

Speaker 1 ([00:00](#)):

Sophie ([00:25](#)):

I'm Sophie and this is She's All Fat, the podcast for fat activism, radical self-love and chill vibes. Only in this episode, we're talking about clothes and quarantine dressing up for fun, wearing what's comfy for fluctuating weight and hashtag queer cottage core with style advisor to the pod, Jazzmyne Jay.

Sophie ([00:48](#)):

A quick note, we recorded this interview before the police murder of George Floyd and successive Black Lives Matter protests demanding justice for Floyd, Breonna Taylor, and the other Black lives taken by police violence. Make sure to listen for our call to action at the end of the episode, to do your part to counter anti-Black violence. But first it's time for our SAF book club. Every week this season we'll be reading a chapter of *Fearing the Black Body*, the *Racial Origins of Fatphobia* by Sabrina Strings, as a team. And we want the fatmily to do the same check the show notes for independent Black owned bookstores to find your copy. We'll start each episode with some thoughts, questions, and what we learned from this week's chapter. Yeli wants you to know that we have two new places to participate in the SAF anti-racist book club. Number one, our monthly newsletter includes a little reading schedule and a roundup of what we've covered in the last few episodes. You can subscribe to that in the show notes if you haven't already. Number two, we've got a new page on our website for all things book club that's, [she'sallfatpod.com/bookclub](http://she'sallfatpod.com/bookclub) to follow along with our questions, exercises and extra resources every week. I have a few exercises in the show notes for you. And I want to say again, that if you're having trouble with this text, don't be afraid to go slow and look things up this week. I looked up the word [inaudible] and I spent some time thinking about how I never knew the origins of some of these terms and the history of race as an idea. I have some more detailed questions and reflections for you on the book club page.

Sophie ([02:15](#)):

Lynn also has a few excerpts from this chapter that she wants you to read revisit. So if you like to highlight or do sticky notes or do Kindle notes, however you're reading, get out your supplies and head to the show notes for that link. And Laila wants you to consider the ways in which we still see racist Eurocentric standards in the world today. She's written a beautiful little thing about France's Islamophobic policies and how they relate to our reading. You can find it - you guessed it - on our book club page, so head there for the show notes. For next week, read chapter four, follow along on our book club page, and you can join the discussion in our Patreon Facebook group if you're a Patron at team Paisley Mumu, or above, or you can tweet at us and we'll be posting an Instagram post as well. Okay, Lynn wrote this in the script for me and commented, feeling a little unhinged. Lynn, being senior producer has really allowed you to spread those wings. So, you know what, let me say it for you, Lynn. My sweat pants are trembling. No, not because I have to poop, it's because I'm ready to start the ep. Here we go.

Music break ([02:15](#)):

Sophie ([03:32](#)):

Here we are. I'm here with the iconic friend of the pod icon. I already said iconic. I'm saying it again. Beautiful, has makeup on in quarantine has kept up with their eyebrow, like little hole in quarantine. Jazzmyne Jay, thank you for being here, Jazzmyne.

Jazzmyne ([03:54](#)):

Thank you. I'm so excited that you invited me to talk.

Sophie ([03:58](#)):

We like having you on all the time. We already did, I think, or had planned something for our main season, right?

Jazzmyne ([04:06](#)):

Literally.

Sophie ([04:08](#)):

And like, we were just like, Oh, you know what? COVID season is going to be simpler and more related to COVID because talking about anything, that's not at least informed by what's going on. Feels so like, fuckin fake and bizarre. So we're going to bring a little COVID in by talking about clothing in quarantine and how to wear clothes when you're straight up, not leaving the house. And we're going to have a little fun and hopefully have a little ep here that makes you feel like you're hanging out with some friends. That's our goal today. Yay. So um just for people who maybe don't know who you are. Can you give a brief intro to yourself?

Jazzmyne ([04:44](#)):

Yes. Hi, I'm Jazzmyne. Um, I am a personality on BuzzFeed. I model for ASOS. I do a lot of just like making people feel good content. I feel like that's the gist of me, right?

Sophie ([05:01](#)):

You're definitely my most recognized by teens friend for sure. But you're the person who, when I go out and about with them, there's always like some shaking teen who comes up crying to ask for a picture. People love you. They're obsessed with you.

Jazzmyne ([05:14](#)):

It's very, very nice. But I think you're right.

Sophie ([05:20](#)):

You mean a lot to like teen and preteen girls, especially, which is like, honestly iconic, like the stuff that you love at that age really shapes you. I think, you know,

Jazzmyne ([05:31](#)):

I agree.

Sophie ([05:31](#)):

Like I remember way more about books that I read then than books that I've just read in the last few years. Do you know what I mean?

Jazzmyne ([05:39](#)):

Yeah. I've thought about this recently. Like the people that were important to me was like, um, scary spice, the spice girls in general. Um, sister, sister, like the, and I think about those shows and what I saw as representation and like, yeah, I could be the other spice girl. Like I'm feel like I am. They raised me to think this way.

Sophie ([06:04](#)):

It's iconic. Okay. So what have you been doing in quarantine and what have you been doing to take care of yourself?

