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Lily Cornell Silver: Right, right.

Eddie Vedder: So, my advice would be to take advice.

Music Song

Lily Cornell Silver: I'm Lily Cornell Silver and welcome to Mind Wide Open, my mental health focused interview series. Today, I am talking to front man of Pearl Jam, musician and activist Eddie Vedder. Ed shares his own personal challenges and his experiences with that as well as shares insight into the critical moment in history that we are all living in right now. Ed and his wife, Jill, are brilliant examples of service and philanthropy and he and his family have been guiding lights in my life and a huge part of my support system my entire life so I'm really excited to share that with you guys today. Thank you so much for watching and I hope you enjoy it.

Eddie Vedder: Lily.

Lily Cornell Silver: Thank you so much for being here. It means the absolute world to me.

Eddie Vedder: Well, I'm close by. I mean we could actually be doing this –.

Lily Cornell Silver: We could be doing this in person.

Eddie Vedder: In the same room but it's official, we're quarantined.

Lily Cornell Silver: Well, thank you, again, so much for being here. As we've talked about, this show is about creating community and creating accessibility and negating some of that isolation that can come with mental health and you and your family have been a huge part of my community and a huge part of my support system literally since the day I was born. So how has your mental health been holding up amidst the many crises we are in as a population?

Eddie Vedder: Well, there's been some ups and downs, tough moments and we've done what we could as a band to help at least our own community

and our own crew, and we've been very sensitive, and of course, we wish there was a little bit more federal direction.

Lily Cornell Silver: Right.

Eddie Vedder: I think it would be a lot easier to get through this time if we knew that, you know, with some concerted effort and because we were being taken care of as a country that we'd be out of this in even two, three months, you know, which I think we kind of thought in March, you know. We thought it would be a big change but if we all put in some sacrifice that we could come together as a nation and as a planet and get through it.

Lily Cornell Silver: Yeah.

Eddie Vedder: And now with a critical, critical election coming up and now this confusion being created even around this simple act of voting, it's just created more, you know, mental havoc.

Lily Cornell Silver: Right.

Eddie Vedder: It's a tough time. By the way, Michelle Obama's speech last night was just –.

Lily Cornell Silver: Incredible, as always.

Eddie Vedder: I mean every word resonated, and I was thinking, wow, she is not just speaking to us, she is speaking for us. But she had come out – I think a week ago or something, she was speaking and she said she felt like it was like a low level depression that I feel like we can all share in just because there's so many questions, so many loose ends and we don't know when, you know, when we will take a solid turn towards, you know, normalcy.

Lily Cornell Silver: Right, right.

Eddie Vedder: And it's probably gonna get harder with the election before it gets better.

Lily Cornell Silver: Definitely.

Eddie Vedder: So it's a good time to be reminded and get some of those powerful words from Michelle, for one, but from each other and what you're

doing here, and to really, you know, have ways to communicate and come together because it's a tough time and so it's good of you to put yourself out there and be participating in that communication, which is a very not just healthy thing but a vital thing at this time, I think.

Lily Cornell Silver: Definitely. Thank you, Ed. Yeah, I mean in that vein of, you know, being influenced – mental health being influenced by what's going on societally, politically, I am of voting age now and this will be my first presidential election and like finally. It's a crazy first presidential election to be voting in for the first time, I mean, and everything going on with the US Postal Service. Like it's – I've felt it weighing on me, absolutely, you know, the impact that this is gonna have. How have you felt that impact of the political landscape on your own mental health or how have you seen it impacting the mental health of our nation?

Eddie Vedder: You know, sometimes it's that simple thing of don't react, respond, and sometimes you get caught up in just the reaction or, you know, there is a Pixie's lyric that goes politics go so well with – so good with beer. You know, you spend the night drinking and you complain, you complain, and then – but are you really coming up with solutions.

Lily Cornell Silver: Right.

Eddie Vedder: I think at some point you get tired of complaining and it's like well, what are we gonna do about it. And you know, from people taking the streets in regards to Black Lives Matter, people taking the streets to, you know, they're gonna have to potentially take the streets just to make sure that the Electoral College is representative of the amount of votes cast in certain districts, in certain states. And it also keeps you from isolating. Now, that's tricky now because that's part of what we need – we're being asked to do.

