

JOIN US
as we launch
our new
wellness
series!

Well
STAY AT HOME

with
the well project

Every other
Wednesday,
starting April 8
at noon ET

REGISTER HERE: bit.ly/TWPstaywell

Chat Log (Abridged)

- 00:17:36 **Gina Brown:** Hello good people!
- 00:17:40 **JoDha:** helloooooo. I am here but off-camera :)
- 00:18:20 **Bose Olotu:** Greetings to you all from Nigeria
- 00:18:47 **Susan Mull:** Such a great beginning! Great music! Great people! Great to see everyone!
- 00:19:43 **Susan Mull:** That was wonderful! India.arie!
- 00:21:10 **Susan Mull:** You all look so beautiful today!
- 00:21:52 **Susan Mull:** Be safe!
- 00:22:27 **Gina Brown:** Thank you, Susan ♡
- 00:22:39 **Susan Mull:** You are so welcome!
- 00:24:06 **Susan Mull:** Eat those beets- they give us 17 anti-virals!
- 00:25:52 **Bose Olotu:** Thank you T-shirt
- 00:25:53 **Susan Mull:** My grandchildren, too - 14, and 3 - it's so different being grandma!
- 00:26:14 **Bose Olotu:** it is great to see you all
- 00:27:06 **Gina Brown:** so true. when I spoiled him I didn't think he'd be mine. lol
- 00:28:00 **Bose Olotu:** HAPPY birthday sister 🎂🎂🎂🎂🎂🎂
- 00:28:27 **Susan Mull:** Happy birthday!
- 00:29:46 **Susan Mull:** Kindness is a precious trait! Not everyone possesses kindness!

00:31:32 **Susan Mull:** Yes, I have a teenage grandchild, too, and I want to be relevant to him ,too!

00:32:37 **Bose Olotu:** my kids are 26, 13 and 10 two boys and a daughter

00:34:14 **Bose Olotu:** for me it was hard with my first son because I was a teenage when I had him.

00:34:48 **Bose Olotu:** Wow

00:34:55 **Susan Mull:** Wow, we have such different ages of children! My child, my son, is 44!

00:35:55 **Susan Mull:** Masonia, there is such power in your gentle wisdom!

00:38:48 **Bose Olotu:** my two youngest kids are caring and loving, in their own ways. my daughter Megan love to take care of people around her. they are very social. they easily get along with other people around them.

00:40:10 **Bose Olotu:** But Megan and Marvellous are always getting at each other, but it changes as they grow.

00:41:16 **Gina Brown:** my son is 37 (I was. 17 when I had him) and my daughter is 25.. I'm really close to them. my grandsons are my pride and joy💕

00:41:30 **The Well Project:** Masonia is often the youngest parent in the room with her 16 year old, and even her 9 year old--but often has more experience

00:43:08 **Juliana Johnson:** Postpartum depression is so tough - I didn't even realize that's what was happening until about 3 years after the fact.

00:43:14 **The Well Project:** definitely needs to be said Ci Ci! having the kids home all the time has kicked my butt!

00:44:09 **Olivia Ford:** I see lots of nods about screen time for kids during COVID! That struggle is real <3

00:44:20 **The Well Project:** Parent guilt is normal in regular times, but is a whole other thing during COVID

00:45:52 **Juliana Johnson:** <3

00:47:05 **The Well Project:** My older sister used to worry I was going to starve because I didn't like to eat anything

00:47:59 **Susan Mull:** My grandson lives on Mac and cheese!

00:48:23 **The Well Project:** *Gina: we have to keep talking about it and stand in your truth and say what you feel.*

00:49:13 **The Well Project:** *Gina: Don't beat yourself up- we have to keep reminding ourselves and each other that we're doing what we can.*

00:50:00 **Gina Brown:** when I was little all I ate was bananas, white bread, and carrots...every single day.

00:52:57 **The Well Project:** *Bose: parenting can be very challenging - and sometimes we just want to run away! <3*

00:53:39 **The Well Project:** Thank you, Bose! I have had some moments, too, where it feels overwhelming like you.

00:55:52 **Susan Mull:** my 1st husband and I got divorced and I left when my child was 12, my son wanted to finish middle and high school with my husband. I really have guilt, of course we had shared custody, but it's not the same! He thanks me though to this day that I left him in his stability and that he got to stay where he loved school, and friends and music. Still, I carry guilt to this day!

00:56:14 **The Well Project:** *Masonia: one of the tools she uses is taking advantage of her network of friends and family*

00:57:04 **Bose Olotu:** Yes that so true if we have people around that we can trust.

00:58:49 **Olivia Ford:** *Masonia talks about using tools she learned in therapy, around talking about HIV and other areas, in how she parents her kids*

00:59:46 **The Well Project:** *Masonia: HIV has shifted how to teach compassion to all people, and forgiveness*

00:59:50 **Susan Mull:** Masonia, you teach compassion to all of us!