Jazzmyne ([06:11](#)):

Oh,

Sophie ([06:13](#)):

it's hard.

Jazzmyne ([06:14](#)):

for my mental health, I've been going to online therapy for the past a year, so my therapist is still functioning and I still go the same amount as I was before this.

Sophie ([06:26](#)):

Me too.

Jazzmyne ([06:26](#)):

So I'm very thankful for that. I don't think I need it until we sit down and talk. And that I'm like, what why?

Sophie ([06:36](#)):

Yeah.

Jazzmyne ([06:36](#)):

And it's like, even if you can't like, um, go to therapy or don't have a therapist in place, even just like actually opening up to my friends that are willing to listen has really helped me as well.

Sophie ([06:50](#)):

Yes.

Jazzmyne ([06:51](#)):

Yeah.

Sophie ([06:52](#)):

What has been one fun thing for you in quarantine? Has there been anything that just felt like good and relaxing?

Jazzmyne ([06:59](#)):

Oh, to be honest, it's like, I'm not saying this because of this episode, but I've been getting really into like dressing up and doing cool makeup.

Sophie ([07:07](#)):

What's been helpful about that for you?

Jazzmyne ([07:09](#)):

I dunno. I feel like I've kind of tapped into an alter ego type situation here. Um, because right when like quarantine started like happening, there was this big rush of like, um, talking about alternative Black girls, like alternative Black hotties, like, um, you know, like fashionable goth, Black women. And I was like, these girls are fucking amazing. Um, so I'm,

Sophie ([07:39](#)):

That's exactly what you look your face looks like right now, by the way,

Jazzmyne ([07:44](#)):

Thank you! I feel like I'm not to their level, but I've been working on it, you know? And I've been trying like it, like, even this is like I put on this eye today and I was like, I put this eye on and I was like, this is low key.

Sophie ([08:02](#)):

Can I just try to describe it?

Jazzmyne ([08:04](#)):

Yeah.

Sophie ([08:05](#)):

It's like a cat eye, but also you have a little extension on the inside and you lined on the bottom, but not in a way that looks bad. People always look bad lining on the bottom and the way that you've done it looks like cool scene a little bit like cool emo a little bit.

Jazzmyne ([08:25](#)):

Honestly, I am so thankful for you.

Sophie ([08:28](#)):

Was that like accurate to how you wanted it to come across? Like it looks cool.

Jazzmyne ([08:32](#)):

I mean, I thought I was being low key by doing this, but yes,

Sophie ([08:39](#)):

It looks cool. Like it's up, it's low key for you, but again, I have no makeup on and can barely do a tiny cat eye. So like, it looks cool that plus you like your lip ring and nose ring and the like darker lipstick. It's not like dark, dark. It's just like, it's like Mauve-y kind of. And then the, like, I don't know what that's called in your eyebrow.

Jazzmyne ([09:02](#)):

I just cut it.

Sophie ([09:04](#)):

Is it, does it have a name though, to have.

Jazzmyne ([09:05](#)):

a slit? I don't know. A lot of people say that like it's a gay thing.

Sophie ([09:10](#)):

Really?

Jazzmyne ([09:11](#)):

Yeah.

Sophie ([09:11](#)):

I think everything's a gay thing. But yeah. I mean, whatever cool that makes it cooler. Honestly, you've got like a slit in your eyebrow and like, your hair is all short and you have all your earrings in and your skin looks really like glowing.

Jazzmyne ([09:28](#)):

Oh, thank you. I'm in front of a window.

Sophie ([09:31](#)):

Yeah, you look great.

Jazzmyne ([09:32](#)):

Thank you. Um, so yeah, that's what I've been doing.

Sophie ([09:36](#)):

What are the elements of Black alter- alternate girl looks? What are, what are the pieces of this?

Jazzmyne ([09:43](#)):

Okay. This by no means is like, um, scientific. This is what I have, um, noticed on my own. So there's like, um, all the girls that I'm seeing that are participating in this and doing this all are really good at makeup. Like better than me. I do not claim to be great at makeup, but they're all very good.

Sophie ([10:06](#)):

I think you're pretty good at makeup.

Jazzmyne ([10:08](#)):

I think I'm like, okay. You know, but these girls, like they're good.

Sophie ([10:12](#)):

Some people are at a level where you're like, you must spend hundreds of hours doing this.

Jazzmyne ([10:17](#)):

exactly, Um, so they're all very good at makeup. All the makeup looks like glam goth, like, um, big eyes. A lot of them don't have eyebrows or they draw on eyebrows.

Sophie ([10:34](#)):

Okay. What is this trend? What is this trend? I've been seeing this on tiktok and I was like, what's going on,

Jazzmyne ([10:41](#)):

Honey? I am telling you right now. I only cut a slit into my eyebrows because I was going to bleach them. And then I was like, I will actually, I can't bleach my eyebrows right now.

Sophie ([10:53](#)):

Oh my God, wait, follow up question to the alt girl face looks. Do you feel that like, can you speak to Black girls embracing that look? Does that feel like different for you and new and like how so?