Lily Cornell Silver: Sure.

Eddie Vedder: And it's interesting because that's part of divide and conquer, is, you know, isolating people.

Lily Cornell Silver: Yeah.

Eddie Vedder: And I mean you've been, you know, politically active. It's your first election but you've been politically active even just in the way that you've educated yourself, you know, ever since you've been a young adult. So that is an action right there.

Lily Cornell Silver: Right.

Eddie Vedder: There are gonna be changes. I think a lot of the – I think with racism, I think with same-sex marriages, I think with so many issues out there, I think they're just gonna – in one or two generations they're – it's not gonna be how it's been. And I feel like sometimes this – it's like it feels like a death grip to me of things like white supremacy and –.

Lily Cornell Silver: Right.

Eddie Vedder: I feel like that's why it's so intense right now because it's – and I think in some ways it could be the last grasp of that stuff. You know, we have had this climate change issue for the last 20, 30 years that we've been arguing whether it's real or not.

Lily Cornell Silver: Right.

Eddie Vedder: And it's obvious that it is, and so you know, we've got all these issues to take care of, but, you know, are we gonna have a planet still.

Lily Cornell Silver: Can't afford anymore wasted time.

Eddie Vedder: 'Cause just about the time when we're getting along there's a lot to do, and with all that it's a little harder to just feel like, you know, free and easy and, you know, appreciate this life for the amazing beautiful experience that it can be, you know.

Lily Cornell Silver: Your girls and I talk about this often, being in the generation that we are, it feels like we've been left this massive mess and this crazy, like, fear of no one knowing what the world is gonna look like in a year, five years, ten years, and so that's definitely had a very direct impact on my own mental health and the mental health of my generation, so I hear what you're saying.

Eddie Vedder: Well, luck for the planet that you guys are way more intelligent and way more in tune than, you know, most of my generation was at

your same age. So you know, but the tough thing about that is, you know, that whole thing, ignorance is bliss. You know, the more that you know and you've been so active, it's gonna weigh upon you more.

Lily Cornell Silver: It's been kind of a little bit of an existential crisis every time.

Eddie Vedder: You know, and one thing – just to say it first –.

Lily Cornell Silver: Yeah.

Eddie Vedder: I think that – you know, I don't know if I've ever been that comfortable giving advice. I think I am good at taking advice. You know, I think I'm coachable.

Lily Cornell Silver: Right, right.

Eddie Vedder: So my advice would be to take advice.

Lily Cornell Silver: Yeah. Yeah.

Eddie Vedder: And then so where do you get that? Where do you get it? You know, and I swear a lot of what I leaned on through tricky times as like an adolescent, young adult, not knowing what I was doing, where I was going, what my job could be, you know, on the side I was working on music and a lot of home recording, but that was just 'cause it was art and that's what made me healthy.

Lily Cornell Silver: Right.

Eddie Vedder: You know, that was my – you know, it was the place that I could, you know, make use of these tricky emotions, you know, and even just to entertain myself but to make something out of, you know, the shit, you know, the shit that was burning in my heart, the shit that was clouding my head.

Lily Cornell Silver: Yeah.

Eddie Vedder: You know, just have – give it a place and turn it into something, you know, and that could be through painting, that could be through poetry, literature. You know, even activism, going back to what we said earlier, because then you're working with other

people for a greater good and you feel like you've found a special purpose.

Lily Cornell Silver: Totally.

Eddie Vedder: So but without any of that stuff and when you find yourself kinda under the lion's paw and you can't seem to dig yourself out, it's really important – hopefully you're lucky enough to either have a teacher, a counselor, a friend –.

Lily Cornell Silver: Yeah.

Eddie Vedder: Maybe there is a boss that would listen to some of your troubles, you know. You know, there is less of a stigma as is – you were talking with **Duff** the other day and he said back when he was 16 and he had his first panic attack, you know, you didn't really want to admit that. In fact, his older brothers had had it because he came from that huge family of eight kids or something.

