like I prefer to reserve my people time. Sometimes in business you got to have face to face, and I'm cool with that. there are times when it is needed or beneficial or everybody just enjoys it and

that's cool. But most of my people-ly time I would prefer to be in social circles now. Like if I'm going to go out and spend money driving and spend time, I would like it to be something that enriches me personally or maybe educationally or get joy from. You know, running around to make a buck? I look we all get to make a buck don't get me wrong, but I prefer to be a little more efficient in the way I make a buck now.

Speaker: Mia Voss 07:59

Yeah, let's change up the that dialogue on it quite honestly like is that how you want to operate? And I think it also really sets a lot of boundaries for people just to love to see people and I think it is going to happen a lot more doing that hard stop *No*, or to saying *this is not what I want to do*. And being really specific about how you want to spend their time. People have been saying it for a while, but they haven't been doing it

Speaker: Drew Linsalata 08:23

true. And you know, it's interesting, because I like looking back at the beginning of all this. we go back to like last March and April when the shit started hitting the fan and lockdown started and everybody was in the same boat. You know, the way we talked about it back then, everybody had a lot of really big ideas about how society was going to change and it's going to be a time of awakening and reawakening and lightening and as it turns out, maybe not so much like, we got used to stay at home, we get used to being lazy, we get used to not having to run around like we did, and some of that was really good. But on the flip side, here we are 14-15 months later, and maybe I just missed the awakening meeting, I don't know because I didn't get the memo. I didn't get invited, Maybe I'm not funded awakening parties, I don't know. But like I haven't really seen that giant societal shift, thinking about it practically now, I just don't want to spend all that time driving, I don't want to spend time sitting in traffic, I don't want to spend time away from my family, as opposed to like this big societal shift of awakening a new dawn of a new era. It's just more the nitty gritty of like, *I just don't want to spend my time that way*. maybe that's awakening in some form. I get that. Or

Speaker: Mia Voss 09:27

I think it's a different version of it's not the Age of Aquarius, right in the seventh house. Yeah, but I do think yeah, I think it's on a personal level. So, you may not see the big memo. But I think people aren't feeling empowered. And this was an interesting conversation I had the podcast with my cousin Sheila talking about people with disabilities and I can't remember if we actually said on the podcast, but one thing that was discussed is the fact that folks that are differently abled have been asking for a lot of this shit for years and being told by the man or the woman or whoever that that's not possible. And now we know that it is possible. So, it will be very interesting to see if there can be a hybrid version of all this.

Speaker: Drew Linsalata 10:15

Well, some of the trepidation, the anxiety that I'm seeing, you know, among my people, my tribe, if you will, is I think everybody just assumed that even when this all was over, that this would be the new way, we do it remote, everybody works from home, or most people work from home. And as it turns out, Yeah, a little bit but all those companies that were doing the like, *it's fine work from home*, a lot of them have decided, like, no, *y'all need to come back here now*, you know. That's a little bit more than I think people expected than it is, *no you can return to work now, the office, come back to the office*. I think the anxiety comes from like, *oh, I thought I was going to have a lot of like freedom and control in my life and as it turns out, I got to go back to like living by their rules all the time*. Now, they're paying you so admittedly, we do have to live by the rules to a certain extent, but maybe we were expecting a little bit more of like, *oh, this awesome nobody wears pants atmospheres*.

Speaker: Mia Voss 11:14

Well, here's the problem with pants speaking of that, is a lot of us have gotten a little thick, rough, and ready in the last year now, I somewhat blame menopause on that, because I've been like sort of them. That's a change. But here's what I think one of the changes is going to come along is and I've seen it for some people is the freedom of like, *yeah, I'm a little bit heavier*. I'm seeing that a lot more. And I think this might be the change might be from women as well. I mean, a

year ago, you wouldn't have seen my happy ass out without either the lashes or the whole thing. Now I'm like *fuck it*.

Yeah, because of the beauty thing. That's right. I think there's some freedoms that some so maybe what some of the new paradigm, or their reentry thing will be rethinking a lot of the things that we thought we had to do now, again, with the office, you can't really control that, but you can get in your job, I hope. or maybe that's what it will be to have like, what works for you before, and now if you're going to be under those constraints, you're like, *oh, fuck this, I'm going to get, I'm going to try out for a new job*. This is one thing and I've said this a couple times before, too, I noticed it with the big crash in 2008 is that force a lot of people to because they just had to reinvent, to start doing the shit they really wanted to do career-wise, maybe with this, you have to come back to work, you have to follow these old constraints, you can't do it anymore, you might be able to recreate something that that might snack, a little bit of white privilege. So, I'm just going to put us to the side of that.