Jazzmyne ([11:06](#)):

Yeah. Okay. So for that, um, it, it didn't feel as different for me just because I've embraced myself, but it felt different for 13 or 14 year old Jazzmyne that when like the whole, like alt look was happening, that I never saw examples of Black people doing it.

Sophie ([11:27](#)):

It was like white tumblr girls, all.

Jazzmyne ([11:29](#)):

Exactly. So now that I'm seeing Black girls doing it and doing it fucking good.

Sophie ([11:37](#)):

Yeah.

Jazzmyne ([11:38](#)):

And looking as good as they do, I'm like, Oh my gosh, I wish we had the internet back then. So I would know. It's just so beautiful to see just a different type of Black woman.

Sophie ([11:50](#)):

Yes. I love that. That's amazing. Okay. You have to link us to some so we can follow them.

Jazzmyne ([11:55](#)):

Oh my gosh. I will.

Sophie ([11:56](#)):

Um, okay. So what have you been wearing with the face looks.

Jazzmyne ([12:00](#)):

Okay. So I've been wearing a lot of chains. Um, I've been taking chain belts and putting them around my neck as like multiple layer chains. yeah. I've been wearing like a, a lot of doc Martens. And like chunky, chunky shoes. I bought a black, um, cheerleader, skirt. It's like black outlined in white. It's really cute.

Sophie ([12:30](#)):

I want that. Oh my God.

Jazzmyne ([12:32](#)):

It's from Hot topic. Okay. Hot topic for real. Like it's, some of their stuff is not my style, but some of their stuff is very much in lines with like alt girl, and they go up to, I think like a 3X.

Sophie ([12:48](#)):

Yeah. They have some plus size stuff. I think they're connected with another plus sized store, but I don't remember what it is.

Jazzmyne ([12:54](#)):

Yeah. I don't know what it is either, but isn't like-

Sophie ([12:57](#)):

they've always had plus stuff.

Jazzmyne ([12:59](#)):

Isn't hot topic and torrid owned by the same?.

Sophie ([13:01](#)):

Yeah. I think they're connected by the owner, which makes sense to me. Cause hot topic has always had plus stuff. I think, maybe I'm wrong about that. But I remember there like always being the thing was, I was always just like, well, I don't want to wear hot topic. Like I was like,

Jazzmyne ([13:17](#)):

Exactly. It was an option. Just you weren't willing to take it.

Sophie ([13:23](#)):

I didn't want it. I wasn't trying to wear one of those shirts that had that like evil bunny on it or whatever, you remember that shit?

Jazzmyne ([13:30](#)):

Yes.

Sophie ([13:32](#)):

God, didn't want to wear that shirt that says like, I love boys. I love to kill them. Or like, whatever the fuck, those dumb ass shirts said. Um, but now I think they have some cute stuff there.

Jazzmyne ([13:44](#)):

They really do.

Sophie ([13:45](#)):

That's awesome. Okay. So what are you wearing right now?

Jazzmyne ([13:49](#)):

Right Now I'm wearing nothing of what I've been talking about. Um, right now I'm just wearing a Nike crop top and some.

Sophie ([13:57](#)):

it's cute.

Jazzmyne ([13:58](#)):

Thank you. I like the color.

Sophie ([13:59](#)):

You look like a sports goth.

Jazzmyne ([14:01](#)):

I've been, thank you. I've been into like this like kind of, I don't know what color blue this is.

Sophie ([14:06](#)):

Unfortunately it's Caroline Calloway blue, for sure.

Jazzmyne ([14:09](#)):

Oh Yeah. Okay. Well that's what I've been wearing. Like blues and greens.

Sophie ([14:15](#)):

I like it. It's like a beautiful light teal sky blue mix.

Jazzmyne ([14:20](#)):

Yeah. And I'm just wearing some, uh, what are they called? Biker shorts.

Sophie ([14:25](#)):

Hell yeah.



Jazzmyne ([14:27](#)):

i live in those.

Sophie ([14:27](#)):

Me too. Do you know, someone texted me the other day because they bought biker shorts and they like, they were like thought of you because it's part of my brand.

Jazzmyne ([14:34](#)):

Yes. I love that.

Sophie ([14:38](#)):

Isn't that awesome. Made me really happy.

Jazzmyne ([14:40](#)):

I love that.

Sophie ([14:42](#)):

I know me too. I've been wearing a lot of loose fitting shorts recently because my, um, my HS has really been acting up with all my stress which is my autoimmune illness that comes out on my thighs. And it's like, I'm too sweaty and hot to wear bike shorts, but I've been wearing a lot of, you know, ASOS has those, um, like Culotte shorts. They're basically just like an elastic ring and then like a skirt sewed together, down the middle. It's not complicated. They're really comfy. So I've been wearing a lot of those. Today. I put on a real outfit for this right before this.

Jazzmyne ([15:18](#)):

Good.

Sophie ([15:19](#)):

I've been wearing two brands only, pretty much actually three brands this whole time. One is ASOS, because I have a lot of basics, like I just mentioned from ASOS. And if you also like ASOS should check out Jazzmyne's ASOS account because she models stuff. Um, and I'm wearing this skirt from Ori, which is like my blue little blue skirt. And I'm wearing that blue skirt in one of my insta picks that people like somebody tagged me and recreated themselves wearing my outfit. I felt the best I've ever felt.