Lily Cornell Silver: Yeah, exactly.

Eddie Vedder: But they didn't really give him any warning and – because it wasn't cool or maybe less manly or, you know, whatever.

Lily Cornell Silver: Right.

Eddie Vedder: I think a lot of that stigma is gone. And one other thing I'll say is, you know, you're feeling isolated, you don't know how to reach out.

Lily Cornell Silver: Yeah.

Eddie Vedder: You gotta remember that some people, it actually makes them feel good to be able to help. You know, I mean I have to admit there are times or there are people, and maybe I was even one of 'em, when I was young, kinda living on my own, my parents had split up. They had moved two different places. I was working and I had some issues and I had some problems. I remember there was a Talking Head lyric, I think it was on their second record or one of the first two records. It was like – simple lyrics, it was just like it's not so – it's not cool to have so many problems, and then he said be a little more selfish, it might do you some good.

Lily Cornell Silver: Right.

Eddie Vedder: I think I was saying that before. I used to get a lot of wisdom and knowledge just from records.

Lily Cornell Silver: Sure, sure.

Eddie Vedder: You know, Pete Townsend was helping me out, David Byrne was helping me out. I trusted them more than I trusted like the knucklehead assistant principal who was always trying to bust me for smoking pot or –.

Lily Cornell Silver: Right.

Eddie Vedder: Showing up late, but he didn't know that I was working 'til, you know, 2:00 in the morning at the drugstore to pay rent, which not all kids had to do at that time, but it was tricky. I was looking around and certainly a few other people had it a lot easier than I did at the time. Bu I look back and think that, well, that gave me a work ethic that served me much later on, especially when I came up to Seattle and got the job because then –.

Lily Cornell Silver: Right.

Eddie Vedder: That wasn't like the beginning of easy street, that was the beginning of like the hardest part. So, you know, in the end I was very, very fortunate to have that opportunity. I'll always be grateful to Seattle and the community and your mom and your dad and all the other musicians and **Mudhoney** and **Stone** and Jeff for believing in me and all that stuff. I am eternally grateful.

You know, going back and thinking that, you know, I resented the fact that I had to like work my tail off just to survive, that actually came in handy. That was, you know, training in some ways for, you know, life is gonna be some hard work, you know, and –.

Lily Cornell Silver: Yeah.

Eddie Vedder: At least I was kinda used to it. I think I'm talking way too much about myself.

Lily Cornell Silver: That's what this is, no, that's what this is. No, any and all insight, absolutely. But you touched on that idea of isolation and it know

that's something that you've talked about a lot and you and I have talked about. I remember being at a PJ show in Madrid a couple summers ago and you were talking to the crown and said like if any of you feel alone, you know, or you feel like you're at a point where it's never gonna get better, I felt that way and it does get better, it always gets better, and that's something that I've thought back on over the last couple years since you said that.

Eddie Vedder: Did I also say that it will get better, it always gets better –.

Lily Cornell Silver: Yeah.

Eddie Vedder: And then it will get worse?

Lily Cornell Silver: Yeah. Yeah. Right. The ebbs and flows.

Eddie Vedder: And then it will get better and then it will get worse.

Lily Cornell Silver: Yeah.

Eddie Vedder: And it's part of the deal, you know. You could kind of train your heart and your mind to go, look, this is another rough time and it could come out of nowhere, it could just come out of nowhere.

Lily Cornell Silver: Yeah.

Eddie Vedder: But be like, okay, this might be the worst I have ever felt or this might be the hardest thing I have ever had to go through –.

Lily Cornell Silver: Right.

Eddie Vedder: I think, you know, it's hanging in – it's just – it's basic and it's so much easier said than done, but it's really just sometimes just hanging in there and maybe not, you know, doing anything drastic or hurting yourself when you're down. It's interesting because, you know, Ross **Gilden**, a concert in Denmark where there was issues with weather and the crowd and a horrific situation where lives were lost in front of the barricade and, you know, a lot of people, if they're tuning in and they know who – they might know of that.

