

[Transcription]

Grief After Dark- Podcast
Season 1: Dark Waters
BONUS 05: Gratitudeisode

[Gentle Piano background music]

Disclaimer

Micki: This podcast addresses death, difficult emotional content and contains profanity. Listen with-

D: Your own motherfucking discretion [laughs, coughs] Get your kids. This is Grief After Dark

Micki: Hey D.

D: Hey Micki

Micki: Hey everybody

D: Hey everybody, welcome

Micki: Welcome

D: Welcome to bonus episode 5

Micki:bonus... our final bonus episode of season 1, to prequel our final episode, episode of season one, and we are here today for the gratitude episode. Gratitudeisode?

D: the graditudesode

Micki: the gradisode

D: ... gradis... gradisode

Micki: We are simply just here to give thanks today

D: cheers, first of all

Micki: cheers

D: that clunk is always the glass hitting the camera

Micki: and you might even hear the ice

D: oh yes

Micki: I have an actual beverage today

D: It's music to my ears. I have a beer today, of course

Micki: Lovely, salute. So, I guess really the first order of gratitude business really would be for Tim. We must give thanks to the great and powerful editor.

D: Yes, all the gratitude. Thank you Tim.

Micki: Thank you Tim. Also need to thank our lovely friend Diana. Diana has made a playlist on Spotify of all of the songs that we finished up our episodes with. So, there is now a link on our website to that Spotify playlist should you be so inclined to listen. I suspect we'll probably be adding to it here and there as well.

D: I think so, I think so. We have some fun things coming up as well, the Keanusseurs wanna come out and play [laughs]. Uhm, the club, you know the club, I have to thank them right now as well because, the creative juices that we're all, like keeping this momentum going, it's these little love taps, these little love bombs always. And, they're like an amazing source of those

weekly. Like, it's just incredible so thank you Keanusseurs and Micki included in the group now it's official.

Micki:[cheering] Yeah! Woooo!!

D: And thank you to Keanu Reeves because who doesn't love that man?

Micki: And while we're at it let's thank Jean Luc Picard! [laughs]

D: Jean Luc Picard, hallelujah, thank you!

Micki: He's really brought some inspiration into this show.

D: I think next season I will wear my captain outfit every time

Micki:[laughs]

D: Or maybe I will get myself an admiral's outfit and wear that every tie, that'll have to be a thing

Micki: I want, I want some of those counselor's dresses. The episode I watched last night she was wearing full teal. Like the dress and the boots were a perfect match

D:Listen

Micki: All I did was sit there thinking, WOW they really matched that well with the red and gold suits

D: They were going hard

Micki: I'm like a real nerd now, so thank YOU for doing that to me

D: [laughs] You're welcome!

Micki: Uhm we have to thank James and Amanda

D: Uh James and Amanda of course

Micki: For or little poetry slam, the little love bombs

D: The little love bombs. James, I am incredibly grateful for. James and I have known each other since we were about 15 years old maybe. We've come a long way from playing in the middles of the street and actin an ass all over town you know, it's incredible and James is one of my favorite people and I am so glad that James has stepped out, in my honor even, because again they said they wouldn't have picked that one, but I just fell so deeply in love [chuckles].

And then of course Ms. Amanda, I figuratively have run out of words

Micki: I mean I don't know anything about her other than her poetry and I love her just for that so [D laughs] and James and I had some really really nice correspondence

D: Mmmhmm Amanda is like the Chocolate Goddess of the Sea. She is like THE LOVE BOMB herself. Her, just HER. Her just existing on the planet. This is the love that I am covered in like everyday

Micki: Yep, thank God for that. On that note, we've had a lot of friends and family reach out. I had a lot of people listen. I was shocked that they listened, double shocked that they enjoyed it. And, just so that you guys know D and I have been, we've been screen capturing messages, these incredible love bombs

D: [squeals] these incredible love bombs

Micki:[laughs] These incredible love bobs

D: Somebody out there we need to write a song right now, not right now this minute but you know

Micki: The sooner the better

D: The sooner the better

Micki: Please and thank you. But uhm yeah I just wanted to sincerely from the bottom of my heart thank everyone who has reached out to us and shared what this has been for you

because. I knew it was gonna be cool, I knew putting together something with D was gonna be great and it was gonna be fun. You don't necessarily go into these things thinking you're going to get really deeply moving messages from people so, THANK YOU for your support and for listening and for uhh dropping your love bombs on us it's really, it means a lot.