Jazzmyne ([15:52](#)):

You literally are an influence.

Sophie ([15:55](#)):

So it's just like this really cute blue or a skirt that has like, um, kind of a frill at the bottom. They're the best, ori is great. You can use our code. This is like a free ad, use code SAF for 10% off. It's run by this girl named Kate. They're just cute. So I'm wearing their white shirt and their blue skirt. And I've never really dressed mano brand before, but it's just been really easy in quarantine to be like uh okay. Ori shirt, ori skirt, ori jumpsuit, done. This really sounds like an ad, but I swear to God, it's not an ad. I just like them.

Jazzmyne ([16:34](#)):

and if That's what's like feeling the most comfortable.

Sophie ([16:37](#)):

Yeah. I have not been into looks at all. Honestly, I have been doing anti looks. I've been letting myself look, I've been letting myself do zero zip nada. And I've only been recently feeling like up to doing some looks for myself. I think.

Jazzmyne ([17:00](#)):

Yeah, that's it. That's all you need.

Sophie ([17:02](#)):

Right. I've only been recently up to it also because I've had such bad rosacea on my face that I haven't wanted to put makeup on. Cause it like hurts. So I've been like, you know, haven't wanted to, I have been thinking about because of that, because I don't want to put too much in my face. I've been thinking about developing a look, a strong look of just brows and lips. Like very French. I was going to say like, you don't have to put anything on your face.

Sophie ([17:27](#)):

You could just do brows And lips.

Sophie (Ad) ([17:33](#)):

Remember those commercials that were like, there's an app for that. Can you believe that you could literally say that about therapy now? Betterhelp is the app for that. And by that I need online counseling, better health counselors are specialized in depression, relationships, family conflicts, LGBTQ stuff, and more. We're talking your own licensed professional counselor. We're talking weekly video or phone sessions. We're talking, texting with your therapist. I especially love that betterhelp is more affordable than traditional therapy and offers financial aid options. Visit [betterhelp.com/shesallfat](https://www.betterhelp.com/shesallfat). That's better H E L P and join over a million people taking charge of their mental health with the help of an experienced professional. In fact, so many people have been using better help that they are recruiting additional counselors in all 50 States. We've got a special offer for she's all fat listeners. You can get 10% off your first month at [betterhelp.com/shesallfat](https://www.betterhelp.com/shesallfat).

Sophie ([18:45](#)):

Okay. Let's go to our listener questions because we could just, we could just Jabber on forever. Okay. Um, listener question. What should I wear to embrace the weight I've gained when we eventually have classes on campus again? Okay. So basically I think this is a question about like clothing tips for changing sizes and changing sizes during quarantine and stuff. And I think like, first of all, don't worry about going back to campus yet. We're still far away from there.

Jazzmyne ([19:13](#)):

Right, right, right, right, right. Um, you know what the thing is is that I've changed sizes recently. Like I was definitely more like, uh, Oh, can I say sizes on here? Is that okay?

Sophie ([19:29](#)):

For sure. We'll just say like a content warning here. Jazzmyne's going to say some sizes.

Jazzmyne ([19:33](#)):

I started out being more so around a 20 and now I'm definitely more like comfortable in my 20 twos. That's just how I'm feeling right now. You know? And I, I really don't think twice about it. Um, and I know that's just like a really fucking weird answer, but like, I am still very confident that I am just as cute, you know? And like, I, first of all, I know it's not like an outsidey thing, but like, no, I can't tell if people are changing sizes or anything, to be honest, you know? So yeah. I really can't tell and a half the time, I can't tell on my own self, unless I put on clothes that actually require a size to them. Um, yeah, I think, um, at least if you're being, if you do feel bothered by it and maybe you could have some input on this as well, but I definitely like try to, okay. So like if I notice I've gone up a few sizes and it's bothering me, I will like wear my black leggings that I know fit me. And I know that look cute no matter what. And I'll make sure at least one thing on my body is something that I'm like, these are my comfort, you know?

Sophie ([20:58](#)):