But what's – it's crazy to talk to you about it because right before we went on stage it was kind of cold, it was rainy. We were in a trailer, a backstage trailer. The Cure was gonna play after us. I can't

remember who played before. Kinda cold, there was not a couch or a thing, it was just like a cooler and a deli tray and a cold kinda muddy trailer.

Lily Cornell Silver: Right.

Eddie Vedder: And we got the news that our great friends, Chris and Susan, had just had a child and her name was Lily and we kinda cried some tears of joy, we all gave each other a hug. This was, I think, less than like 15 minutes before we were gonna go on.

Lily Cornell Silver: Right, yeah.

Eddie Vedder: And you were the first kind of baby of all the band, you know, all the – yeah, that was it. So that was a huge, huge moment and then we went out with you on our minds, you who we hadn't even met yet, and we were feeling empowered and emotional, and then I don't know, it was maybe 40 minutes into the show all the sudden this, you know, terrible –.

Lily Cornell Silver: Yeah.

Eddie Vedder: These terrible events happened.

Lily Cornell Silver: Yeah.

Eddie Vedder: And you know, we've gone through a lot of healing with some of the parents of those individuals, the families of those great individuals. We got to know who they were, we respected – we got to know and respect not just them but the pain that their families had to go through. So –.

Lily Cornell Silver: Yeah.

Eddie Vedder: But one thing I remember was like – you know, and I have made no – I try to keep my mind open as far as, you know, when you look to the sky at certain moments and you either want an answer or someone to communicate with or –.

Lily Cornell Silver: Sure.

Eddie Vedder: But you know who helped us out in that situation, I might have mentioned it in an interview before but I'll say it again, was Pete

and Roger who had been through the same thing with The Who or something similar.

Lily Cornell Silver: Right.

Eddie Vedder: But there I was in a fetal position, basically, and Pete said you can handle this, and I said I can't. I was like I don't know, Pete, I don't think I can, I'm losing it.

Lily Cornell Silver: Yeah.

Eddie Vedder: And he said no, you can handle this. He goes, you know, the – you know, maybe – or you know, 'cause maybe I think I was doing this thing, like, why us, that makes no sense it would happen to us.

Lily Cornell Silver: Right.

Eddie Vedder: Like we stop shows if we see somebody go down in the pit. We will stop even flow on a dime, get everybody back up and then bam, right into the bridge and keep going.

Lily Cornell Silver: Yeah, yeah.

Eddie Vedder: It's – we were good at it, you know, kinda lifeguarding at the same time as we were playing. And we cared about the crowd, obviously, and we cared about – we tried to, you know, safety first. And so, you know, I was doing maybe a little bit of woe is me, like how did it happen to us and Pete said because you can handle it and I said I don't think I can, and he said, no, you can. That's probably why it happened to you because you can handle it.

Lily Cornell Silver: Right, right.

Eddie Vedder: So he empowered me to, you know, get my shit together, don't feel sorry and don't react, respond.

Lily Cornell Silver: Right.

Eddie Vedder: Yeah, and we were talking about it a little bit one day you and I and I was saying, you know, and then some friends would say like – they'd say, man, I can't even imagine what you're going through and since then I've never said that to a friend, like I can't imagine

what you're going through, because when you're the one going through it that means absolutely nothing.

Lily Cornell Silver: Can you please imagine, like can you please try to imagine what I'm going through? Yeah.

Eddie Vedder: Yeah, I can't imagine, I can't – well, fucking imagine for a second and help me out.

Lily Cornell Silver: Right. And I think that's why that idea of empathy and infusing empathy, you know, into our personal lives, into our society, into our government is so, so, so vital. You know, to be able to say I don't know what you're experiencing but I'm gonna be here with you, you know. I'm gonna empathize to the best of my ability and having that community and combating some of that isolation is so, so, so important.

Eddie Vedder: It's huge, you know, and if it's – you know, maybe if there's no friends and you don't have money for a therapist it might need to be a book.

Lily Cornell Silver: Right.

Eddie Vedder: You know, or Springsteen. I'm using a lot of musical, but really that's how –.