D: Indeed it does, I couldn't be more proud of this endeavor that we have done, honestly, the messages that I've gotten from strangers have also been really incredible, so thank you to all of you not so strange strangers. We're friends now, just fyi

Micki: We're all friends now

D: Truly thank you for reaching out and thank you for your kindness and all of the me toos and the thank yous and like Micki said the love bombs. Those are incredible and it also keeps me motivated and coming back. And so, I don't like to feel like I'm talking to an empty room on a regular basis, but you all have just been so kind and thank you for reaching out, thank you for that. [dog barking] Als thank you to our captioner, who again wishes to remain anonymous.

Micki: It's a lot of time and it's a lot of work and there's gonna be an extra soft squishy bed in heaven because

D:[laughs] Absolutely

Micki: I'm so appreciative. I just heard your dogs barking, I would like to thank the mascots

D: Ugh the mascots, yes! We shall post pictures of our mascots

Micki: [laughs] They've been a source of great joy and laughter through this adventure

D: [laughs]

Micki: Uhm, I have a question for you

D: Oh what's the question?

Micki: One thing out of this experience, that you are grateful for?

D: Oh shit Micki

Micki: [laughs]

D: Top of the list has to be being able to talk to you every single week, for like 13 weeks straight [laughs]

Micki: Awe can I fucking tell you that I came here

D: The way

Micki: I came in here knowing that I was gonna ask you that was my answer!

D: [laughs] sorry

Micki: Shit

D: You know i'm on my psychic bullshit today so [laughs]

Micki: I know that's like the best for my heart [laughs] the most incredible answer you could have given, awe, yeah.

D: Getting to talk to you my friend, my sister, my love oh my god, could there be anything better than that?

Micki: I don't think so because you and I have been living in separate cities for many many years and we haven't gotten like regular hang out time in too many years.

D: Too many

Micki: Yeaah, I am so thankful for that and I really am thankful for like the fact that this has been so well received, it was, maybe I underestimated myself but it was unexpected and it's just a nice little treat

D: Same, it was completely unexpected for me as well and I, what I have been learning is to just do it anyway. Just do it anyway

Micki: Do it anyway because you just never know how your silly little project that just seems fun is gonna whoa, just whoa

D: mmmhmm

Micki: Your whole world

D: Knocked my socks off heyyy

Micki: Anything else? What, anything else you need to add or?

D: Well of course I need to thank my family for being so gracious. Because working at home in the times of Rona [laughs] the Rona

Micki: Yup

D: It has been real, it has been so real. The kids have just stepped up and really managed themselves in ways that I, this is what I dream of honestly

Micki: [giggles]

D: Is being able to sit down and complete my own project [laughs]

Micki: Yeah

D: Start to finish and then my spouse, Adam who is incredible, even just the last month or so he's been out of town, and it's been me solo parenting and the kids have just been rockstars and I'm so grateful for how awesome they are. I don't brag about them enough, they are fantastic human beings and I'm so proud and I'm so grateful that they picked me [laughs].

Honestly just being able to do this from a distance

Micki: Also true, Yes

D: You know when we were younger, this wouldn't have been a thing so again like say what we will about technology, but technology has brought us together

Micki: It's true

D: In ways that we could not have imagined and what a pleasure, what a gift.

Micki: What a gift and oddly enough if it weren't for corona virus and everybody being confined at home and this whole like giant movement of people figuring out how to have meetings on the internet machine, I don't know how you and I would have figured this out.

D: Oh I would've had to just come spend the night and be [laughs]

Micki: [mocking] I would have just moved in...with you guys [laughs]

D: Moved in for thirteen weeks that's it, that's all. I can just camp right there on the property. It's fine.

Micki: Oh shit! Ok listen. I actually have one amendment to make it very important. It's been fucking eatin at me. We did our who are you segments. You asked me 40 questions total right? 40 questions over 8 episodes

D: wow

Micki: And some were really complicated and there was one that my answer has just not set right with me

D: Oh...

Micki: My favorite superhero is fucking Deadpool

D: [laughs]

Micki: Ok I love Captain Marvel but like my favorite is Deadpool. I feel so good clearing the air on that

D:[laughs] Hey thank you deadpool

Micki: uh

D: [laughs] Listen. Let me take a moment just to thank Hollywood for a moment. I know Hollywood be catching heat and shit BUT let me tell you, I'm a shallow bitch sometimes and the eye candy that has graced us in the last 10 years, hallelujah, amen. Thank you.

Micki: Hallelujah, amen and thank you.

D: Christopher Jamal Evans

Micki:oohhh

D:mm praise the lord

Micki:[laughs] praise ... baby Jesus

D: Every single Jesus, all of em.

Micki:[laughs] every single

D:Every single one. Line them up and praise them each

Micki: and thank each and every one

D: Anyhow, I love me some Thor too, so thank you for him. Thor who was across the street from my house filming and I had no idea. I had no idea, and the ancestors knew [laughs] they knew, I didn't need to know. They knew I did not need to know so.