Yes. I mean, I think there's two parts to this question. The first part is like, uh, how do I embrace the weight I've gained? You know what, and like, that's a separate issue, which is like, it's really uncomfortable to change sizes, especially because it's something that feels if you've had any kind of, um, issue with eating in the past, because it feels very triggering for that. First of all. And second of all, it can feel like it's something out of your control, right? So, and especially right now, when so much stuff feels out of our control, it can be extremely hard to deal with that. And so like, number one, I would just not deal with it right now if it's too hard, honestly, you know, just be like, I'm going to deal with this later when I have the resources for it and just keep prioritize, keeping yourself alive and healthy and eating. Number two is if you have access to a therapist, um, then talk it through with your therapist. Number three, is that a lot of times it's like the discomfort is with like, just not being familiar with yourself. And I know, in a shape that feels new. So if you, what, if you take some time and look at yourself in the mirror and see like, Oh, this part's a little bit wider now. And like, you try on some of your old clothes and then you're like, Oh, okay. Like this one fits me a little bit different now, but actually I kind of think it looks cool this way. Or you're like, wow, like this skirt is not for me right now. I'm just going to, like now I get to write down that I want to get a different skirt. And I'm just going to keep this for a little bit. Like, I feel like as somebody who's weight goes up and down constantly. Like I am in my adult life constantly fluctuating between like, I've been a 20 and I've been a 26. Like it's been a wide range for many reasons. Like, so like, it never helps me when it's stuff like throw away your thin clothes or whatever, because sometimes I'm that size again. And then I feel like, ah, God damn it. Now I don't have anything to wear. But like just, I think like if you work on becoming more comfortable in like, the new shape that you have and finding cute clothes that fit you now that will help you embrace your body and feel a lot more comfortable, um, when you're around people again. And then I think the other part of the question is like, will people treat me differently basically when I'm back around people and like, honestly, number one, they probably won't notice. And number two, if they do notice and they say something shitty, then that's on them. Like, you know what I mean? That's that then they're shitty. And like, we don't give a shit what shitty people say, like, you know, and if somebody says something to you that just makes you feel uncomfortable, but you think it's coming from, like, if someone's like concerned or whatever, and they're not like body positive or whatever the fuck, you can come up beforehand with like a line that you feel comfortable saying, um, that turns away conversation on it. You know what I mean? Like you can always say like, Oh, I don't discuss my weight really, but thank you. Or something like that.

Jazzmyne ([24:24](#)):

I also think a big thing, um, to go along with what you were saying beforehand is, um, when you are going through this process, really try to tap into how you actually feel and not like, um, kind of snowball one thing to the next, as in like, okay, if you know, you're feeling maybe a little less confident, or maybe you're feeling some way about putting on weight, go, the next step and going on, trying on clothes, isn't always the best step. You know? It's like, sit here, think about it. Think about some reasons why, give yourself some gratitude, you know, like think about it before you do like, Oh, I'm upset about this. Oh, I did this. It made me more upset. Oh, I did this. Like, there's no reason, especially right now in this climate where we can't do a lot, like we can't get out of the house a lot, except sit with our feelings. It's not going to help. Just like rolling into the next activity, you know?

Sophie ([25:28](#)):

Um, we have another question, listener question. Please, Jazzmyne, help me. I'm only just starting to build up my personal style. I'm a 22/24 and I'm into urban cottage core grandma core outfit vibes, and also cool casual mom out of a nineties movie vibes. What should I wear? Wow. I swear.

Jazzmyne ([25:48](#)):

This sounds like you.

Sophie ([25:53](#)):

I was just reading that like what the heck?

Jazzmyne ([25:55](#)):

I don't need to be telling you what to do right now. Wow.

Sophie ([25:59](#)):

It's me.

Jazzmyne ([26:01](#)):

This is literally you.

Sophie ([26:03](#)):

I love cottage core. I've been watching a lot of tiktok as we do since we can't go outside. And uh, I love cottage core tech talk for people who don't know. It's like, it's like, uh, geez, it's hard to explain to people who might not get that just from the sound of it. You know what I mean? Like if you're not, if you're not of the digital era, it's like a look that's like, you go thrifting a lot, but not in a cool, cool way in a, in a, like a grandma kind of way.

Jazzmyne ([26:34](#)):

Yeah. Yeah. It's one of those things where you see that, you see that person out, like, um, the queer event and you know, that's what type of person they are.

Sophie ([26:48](#)):

one hundred percent they're wearing some skirt that you're like, Oh, they got that. And they pinned it up from like the thrift store. And then like, if you ask them about their shoes, like they'll have some like sentimental story behind. They'll have like a little figurine of a gnome tucked into their purse or

whatever. It's a very fun vibe. Okay. I don't have any huge advice like for this person. I think like, I want you to give just advice on how to like search for a personal style.

Jazzmyne ([27:19](#)):

Yeah. I think, okay. Personally, especially right now, personal style is what's keeping me going. And I think right now there's never too much. And there's, you can always just keep going, you know, um, especially with like, you know, a lot of the reasons why I'm getting ready is to post pictures and I'm like, I can't change my, my room, you know? So I'm going to have to change something. So that's me just diving into figuring out what personal style feels good to me. And it's through accessories, colors, prints, um, different styles of makeup, different hairstyles, different hair colors.

Sophie ([28:04](#)):

I do a lot of mood boards, like especially okay, if this person says they're into urban cottage, core grandma or outfit vibes, I'm like, if this person doesn't already have a like Pinterest board of this shit, like I'd be surprised, but definitely you should make one. And then like, literally I think people feel like it's out of their reach to do this because a lot of times what you end up pinning to your board on Pinterest is thin people because there's way more thin people on Pinterest than fat people. But the thing is you can create a look on a thin person on your fat body. Like there's no rules saying you can't. So all the time I will take inspiration looks and just make them for myself. And you don't have to like change them too much. Like people think you do, because we've been trained that way for a long time. You know what I mean? To be like for the curvy body, you wear it like that or whatever. And like, you don't have to like, for example, okay, if you wanted to do this cool casual mom out of a nineties movie vibes, like literally like, okay, I would start with the outfit that miss honey wears and Matilda when they're like cleaning up their house, you know, and, and send me on my way by rusted root is playing, you know, exactly the scene I'm talking about. Okay. And she's wearing those like overalls and little scarf. Like, you could definitely put that together if you have overalls and if not do it with like some cute little jeans or Jean shorts or something like, and just do your take on it. Like you probably have stuff around you could use.