01:04:10 **The Well Project:** *Ci Ci: her HIV has pushed her to be intentional in her relationship with her son both in creating memories and preparing for his future*

01:05:12 **Olivia Ford:** Welcome welcome, Falguni! So glad you're here <3

01:05:16 **The Well Project:** Hi Falguni! Welcome! So glad to have you here with us! <3

01:05:26 **The Well Project:** Hi Alecia! :)

01:05:33 **Bose Olotu:** You are welcome to this amazing group of Amazon women

01:05:48 **The Well Project:** Bose - did you want to say something?

01:06:23 **Bose Olotu:** yes I love share

01:07:37 **Bose Olotu:** Hello Alecia

01:07:48 **Olivia Ford:** Alecia! <3

01:08:06 **The Well Project:** One of the hardest parts of parenting right now for me is having a hard time being able to reassure your kids that things will be OK soon.

01:10:21 **Juliana Johnson:** My white 14 year old son listening to you right now. We talk about this a lot. But he's listening to you right now very intently.

01:11:59 **Bose Olotu:** CiCi great sharing..... love you 🤗 sister

01:12:02 **The Well Project:** Yes, I speak to my kids, especially my son about this a lot--about how different the conversations parents of Black kids--his exact age--are entirely different. And about their privilege --and using it to do something with that.

01:13:10 **Susan Mull:** Yes, I live in the country and I got to pick a book to read for the fundraiser read-a -thon in town, and I read Jericho Brown's book called Tradition which was about racism, about the stigma surrounding HIV and AIDS, and it was also about homophobia. It's a Pulitzer Prize winning poetry book.

01:13:13 **Juliana Johnson:** It's so much work.

01:15:34 **Susan Mull:** This was a wonderful session. I feel like I've been to therapy!

01:15:53 **Olivia Ford:** The book I mentioned is called "My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies" by Resmaa Menakem

01:18:38 **Olivia Ford:** *Bose shares how her experience of parenting with HIV - she has become a face of HIV in Nigeria, but there is still so much stigma and she doesn't want them to experience that kind of stress - especially since her oldest child truly believed she would die*

01:20:14 **The Well Project:** Thank you all for such a powerful discussion. As Susan said, this does feel like therapy and so important to be able to talk about this and help affirm none of us are alone.

01:20:31 **The Well Project:** *Masonia: Try not to be so hard on myself; manage expectations*

01:21:57 **The Well Project:** And thanks, Mom (@Della) - glad you are able to be here.

01:28:48 **JoDha:** Loving the session....apologies for not being on cam as I was having a late dinner....was at my friend's place to use her broadband. Need to log off now as I need to go homeit is 10:50pm herenight night everyone <3

01:29:29 **The Well Project:** Thanks for being on with us Jo! We are so grateful for you being here so late!

01:30:25 **Olivia Ford:** Thank you so, so much to Susan and everyone for sharing <3

01:30:49 **The Well Project:** And thank you for that, Susan--really appreciate your sharing. Your spirit is also really something to aspire to. I feel so much gratitude and empathy for what teachers are going through right now.

01:31:07 **Juliana Johnson:** This was so helpful. Thank you Masonia and all.

01:31:09 **Olivia Ford:** *Masonia: We have all been experiencing trauma or being re-traumatized in some form or fashion <3 - it's "an ugly beautiful truth" and it's good to be able to share*

01:31:41 **The Well Project:** And I think we are all superwomen!

01:31:58 **The Well Project:** Goodnight Falguni <3

01:32:10 **Susan Mull:** I love that word! Resilience!

01:32:16 **Olivia Ford:** *Masonia: We are all great parents doing our best, raising some dope kids!*

01:32:48 **Bose Olotu:** Thank you Susan

01:32:52 **Olivia Ford:** Oh! And also before I forget here is this amazing podcast on the book I mentioned: <https://onbeing.org/programs/resmaa-menakem-notice-the-rage-notice-the-silence/>

01:33:32 **Susan Mull:** You are welcome!

01:33:57 **Olivia Ford:** So glad to share this space with all of you!

01:34:16 **Olivia Ford:** Outro music :-D

01:34:46 **Bose Olotu:** I am dancing already...

01:35:00 **Juliana Johnson:** bye all xo - thank you again

01:35:07 **Olivia Ford:** Strength, courage and wisdom!!

01:35:14 **Olivia Ford:** It's been inside of me all along!

01:36:44 **Susan Mull:** We played this at a conference one time-a Campaign To End AIDS Conference! Strength, courage, and wisdom! Thank you Masonia!

01:37:43 **Susan Mull:** I feel like I'm blessed to know all of you!

01:38:14 **The Well Project:** Yes, thank you Masonia! I am so glad we "encouraged" (lol) you to take on this topic! You have so much to give! Thanks all for being here and sharing. Much love to all. <3

01:38:44 **Bose Olotu:** I most encouraged