Lily Cornell Silver: Yeah.

Eddie Vedder: Music's gotten me through and not just music but the people who made it, and Bruce talks about depression in his book, *Born to Run*, he put out a couple of years ago. I mean I thought that was really bold because this is somebody you would – you watch him on stage or you watch the hope that he has and he is solid as a mountain. You know, he knows how to make 60,000 people happy.

Lily Cornell Silver: Right.

Eddie Vedder: But going home and being happy at home was a little tougher thing and he credits not just his wife but some great therapy and now he is, you know, a brilliant guy to seek advice from himself. You know, that's another thing, if you find friends that they've been through some good therapy that's really good and it's cheaper.

Lily Cornell Silver: Yeah.

Eddie Vedder: But no, seriously, I have had a couple of friends that – who have gone through a lot of like psychoanalysis and –.

Lily Cornell Silver: Yeah.

Eddie Vedder: And I think that that just – then they have tools.

Lily Cornell Silver: Exactly.

Eddie Vedder: And to be honest, they're actually excited to share their tools, and even if you don't have the same issues, just any kind of tool for being a better human or keeping your heart clear and hopeful and – you know, it can all be put to use, you know.

Lily Cornell Silver: Absolutely. And that's definitely what this is for me. You know, I mean I've been through my own shit, my own ringer, you know, but I have had the privilege of having access to, you know, whatever psychiatrist I need, whatever therapist I need and people like you and people who love me and will be there for me and that's advice and knowledge that I want to share and make accessible because it isn't always accessible, as you know.

Eddie Vedder: Well, and then the hard one is sometimes it hits you at 3:00 in the morning.

Lily Cornell Silver: Yeah.

Eddie Vedder: You know. That's why it's good to have a friend in Australia.

Lily Cornell Silver: Yeah.

Eddie Vedder: I'm serious. But –.

Lily Cornell Silver: Yeah.

Eddie Vedder: No, it could be a real problem.

Lily Cornell Silver: Right.

Eddie Vedder: And I remembered, I think you were saying Duff said the same thing, kind of having like dreams come true of, you know, being on

the road or playing with groups that you loved and being part of – you know, having people come to your shows and liking the music and actually, you know, being able to, you know, have a bank account and, you know, maybe –.

Lily Cornell Silver: Yeah.

Eddie Vedder: You know, there's a lot of great things. And at the height of it all it was one of the toughest times. And it was interesting because it was like we should have been the happiest but it was actually some of the trickier times.

Lily Cornell Silver: Right.

Eddie Vedder: Now, cut to Ross Gilden and it was like, oh, way worse than we could have ever even imagined, you know.

Lily Cornell Silver: Sure.

Eddie Vedder: Another tricky, tricky time, but.

Lily Cornell Silver: Yeah.

Eddie Vedder: You know, your dad, we talk about music or art or, you know, as a release or a place where, I think they call it homeostasis, where you're – you know, you can get to that level of just feeling like energized and clear of mind and all that, but, you know, your dad and nature, that was –. You know, I mean obviously he had the music and, you know, those are some dark lyrics, Curt's lyrics, there were some dark lyrics, Lane's lyrics, there were some dark lyrics. And this wasn't – these weren't people going, oh, I think I'm gonna pretend to write a dark song or I'm gonna try to come up with, you know –.

Lily Cornell Silver: Yeah.

Eddie Vedder: It was real for everybody. And I think that was even one of the things that when it became kind of a – the music from up here in the northwest was getting paid a lot of attention to, and then it became kinda like, you know, make fun of the dower, grunge –.

Lily Cornell Silver: Sure.