Jazzmyne ([29:39](#)):

Yeah. And I think that's also thing of especially since we have different bodies from what we're normally trying to copy, that's like, don't be hard on yourself and say that, like, that's not, it, that's just like going into the fact that like, we aren't supposed to be seen that way anyway. So I'm just, just make sure that like, if this is the style and this is how you feel, then yes, that is the style. Like no one can tell you different just because you're not miss honey size or something like that doesn't mean that you're not that style.

Sophie ([30:17](#)):

I've also found, just the same. As on Instagram, I have followed a bunch of fat tiktokers who do like grandma core slash mom out of a nineties movie. And then tiktok has a very strong algorithm that when you follow someone, they show you more like them. So like, if you follow more, strong algorithm, I never see anything that I don't like anymore. And like, I want to like be seeing more types of stuff. I'm like, great more of cat videos, but like show me something different once in a while. Um, but like I also, okay. And also for a couple stores, I would definitely recommend getting some vintage shirts off of like deep hop or something. Cause you can't go thrift shopping right now. But it's really fun in my opinion, to spend time looking through Depop and then like you order one shirt at the end of it,

Jazzmyne ([31:06](#)):

Have you had any experience? You can put this off too, with tunnel vision.

Sophie ([31:11](#)):

What's that?

Jazzmyne ([31:12](#)):

Like shop tunnel vision? They're, their stuff. If you want to look them up, their stuff is maybe a little bit more like 2009, like two thousands pop, but they do have some cute stuff that you can find on there too. Not so sweet as what we're talking about, but they do have plus size thrifted stuff.

Sophie ([31:36](#)):

I also think gap and old Navy are really good for building this vibe for sure. Cause like a lot of their stuff is, it's not that it's like behind trend, but it's like a little more broadly applicable. And so you can take a lot of their stuff and make it work and whatever look you want to have pretty much.

Jazzmyne ([31:57](#)):

Yeah. And ASOS has been coming out with a lot of like, um, skirts, like flowy skirts and like that cotton shirt that I said, you know, like oversized cotton shirts, which, um, are really cute too, so

Sophie ([32:11](#)):

Also so I'd recommend if this person isn't queer that they become queer because.

Jazzmyne ([32:16](#)):

Right. It's true. It was funny when you said that you went to miss honey and I went to my, uh, lesbian icon, which is, she's not a lesbian in it, but like the, um, what was it like the, she's not the babysitter, but like the nanny from parent trap, Chessy?.

Sophie ([32:38](#)):

Oh yeah. Chessy. I had a big crush on miss honey. She was like one of my first girl crushes that I didn't realize was a girl crush.

Jazzmyne ([32:47](#)):

I think Chessy was mine.

Sophie ([32:49](#)):

Oh, for sure. Honestly start a mood board with Chessy and miss. Honey. Yup. Cause Chessy okay. Chessie wears, she has that outfit with like an open white linen shirt. And like that would be very easy to recreate and like to play with in a way that felt authentic to you and who you are. Like I know for me, if I were recreating that I would have to do something fun with my hair or else, I would feel like frumpy or something in it, but there is like, on someone else. It might look like totally different. Like there's just a way to adapt it to yourself. That like will look really cool. That's exactly the perfect look for like exploring this vibe. Oh my God, please. This person, whoever you are, please send us, um, pictures of what you do, please, please. And we will look at them and, and squeal about you. Okay. I have a question from

Lynn who is our now senior producer. Lynn says Jazzmyne's been doing little at-home photo shoots and they're so cute, fun and hot. Tips?

Jazzmyne ([33:58](#)):

Oh, okay. Um, tips to at home photo shoots. One don't stress yourself out. I will literally, I will go to bed before I go to bed. I'm like tomorrow, this is what you're filming. It's going to be cute. Wake up in the morning. I'm like, that's not it. You know, I don't feel like, and guess what? I don't feel like it the next day or the next day. And that's how I keep um loving doing them is because they're actually like when I truly in the moment want to do them.

Sophie ([34:30](#)):

Sure. That's great. Yeah.

Jazzmyne ([34:32](#)):

Um, I think wanting to do it when you want to do it also having like an open plan, like if at the end of the day, my idea was just do a photo shoot and not like, I'm the type of person where I can't put like constraints on me because then I'll like, I'll be really disappointed in myself. Like, I can't say like, Oh, you have to have a cat eye and your makeup has to look like this because it won't, and then I'll be upset and be disappointed. So I'm just like, let's try to get a photo by 5:00 PM. You know?