Speaker: Drew Linsalata 12:53

Yeah, I get that. In fact, it's funny, because before you started making that statement, it dawned on me like, hey, wait a minute, here, let me just qualify all of this for a second. we have to, I have to acknowledge that there were many people, some of which may or may not be listening to us, that did not get used to not wearing pants and doing business on zoom, because they had to go out and drive a truck or work in a warehouse or things or like, you know, their jobs did not just stop or change because of this, for a lot of people. And they were still out there in the thick of it. And so, for them, maybe life didn't change that much. And it just stayed the way it is. And I acknowledge those people and I appreciate that they had to do that. While the rest of us in many ways got let off the hook. I think it's okay to say that. There's a little bit of guilt feeling like *oh, I guess I got let off the hook, now I got to get back on the hook*. Like, yeah, it's alright to acknowledge that, we did a little bit.

Speaker: Mia Voss 13:40

when people like us also, meaning entrepreneurs, we had that lifestyle before. So, in some ways, I don't know about you, I mean, you'd already started to move out of your office situation, right?

Speaker: Drew Linsalata 13:52

Oh, but yeah, we weren't using much we could totally be, and we were virtual for years. And then we weren't and it was like, *oh, this is this cool office that we have now*. But then it was like, novelty wears off. And we were kind of virtual as it was anyway. So

Speaker: Mia Voss 14:05

yeah, I think and let me add a caveat to a comment that you made about the same boat. *It's different boats, same storm*.

Speaker: Drew Linsalata 14:14

Right, exactly. We're not on the same boat. And I in the beginning, I think everybody was all like, *oh, we're all in this together*. But it became clear really quickly, *no, I mean we are but you're right same storm different boats*. Yeah, we're zooming in a lot of people had to go to work and it was very uncertain times when they weren't sure if it was safe to do that. And they were really nervous, but they needed to feed their families. And I think I appreciate those people in a big way. And I acknowledge that they had to keep going while some of us too got let off the hook.

Speaker: Mia Voss 15:07

I think we will now see; we see the huge chasm in the systems that didn't work before anyway, I don't know what the percentage is off the top of my head of the women that didn't go back to work so there is a bit of a shift. It's just not positive. We've seen the things that didn't work, really don't work. Now, there's a lot of people that have fallen through the cracks, I think, especially if you were an essential worker, didn't get any kind of break. And then you had the added stress of being in the line of fire with COVID. I mean, that's not even to address people who actually did have COVID. That's a whole other show, which if you'll reference back to Heather Coleman Voss, will put links in the show notes for the long haul COVID survivor, that she got COVID last April. that's a serious thing. So, in just to be clear, this show is really more about if you've made

it through, but you haven't been affected by COVID, necessarily. But I mean, what were the numbers I saw the other day of the mental health numbers, that it's huge.

Speaker: Drew Linsalata 16:21

You know, that, that on the effect? Uh, yeah, we could talk about the number of people who were sick and who passed, which are huge and tragic, of course, but that number that we still having, those numbers we haven't calculated yet lost productivity because of quarantine and the mental health toll. And you know, what, for everybody that was banging that drum in the beginning, like, *we can't shut down mental health*, there was an element of truth in all of that, that is true. Those people we're not just blowing smoke, there's a real impact there. I can tell you that even for myself, and you know, I've had my struggles in the past, but I think I'm in pretty good shape in terms of mental health. There comes a point, I mean, I am very happy, I'm thrilled to be able to go and sit in a Starbucks again, with my laptop. It's stupid Starbucks. I mean, that's not an outing, that's not the Louvre, I'm not going to freaking Eiffel Tower, I'm not seeing the Grand Canyon, but you forget that stuff, it got to the point where it was like, this is a bit much now getting up every morning and sitting in this office and seeing the world through zoom cameras start to get to me and resilience. So, for people who were struggling with that in a big way, I don't know how that must have felt that.

Speaker: Mia Voss 17:29

Sure. And we need to give them a nod to because in some ways, the introverts kind of took the world back a little bit in the last couple years of like, you know, extroverts we're as highly touted as they had been before, introverts had always seemed like the weirdos which, you know, I'll take that, again, being an outgoing introvert. But I think we have to give a nod to our extrovert friends that we know there's so many memes about check in on your extroverted friends. And yeah, I even felt that a little bit there used to be this this channel I listened to on YouTube, it was a good jazz, but it was a jazz coffee shop. And so, I would put that on the background because somehow, they had infused into it, that the low chatter and the rattle of coffee cups and it literally sounded like you were listening to me wish I had told you about it. Like you were listening to jazz. And that tempered me quite a bit sometimes, that was a little bit of the normalization.