- Eddie Vedder:* Groups and I think people took it – you know, they took it personally 'cause they were like –.
- Lily Cornell Silver:* Right.
- Eddie Vedder:* Yeah, we ain't fucking around, this is actually –.
- Lily Cornell Silver:* This is real.
- Eddie Vedder:* And that's probably why everybody seemed to like it, like they needed it.
- Lily Cornell Silver:* Absolutely.
- Eddie Vedder:* It was like, wow, this guy's speaking for me, like I feel these things.
- Lily Cornell Silver:* And there's so much power in that vulnerability and allowing others to connect with your own human experience.
- Eddie Vedder:* Yeah, probably like, you know, Billie Eilish has a lot of people listening to her.
- Lily Cornell Silver:* Right.
- Eddie Vedder:* And –.
- Lily Cornell Silver:* I'm one of 'em, yeah. Your girls are, too.
- Eddie Vedder:* And I remember like our first record and thinking this – 'cause there's some, you know, sad shit on there and I'm thinking wow, this is kinda depressing that tens of millions of people are relating to this.
- Lily Cornell Silver:* Right, right, right. You don't necessarily want it to be that way but yeah.
- Eddie Vedder:* Yeah, who knew. But again, it was probably a healthy thing for everybody. But going back to your dad, you know, we'd go – he'd pick me up at like 6:00 in the morning. We'd – it was still dark out. We'd go grab a quick breakfast. We'd drive out to the middle of fucking nowhere and then walk – start walking into the middle of nowhere, some crazy rain forest, the Olympic Peninsula. I couldn't

even figure out how he knew where he was going. I don't think anybody else would know. You know, you would have to be like a trapper or something, you know.

Lily Cornell Silver: Right.

Eddie Vedder: And then he timed it perfect, which is, you know – you know, we were out there for a long time and then like swimming in the coldest like ice pools and then climbing up these crazy like green mountains and then into this rock mountain. The rocks were like crumbling. It became kinda like light brown crumbling rocks. And all the sudden we were just both like two Spiderman impersonators, just hanging on the side of this thing, not being able to move.

Lily Cornell Silver: Yeah. Oh my God.

Eddie Vedder: Just stuck, and about 50 feet above the freaking valley floor and a pile of rocks. And I just remember, we just started laughing, we just started laughing because they were just – they had just finished Badmotorfinger, one of my favorite records of all time by any group.

Lily Cornell Silver: Yeah.

Eddie Vedder: And then our record. But we just started laughing almost to tears, like the situation was so ridiculous, nobody knew where we were.

Lily Cornell Silver: Yeah.

Eddie Vedder: I'm like did you tell Susan where we were going, he's like sure, yeah, I didn't. I think she's in Detroit or somewhere. Wow.

Lily Cornell Silver: But that, no, nature, is – I mean I know you and dad had many shenanigans out in nature that we've talked about, but that's something that him and I talked about a lot as a huge coping mechanism for him, you know, and being out especially in the Pacific Northwest and hiking and doing things and camping. And you taught me how to surf and like being – you know, surfing, being in the ocean, those are things that are so grounding for me and something that I absolutely use as a coping tool. What are other things – I know we talked about music, obviously. What are other things for you that you use as a coping tool maybe when your

friends are asleep and you're Australian friend doesn't have time to talk to you?

Eddie Vedder: Yeah, I think I go back to writing.

Lily Cornell Silver: Yeah.

Eddie Vedder: And at least try to turn it into something or remind myself – I mean not for profit or anything just for myself, you know.

Lily Cornell Silver: Yeah, absolutely, yeah.

Eddie Vedder: You know, and then if you can get a good lyric out of it or get something clever that might have some kind of universal message to it. I mean, you know, that's the thing, if you're in that deep a space that's kinda where some of the good stuff comes from, you know.

Lily Cornell Silver: Sure, yeah.

Eddie Vedder: I think it's important to know that, you know, you do not have to be morose or live your life in a deep downer fashion or do drugs to, you know, feel like your creativity is authentic.

Lily Cornell Silver: Right.

Eddie Vedder: Because you can remember that stuff, you know, you can remember that stuff and you can write about what you remember. But if you're in that dark moment you might as well try to get a little something down 'cause that's where the good stuff comes. What I'm trying to say is don't go out of your way to put yourself in a dark spot just to write, you don't need to do that.

Lily Cornell Silver: Sure.

Eddie Vedder: But if you're there then you might as well –.

Lily Cornell Silver: It's a way to externalize, yeah.