Sophie ([35:11](#)):

Oh my God. A hundred percent. I love that. That really dovetails well, well with our next point, which is that I keep seeing these like tweets or memes that are like, um, like put on a pair of jeans once a week. So you don't forget how it feels or shit. And I'm like, no, don't you that like, if all you can do right now, like we're talking about personal style right now as like a potential for fun self-expression and in your case, it's your job as well. But if it's not your job and it doesn't feel good to you right now, then don't fucking do it. No, I give you permission to just wear a garbage bag. Like who gives a shit

Jazzmyne ([35:51](#)):

Honestly, put on jeans once a week just to sit, what?

Sophie ([35:55](#)):

Literally like why, why, people it's like, that's so fatphobic to me, people are like, don't forget what it's like to dress for other people. And I'm like, who gives a shit? No, literally who cares?

Jazzmyne ([36:08](#)):

We are all going through shit right now. Like if that doesn't feel good to you, then don't, I was thinking about that personally. Maybe I've been moving. So in the two weeks I put on makeup twice, which I was doing like every other day. And I was just like, okay, like, that's just what I'm doing right now. You know?

Sophie ([36:28](#)):

Yeah, exactly. Meanwhile, I literally haven't put any on since the beginning of quarantine, which is crazily like three months now or something insane. And like also I think that a lot of times fat people don't get the luxury of dressing for comfort. Like fat people often feel like we have to be dressed to the nines on professional, blah, blah, blah. And like a lot of people have the feeling that dressing for comfort

looks sloppy on fat people in a way that it doesn't on thin people, which is a fat phobic, like point of view that people are afraid of being viewed that way. So they don't dress that way. But right now who cares, dress, however, comfortably you fucking want.

Jazzmyne (37:10):

Yeah. I went through that myself. Um thinking that way myself.

Sophie (37:15):

It's hard not to, to fear that it's a hundred percent a natural fear.

Jazzmyne (37:20):

Exactly. So yeah, you just gotta like do it truly when you want, if you have no one telling you to honey, take your time.

Sophie (37:31):

Right. I also, because I run the podcast, obviously I can tone set, however I want. So I just, I literally take every like every team call that we do, not with our outside people, I dress up for them. But for our, in, in team calls, I'm in my bed every single time. I'm always just like, okay guys, how are you doing today? Like, I'm not faking anything. You know,

Jazzmyne (37:56):

I did that. I did that in a big meeting where everyone was sitting up and I was laying down,

Sophie (38:03):

Oh my God, it's quarantine.

Jazzmyne (38:05):

My friend texted me. Like, you're really laying down right now. Aren't you? I was like, yeah, this is ridiculous. No one should have to sit for this long.

Sophie (38:13):

Yeah. I mean, I know people have made a lot of jokes about business meetings where like you're only wearing a nice shirt or whatever, but I really do feel like, okay, just like we were talking, this is like a good way to, to wrap this all in a bow, which is that how at the top we were talking about how quarantine has made us lean into something, like find out the, things are really not working for us. And I just want to give people permission to like lean into some of that. So like, if you want to use this as a time to change your style or experiment with different kinds of style, like if you're feeling uncomfortable in your clothes or uncomfortable in your body, like, okay, lean into trying new things that you wouldn't have necessarily tried before. Like what if, well, if you have fun, you know, like nobody's going anywhere right now. So the worst case scenario in normal life with wearing an outfit that doesn't feel quite right, is that you go out and you feel kind of weird. That's the end. Like that's all that there is.

Jazzmyne (39:14):

And honestly you're kind of like prepping yourself too, because for me doing that would be like putting on an outfit and taking some pictures. If I can take some cute pictures in an outfit that I didn't feel good



in, I'm going to be 10 times more like willing to wear that, especially right now to experiment with different styles. And for me, that means to like put on a style, move around in it and take some pictures. If anything, that's just building my confidence more to wear it outside. So right now's the best time to try new things. And then if you can't even like, look at yourself in the mirror, take a picture in it, then there's a good chance You're not going to feel good in it. And that's okay. At least, you know?

Sophie ([39:58](#)):

Yeah. It's not for you. Yeah, exactly. And that's fine. Like, okay. So yeah, I think that's actually a good tip. Let's end with a couple tips like that because, um, people often will say like, they don't know what it means when someone says play with style and I'm like, literally like what we said before, choose an outfit, try to recreate it. See if you like it, put on clothes, take pictures in them. Look in the mirror, send a pic to someone you're flirting with, ask if they like your outfit, like just like play with it being part of you and on you. Like, I do a lot of collage type stuff. So saving a lot of images to my phone and then looking at the gallery and then like thinking about what I have and what I could wear that fits along those, like what kind of other stuff like that? Do you do?

Jazzmyne ([40:43](#)):

I save on Instagram a lot. You know, I saved those photos. I definitely just like try, and I get frustrated too. I'll save eye looks that don't turn out anything like the pictures that I saved, but at the end of it, like I did, for example, I did like three different eye looks and one week that all essentially were the same eye look just with different colors. And then by the end of that week, I was like, okay, that's what I love. Like I liked myself in this look, I realized that I can try new things, but there's a good chance that it's going to end up how I want it to look. So at least I tried, but now I know exactly what I want every time.