Speaker: Drew Linsalata 18:26

That environment. Yeah, yeah, it matters even for the most introverted you can't be locked away all the time. So, there's that there's the anxiety over returning like for folks that are struggling with things like panic disorder, agoraphobia that I'm addressing, those are real struggles for them. They got let off the hook, that was true. It was a concern for a lot of my people like recovering agoraphobics people with panic disorder. Now I don't have to go out like is this going to be a problem? And as it turns out, for a lot of them it's sort of turned out to be. So, it put a you know, a little bit of a dead stop and the recovery to a certain extent they got to pick it up again, but there's alcohol issues I've heard now. Yeah, well, you know what this is *Shit We Don't Talk About* to a certain extent like one of those effects of a 14- or 15-month lockdown, semi-lockdown is when you look at the tremendous uptick in business just in the US in the alcohol business, distillers, distributors, liquor stores, they did tremendously in this period. And when you talk to the number of people who kind of cozied up and fell into like, *every night at five o'clock we were doing zoom happy hour and everybody was drinking* like I know a fair number of people for whom that is actually a bit of a problem now,

Speaker: Mia Voss 19:43

yes, who has two thumbs and had that you know, realization this girl and it's interesting, of course we know that alcohol is very much any kind of disaster proof. It's been proven over and over again, alcohol sales, just result... Yeah recession proof and yet it's funny here in Denver I believe in April, the mayor of Denver had this kooky idea to say that dispensaries and liquor stores were non-essential and the run on the stores, there's video of like the absolute opposite of what they were trying to accomplish because they said it was even going to be that day and I'm going to be flat out straight up with you, Charlie comes home, we don't even live in Denver and I was like *dude go to the liquor store because if they close these down like oh, Christ on a cracker* and it was so interesting and then they rescinded that three hours when they saw it like that, you know, people were jamming in places, it was the opposite, and jamming in together in lines and amassing on these places and more than liquor I mean, for dispensaries, especially there a lot of this is medicinal, and you folks can make fun of it all you want. But that is something

that helps a lot of people with pain, anxiety. It affects everyone differently. But anyway, it was kind of an interesting thing and, you know, I've become very acutely aware of how alcohol is marketed, you know some of the times the most dangerous substances are legalized, to me coffee and you know, caffeine and liquor are so normalized. Of course, cannabis has still got that dirty baggage to it to an extent but yeah, it's so normalized and it's interesting though, that the sales didn't go down because people couldn't get together which is a lot of what the marketing is geared towards is like, *hey, get together with friends or whatever*. Now it's just more like, holed up at home and booze out like a mofo

Speaker: Drew Linsalata 21:48

Well, in a way, and you know, it's not just alcohol, or you write alcohol, marijuana, you know, recreational drugs, food, like you know, reentry anxiety because of the habits that were cultivated and developed over the last 14 or 15 months. drinking habits, maybe smoking habits and eating habits. So, you said that I maybe we're all a little a couple pounds, every little fluffy around the middle. I know I am about 15 pounds heavier than I should be right now. No doubt about that, I mean, I thought I was doing good, but I wasn't. Everybody got into, not everybody, but a lot of people are now confronting like, *oh, man, I developed some really bad habits and now I got to get out of those*.

Speaker: Mia Voss 22:25

it had a vacation feel to it a little bit. It had a suspended reality. And I know that is definitely hard to get out of. Yeah, it was comfort.

Speaker: Drew Linsalata 22:35

It was comfort to a certain extent. And you know what I hated about it? I mean, yeah, we all took advantage of it to a certain degree, those of us who were able to live that or who were fortunate enough to be able to stay out of harm's way took advantage of that and get used to it and get a little soft. And one of the things that I hated about myself I know was, wait a minute, like, I'm forgetting why this is happening. I'm bitching and moaning that I sit in my office by myself all day and I don't see people and everything is closed and I can't go do things I want to do and I almost

forgot why. So, the same reason why we have to remind ourselves that you know, Memorial Day is not about hamburgers and hotdogs we forget. I literally at times, I will admit, I forgot why this was happening. I stopped watching the news, I stopped paying attention and it just became *Oh yeah, this is what happens, I can work till four, and start to get a 10am and eat whenever I go anywhere...*