Micki: Because you would have been out there all fucking creeper looking over your fence, casually not casually creeper style walking by everyday

D:I will walk right up onto that set, excuse me I belong here

Micki: [laughs] right sorry I was projecting there. I would have been doing the creeper walk by

D:[laughs]

Micki: You would have just been walked up in there like hello!

D: Y'all forgot to give me my papers to sign [laughs]

Micki: [laughs] Where is my pass?

D: I have my outfit on and everything, what is happening here?

Micki: [laughs] in your Star Trek outfit

D: I'm time travelling right now , currently so [laughs]

Micki: Oooh

D:[laughs]

Micki: oh my gosh

D:[laughs]

Micki: This has been afun, a fun deal and last but not least I have to thank everybody who has shown up and hung out with us

D: These listeners out here, I just checked the other day and I saw that folks in South Africa are listening

Micki: [] Awe!

D: For real? Hi y'all, South Africa, how you doin'?

Micki: Whoa

D: Finland of course and you know our little Australian friends

Micki:Global friends, I love it, who knew

D: We have friends everywhere now so thank you all very sincerely and deeply. James made a special request, and I am hoping we can tackle that here.

Micki: Ok

D: These last few minutes, it's tips for those who are afar, you know trying to help their bereaved friends

Micki: Good question

D: Yeah, it was a great question, it came really early in the episodes and I'm sorry it took us so long to get here but here we are. So I think definitely setting up meal deliveries is a great idea. Helping on the special milestone days

Micki: Yes

D: Like mentioning the beloved's name, creating a post or something and reaching out honestly, just texting and saying hey , i don't expect a response, I just want you to know i'm thinking of you

Micki: YES

D: That goes such a long way and i have been so fortunate to have so many beloveds who do this for me. Who in the early days did this for me and they were all like you don't have to answer right now, I know you're busy or ginger through whatever you're going through, I don't expect a response. I love you and I'm right here, just a text away. And that's kind of how my thing was born, when I meet families I just tell them text me anytime, any time, I mean don't hesitate, don't think "oh i'm bothering you". I'm gonna tell you right now, my ringer is silent so you're not bothering me that's the first thing, and I will answer as soon as I see it so [laughs] so there's that. Sp those are my top things, making sure that the basic needs are met and if you are in the same town definitely going over and cleaning without asking, holding some babies if necessary, just making sure that pets are fed or garbage is taken out

Micki: Yeah

D: Anything you can do to run a house if you're heading to the grocery store, drop a text and say i'm at the grocery store i'd love to drop something off at your door. You don't necessarily have to open the door, I can just leave it there. Or now that we have the delivery services you know, check in and ask for a grocery list. If they don't have a grocery list and you can go to them, go peek in their refrigerator and see what you think they need or make a special meal or have somebody come and make a special meal. Grief resources, like don't skimp on those. Ask other people, you can ask me honestly, for resources and this one is always dicey because you never know where people are in their grief so hang on to them you know for the opportune moment or whatever. I know for me in the early days I was not comfortable with people shoving grief resources in my face right away. Just because they really just wanted me to get better and it was more, it wasn't support groups, it was here's a therapist, here's a facility that you need to go to, when it took a lot of energy for me to just get out of the bed, you know, wake up even. So as many online resources that you can give them because sometimes they don't want to be out in public and being online right now is the most convenient way. And, I get a lot of my therapy online so we have to use the tools that we have and not really look down our nose at them

Micki: Yeah. I've gotten a lot of therapy out of this podcast oddly enough . I was gonna say

D: [laughs]

Micki: Haha, uhm. It can be hard to know how to reach out because everybody kind of needs something different and that's ok. I really feel like the main thing is letting people know that you're there

D: mmhmm

Micki: Not for yourself but for them, no matter what they need you got 'em.

D:Right

Micki: And we do have a pretty extensive list of grief resources now on our website Griefafterdark.com, we've got a whole page dedicated to resources

D: Yes

Micki: Facebook groups and instagrams and books and yeah a lot of online resources just a huge list of links

D: Absolutely, and I am an actual person, I answer my real email [laughs]

Micki: Yeah, if you contact us through the website we will get back to you so if you have questions and you need something more specific, let us know what's on your mind

D: Let us know what's on your mind, always happy to help

Micki: Here we are

D:Here we are

Micki:Being happy to help

D: [laughs]

Micki: Thanks again everybody. Thanks for giving us a whole... gratisode? What did we ?

D:[laughs]

Micki:Anyway [laughs] Thank you

D: Thank you and I love you

Micki:Incredibly thankful, I love you, cheers.

D: Cheers