Sophie ([41:28](#)):

That's awesome.

Jazzmyne ([41:29](#)):

Yeah. It's just under, like taking some time to really understand yourself through trial and error.

Sophie ([41:37](#)):

I think that taking pictures of yourself and posting them is a really fun way to get out of the rut of like, well, why like, why even play with my style right now? But again, only if it feels fun to you, there's no reason to pressure yourself to do anything right now.

Jazzmyne ([41:50](#)):

Exactly. I feel like I'm kind of going through that where I only kind of posted on my Instagram when it was like legit photos going on and I've been seeing people just post like in their room and their house, just doing whatever. And a few nights ago, I was like, yeah, why aren't I doing that? Like, who cares? You know,

Sophie ([42:11](#)):

I did that the other day and it felt great. I was just in the back yard and my quarantine clothes. It was awesome.

Jazzmyne ([42:16](#)):

It was cute.

Sophie ([42:18](#)):

Thank you. I felt cute. Cause I was like, you know what? I decided that day. I was like, I'm going to build a vibe as if I'm like a girl in the nineties and I'm tanning outside. That was my vibe. That's what I decided to do. Yeah, it was awesome.

Jazzmyne ([42:34](#)):

I love it.

Sophie ([42:41](#)):

Let's wrap up. And then Jazzmyne and I are going to record our Patreon extra. So if you're a patron, then you can hear her Patreon extra, all about some sleepover questions. So head over to that, um, you can find Jazzmyne at @jazzmynejay on Twitter and Insta and her ASOS account, which will all be linked in the show notes below. We had Jazzmyne on two episodes last season, which we're also going to link below. And, uh, you can look forward to that other table, that other episode that we call the round table episode. I don't know why I keep telling Lynn that's not what a round table is. Cause a round table has multiple people, but we called it round table for some reason, in our next full season. Um, and one thing you can do for yourself this week is to take Jazzmyne's tips and do an at home in quarantine photo shoot, where- wearing whatever you want to and whatever you feel comfy or hot in and tag us in the pics on Insta. And we will repost them on our story and that'll be really fun. Do you have anything else to say to the family before we go?

Jazzmyne ([43:45](#)):

You know what everyone, um, understand that right now. A lot of us don't know what the heck is going on, but that's okay. There's good days. And there's bad days. My motto recently has been good on certain days, mean certain different things and that's okay. And we have to know that like that's just how it's rolling right now.

Sophie ([44:09](#)):

I totally agree. Just let it, let it roll. You know, thank you for being on Jazzmyne. We love you.

Jazzmyne ([44:15](#)):

Thank you. Love you guys!

Sophie ([44:18](#)):

Okay, bye!

Sophie ([44:56](#)):

This week your call to action is to donate to the Black Trans Lives Matter Youth Fund. And if you can't donate, then please read about their missions. Spend some time on their pages and share the fund to your socials. The fund is organized by the BlackExcellence Collective, and we've linked both of those in the show notes. From the go-fund me, they say, "for five years, we have operated as a volunteer collective. We've organized rallies and vigils to uplift trans and gender nonconforming folks lost to state

or interpersonal violence, hosted countless workshops and trainings to educate our community, and coordinated, direct support to folks experiencing housing slash food insecurity, incarceration and immigration detention. We have done all this work without exceeding a budget of \$50,000 a year. The Black Trans Lives Matter Youth Fund is a direct response to how COVID-19 and police violence among other things have disproportionately impacted the Black trans and queer communities." They've already raised a hundred thousand dollars and they give a detailed breakdown of where that money will go. But we want to mobilize the fatmily to keep bringing that number up to their \$250,000 goal. Donate, send us your receipt. We'll be keeping track on our insta of how much the family has raised. Hopefully we can come together as a community to donate more and more as the Black Excellence Collective says, "Now is our moment to change the world."

Sophie ([46:17](#)):

She's All Fat was created by me, Sophie Carter Kahn and April K Quioh who graduated. We are an independent production. If you'd like to support the work we do, you can join our Patreon by visiting [patreon.com/shesallfatpod](https://patreon.com/shesallfatpod). When you pledge to be a supporter, you'll get all sorts of goodies and extra content. Please make sure to leave us a review on Apple podcasts. It's super important in making sure people find the show so we can grow the fatmily. Our ads are done in partnership with Acast. If you're interested in sponsoring the show, you can get started at [acast.com](https://acast.com) or send us an email. Be sure to check out the show notes for links to the stuff we mentioned today. And don't forget to send us your questions via email or voice recording to [fyi@shesallfatpod.com](mailto:fyi@shesallfatpod.com). Our theme music was composed and produced by Carolyn Pennypacker Riggs. Our website was designed by Jesse Fish and our logo is by Hannah Senger. Laila Oweda is our brand new editor. Lynn Barbera and Yeli Cruz produced this episode. Our thin cronie forever is Maria Wurttele. I am our host and co-producer our Facebook, Instagram and Twitter handles are [@shesallfatpod](#). You can find the show on Apple podcast, Spotify, Stitcher, Google play, and wherever else you get your podcasts. Stay safe out there.