Speaker: Mia Voss 23:29

Yeah, we had such a rinse repeat kind of a thing of like so then you're just sort of grinding through it

Speaker: Drew Linsalata 23:36

it was weird and forgetting exactly will *Oh that's right. The reason for this is because...* And I forgot I will freely admit, you know, whatever. You can argue about the numbers but a lot of people whether the numbers are 100% correct or not a lot of people died. And I forgot some days that that was going on. I will admit I was given the privilege of forgetting that

Speaker: Mia Voss 23:59

and you know quite frankly even that today's, I'm going to not make this not evergreen in a way, but today is June 7 of 2021 and at this time the US whether good or bad is really starting to get through it you know here in Colorado Dear God, they've got to have a lottery, like a million-dollar lottery you're entered into you get your vaccine. that's a whole other show of the people that don't want to get it Yeah. Oh, good luck with that.

Speaker: Drew Linsalata 24:32

Eating like to me we can have a whole discussion for an hour or two just about that moral and ethical reasoning and choices they make. Like I know what you get, are you leading to like, you know, now Western culture, Western country privilege because I don't know about anywhere else. But I know I heard from people from the Philippines that they are in bad shape right now. They are in full lockdown in the Philippines today, June 7 2021. So, we're all celebrating here because *hey, everything's opening back up again.* I went to a deli two weekends ago for the first

time in a long time, got an egg sandwich. And the woman behind the counter at the deli and I haven't been in that deli in a long, long time. She was getting a little emotional because nobody was wearing a mask. I had my mask with me, I'm happy to wear it still, locked in. No one's wearing it. I'm vaccinated. All right, we're good. I'm walking into this deli and she was I started talking to her about it and she was getting a little bit emotional because we're seeing our old customers again, regulars are coming back. I see people again without their masks. You know but in other parts of the world, they're having problems right now. We are vaccinating the hell out of ourselves in the West and everybody else fend for yourself. I guess.

Speaker: Mia Voss 25:45

That is where I feel like I just want to kind of bitch slap some folks to with the privilege of making that decision to not have it done. It is interesting. So, I started this row class to **amalan** (26:00) is weird shit, now. You expect that for me? If I start normalizing, we got problems. Boring is not good when it comes to me. So go to this row class. I even checked everything because I'm still pretty **fastidious** (26:17) about it. I have another little phrase; I say *the way you can tell that people that are vaccinated in some ways is people that are still wearing their masks out*. You know, that's a little bit of a generalization but I'll take that model a sweeping idea. But you know, going to this row class has been interesting, because that website says that they are still socially distancing and doing all the things but you get there and not so much and so I do wear my mask into it, and I get some legs hung up like *what the Fuck come at me, bro*. Right. But I will say I'm a little paranoid because I see everybody using the weights and then putting them back. And now this one who I never got into the washing the groceries and wiping down the mail. I never got that. But uh, what I have to tell you, I'm pretty fastidious about that. So, I kind of sit there and make that face like so now I bring all my own damn wipes in so I'm modifying my experience, and still getting out to do it. But I was thinking of this when you're talking about the girl at the deli. Do you remember the meme I think her name is Gwendolyn? That was on Game of Thrones, the badass blonde chick? And there's a meme of her going (*"breathing out heavily"*). And I feel like that's how we all are like we're, we're all just super like beat up and then we see each other's face like (*"breathing out heavily"*). Ah, this is I had my friend the other day, I hadn't seen her in a

while and we had a girl's weekend, she's got these awesome boobs. And, and I just got in there like a motorboat-ish sort of thing and just hugged her and I was who was there?

My friend Rachel's kids were there on there. I think they're 12 or 14. And I just kind of threw caution to the wind. I go, *oh, man, your boobs are just squishing awesome*. Like, she's just *I have small boobs, what do you want?* But I just like even that visceral like hugging, and just kind of hanging on to people. I think we all look like we're on a bunch of Molly. You know what I mean? Like, we're just like rubbing stuff and like getting you to have a feather boa, and it's how I feel.