Eddie Vedder: You can make some use out of it. I like typewriters. I like pads of paper. You know, music just to play something, just to have your hands on something, ukulele, I mean if that can't help you out of your depression then – I mean that's a happy sounding instrument,

you know. Maybe there will be new ways to get through it because, you know, people are gonna have to invest stuff –. Even something as simple as – you know, I think there is a thing called Headspace, it's a meditation app.

Lily Cornell Silver: Mm-hmm.

Eddie Vedder: For me, you know, and certain bodies of water more than others even, but the restorative properties of being in or around the ocean is – yeah, for me that's probably like one of the biggest. But I also feel very fortunate. I mean now I'm here in the Puget Sound.

Lily Cornell Silver: Yeah.

Eddie Vedder: You know, not everybody is lucky enough to be on or near a big body of water. And as long as you're giving it a good try, I think you'll make some progress. And, you know, bad things can happen to you out of nowhere, good things can too.

Lily Cornell Silver: Definitely. Something I mean obviously you and Jill have instilled in your girls forever, to be activists and to give back what they have and always doing that with her Let's Talk series and talking about activism which has been so inspiring, and her and I have been able to connect on that front, you know, using the platforms that we have to give back however we can, which I think is, as you were saying earlier, 'cause, you know, PJ obviously does the same thing, which can be so healing and restorative in and of itself. But what would you – like what do you talk about with Harp and Oli about like mental health, if anything?

Eddie Vedder: We have had some deep talks, and I think mainly one of the things I talk about with, you know, those girls at their age is, you know, how much they're attached to technology and things like that. So, you know, here is – you know, using it for good, great.

Lily Cornell Silver: Definitely, yeah.

Eddie Vedder: But there is also kind of a warped rabbit hole of modern day society, especially affecting young girls because it's, you know, having to do with Likes and dah, dah, dah, and –.

Lily Cornell Silver: External validation.

Eddie Vedder: Yeah. So I think we've been cautious with some of that stuff.

Lily Cornell Silver: What's something that's giving you hope right now?

Eddie Vedder: Well, just – we talked about it earlier, Michelle Obama just lifted a lot of us up last night.

Lily Cornell Silver: Yeah.

Eddie Vedder: You know, just to have that powerful of a speaker –.

Lily Cornell Silver: Yeah.

Eddie Vedder: Maybe we've just been missing that for a while.

Lily Cornell Silver: Yeah.

Eddie Vedder: But I was just so grateful for how deeply those words resonated and coming from her and what they've been through and how much they still care. You know, the goal is to have leaders that really care –.

Lily Cornell Silver: Right.

Eddie Vedder: About the people.

Lily Cornell Silver: Right and to be examples of that empathy, yeah.

Eddie Vedder: Empathy and that's what's completely, completely lacking.

Lily Cornell Silver: Yeah.

Eddie Vedder: And no wonder we feel insecure –.

Lily Cornell Silver: Right.

Eddie Vedder: And destabilized.

Lily Cornell Silver: And that low level depression she was talking about, yeah.

Eddie Vedder: So hopefully that's gonna inspire us for the next, you know, 80 days.

Lily Cornell Silver: Yeah.

Eddie Vedder: And then some.

Lily Cornell Silver: Yeah.

Eddie Vedder: So it's gonna take – this is gonna be a little bit of a marathon, so I hope everyone's in shape and getting ready and –.

Lily Cornell Silver: Right.

Eddie Vedder: You know, staying engaged and not letting, you know – don't let the bastards take you down. I hope you're getting a lot of positive feedback 'cause, you know, I think you deserve it in a big way.

Lily Cornell Silver: Thank you, Ed, thank you. Well, thank you so much for being here. This series is even that much more special with your voice included, so thank you for that.

Eddie Vedder: Yeah.

Lily Cornell Silver: I mean it, thank you.

Eddie Vedder: Mental health is not my expertise.

Lily Cornell Silver: But we all experience it, you know. We all got issues with it somehow, so.

Eddie Vedder: Well, loved you for a long time and will forever.

Lily Cornell Silver: Thank you, Ed. Love you too.

Eddie Vedder: See ya, everybody.

[End of Audio]