Speaker: Drew Linsalata 28:42

Well, okay, so it was my youngest, was her birthday last week. And we had a little get together at the house over the weekend. so, it's her 18th birthday and we had a little you know, last year her 18th birthday were her friends driving past the house honking their horns. So, this year, she had a real birthday and we had a little gathering in the house and an old family friend came in we I've known these people forever, and I haven't seen them, I've seen them but I've seen it through a mask, it's six feet apart, but you know, the old a little bit here and there not very often. They were a little nervous for health reasons. And they walked in and I, you know, gave the dude a big old handshake and he was a little bit taken aback and I just, look if you know me, I'm not a hugger Like, *here's a line, this is my side, that is your side*, I'm that guy. Like when you come to New York, I'll probably hug you. I'm not a big hugger, I'm not a touchy-feely kind of guy, but I just like *oh my god, like, we're actually seeing each other* then I gave her a big old hug and so she hugged me and said, *you're like the second person I've hugged in like a year and a half*. I'm like, *Oh, I'm sorry*. I'm like did I make you feel uncomfortable? She's like, *no, that's fine*. You know what it was though more than anything else, I think the habit like after 18 months or 60 months, whatever it's been of like another *back up* that normal thing of like a quick, wasn't like a bear, I'd pick her up and twirl around. A I can't say that I mirrored your experience of a motorboat but I think it was the habit of like, *oh, this is so foreign to me now*. So, it took her back a little bit, but it was fine. We just had to apologize for hugging a person now like *ooh I'm sorry to make you uncomfortable*. She's like, just for a moment, though, like, *are we allowed to do that?*

Speaker: Mia Voss 30:37

Did I do that? there's going to be a lot of that, folks. And we have to acknowledge that of, you know, what you should do, by the way, when it comes to New York is like, do the whole like, you know, like I'm going to go for a hug and then just like *psych*. But I felt like that at this row house thing again, because they had one where the instructor was like, hey, *let's take a picture for Instagram* like that, for sure. She was just going to do the way far out and everybody stand apart. And these two women came at me and I was against the wall too, pinned. And if you see the picture of me, I looked like a deer in the headlights because they all sort of like squished in like the old school, like get together everybody and I was like horrified. Okay, and I think that's something that we all have to find out. we talk about boundaries of what's going to be our boundary to keep of and you know, asking you know, I guess asking questions, right? Because I'm a hugger so I'll just let you know right now.

Speaker: Drew Linsalata 31:55

I will be one that's fine. I think it's going to be a little bit of a weird transition for a while and the other thing that I find is I kind of don't want to talk about it anymore. But it's the obvious like you see somebody for the first time in 16 months everyone let's talk about it *you vaccinated? What did you do? How did you get what you get?* Right, It's the new like, when I grew up it was what part of Italy is your family from? Now it's what vaccine did you get? That's how you know people are Yes. Oh, yeah. I'm returning ...

Speaker: Drew Linsalata 32:25

I felt bad for 12 hours and then I feel that I hate that I'm a walking advertisement for them and you know, it's spreading their word. It's the new dog but sniff you know

Speaker: Drew Linsalata 32:42

What vaccines did you get? Did you get sick? It's I don't want to talk about it anymore. How about, can we talk about hockey or something? Anything? Like,

Speaker: Mia Voss 32:51

it's literally repeat, I'm hearing it. I am here. I will say there's a basement a little bit I'm hearing a little bit less of it, the more people are out. And it's been interesting too, because I feel like the CDC really kind of threw us for a loop. It was such a hardcourt press. And then a couple weeks ago was like *arghh psych*, kidding, whatever. Cool. You know, so that took away a little bit of validity, but I think now is the time for everybody to decide. What's their line in the sand? Whether that's you know, hugging, getting together, eating in restaurants are you aware and then I think as is the running theme for any my podcast is like mind your business, that works for that person then let them do that because I think there may be started to get a little bit of blowback from people wearing masks

Speaker: Drew Linsalata 33:44

and a little bit I'm seeing people look sideways at people with masks and try understand like, *hey, every you know, it's okay, got it*. We still got to respect each other in a way so, you know, first we were looking sideways at the people not wearing masks and now we're looking sideways and people wearing masks and I'm like, yeah, that person's situation is so let's all chill out a little bit. But I don't know.

Speaker: Mia Voss 34:03

I hope that stays I don't know how long we're going to go for but I was going to give you the...

Speaker: Drew Linsalata 34:10

if you hang out, just listened to we always went up just like in a conversation really recorded a conversation. Are we making a point here?

Speaker: Mia Voss 34:19

We think we're so cool. I do hope as we wrap this up, I hope that travel that it does continue because it's so interesting doing all the travel that I did. The one thing that I have seen consistently over the years international travel is seeing people that were wearing their masks

that had been around where they had experienced SARS. So, I think that would be kind of cool. And I'm getting on a plane in a couple weeks and you bet my happy ass is going to really have to know but I would like to see that continue. I don't know about you Drew; did you stay healthier?

Speaker: Drew Linsalata 34:55

Well, again, when you're not out like that tends to happen and I you know, people say we have non-existent flu season this year? Nobody got the flu. I just made me a little bit crazy. Like it was going to surprise you. *No one got the flu?* Yeah, well, everybody stays at home like did you uncover some secret truth because no one got the flu? Yeah, we had nonexistent because people wearing masks and social distancing and stay at home. So, there are some benefits to it for sure. I will tell you as we do that, and I think the confusion, I'll sort of wrap my side of it up with the anxiety over reentry is not being made any better by some of the confusing signals between the Fed here in the US at least. So, we have four school districts, right where I live, that yesterday got together and sent a letter to the governor of New York, basically saying, *you got to tell us what to do here*. And we are just going to drop our mask restriction. So, a few of the Long Island School districts are literally rebelling against the state education department. And it's an hour by hour very fluid situation. But I understand, because we're getting very mixed messages. First, the CDC was all about keep wearing masks, and the very next day they were about *Yeah, don't worry about the mess so much* and the states were caught a little bit off guard and some states immediately went back to like *no more masks all good we are all normal again*, here. We had masks still in school. I understand the concern about that, Kids have been wearing masks for a year and a half now like, you know, do we have to still do this, like the numbers are so low here. So, a little bit of a unified, we're sort of stumbling into reentry. And it's confusing to a lot of people that I get that. Yeah, making it easy at all. It's not? That's the highlight of the episode right there. It's not joke.

Speaker: Mia Voss 36:45

It's not easy, you think it is, but it's not. I think I know people get really fussy in this horrible comparison to the yellow star for people that are getting vaccinated. And fuck those people that were doing that so hard in every orifice I can think of for you. If you're listening, which you're

probably not because this isn't your cup of tea. But I would have liked it for instance of this, this gym, I'm going to if they just ask people, *let us know if you're vaccinated and then just give me a high side. How tough is it?* I got my card right here just to say like that, that would have been nice. I'm not saying not allow it. But if you got it, that would have been me, but I know that's infringing there already, you know, but heard about a lot of stuff.

Speaker: Drew Linsalata 37:30

I'm with you. But let me give you the flip side. So now that things are opening up here, one of the things that I'm starting to do is start to arrange maybe some live events where I'm talking to my audience, not just through a camera or on Instagram Live like so I got a lot of people here in New York, who would come and do those things. And as I start to plan them, and I reach out to different venues where I can have these live events, I was already told by one little Conference Centre company in the middle of Manhattan. Can you provide us with vaccination records for all the attendees? If not, then we need to sell you a bigger space to enforce social distancing, which costs more. And I thought, all right, let me think about this for a second. I'm vaccinated. If somebody asked for my vaccine records, I'd be happy to give it to them. But asking people for their records somehow doesn't feel exactly right. *Like hey, I'm going to be doing this event. You know that on this day in August, come on down if you want to come down. And by the way, can you show me your vaccine record?* It feels weird to ask people. But anyway, that's a real concern, too. And there you go. More reentry anxiety. We're not trying

Speaker: Mia Voss 38:38

Yeah, I like it because it is more of you know, yes, I'm okay with it. But I get why it would be a tough one.

I'm going to end with my little phrase, which is super not original, but I wrote down a post it notes I wouldn't forget it, *find your normal, we are at this point now where we can all find our normal and if your normal is that you don't want to go out and do shit anymore and you still want to stay away from people. Man be okay with that. And if somebody tells you that be okay with that too.* Like we just have to find our normal and not feel like you have to go back to what was this standardized normal before? That's my story I'm sticking to it

Speaker: Drew Linsalata 39:16

It's good story. Thank you. That's it always fun. At least a conversation between Drew and me that people get to listen to me.

Speaker: Mia Voss 39:37

that was good for me. I hope it was for you to make sure to check out the show notes for all the things mentioned. And you can check out Drew's podcast at www.theanxioustruth.com. Oh, and he wrote a few books on that too on that exact same topic. If you liked this episode, please do all the things like, comment, share with your friends, subscribe and leave me a review. Especially if it's a good Mine if you really liked the podcast and you want to show it, head on over to www.shitwedonttalkaboutpodcast.com click on the patron's button and become a full-time supporter of the podcast. And if you want your very own podcast but you don't know where to start, go to www.helix-interactive.com and get yourself some PS that's Drew's company so you'll be in great hands. Thanks for tuning in. See you next time. Bye.