

## **That's Hysterical! Now Get Out!**

### **SEASON 1 | EPISODE 6**

#### **Celebrating Day 1 of My LAST Period and Making (Eek!) I.C.O.D. plans**

**[00:00:00.000]**

My ADHD is even more whack-a-do. I can hear the bells and whistles go off in my brain of like, Hey, was that BMS the whole time? It's like, Yep. On this episode of That's hysterical, now get out. I am at the end of my day. It's been a really busy day of hysterectomy, prep, not even surgery-wise, but work-wise, home-wise. I woke up today almost in disbelief that this was happening because it's five days early, but it is officially day one of my last period, hopefully. Now that I have my official hysterectomy date, which is three weeks away. It's big. It's very big. And realizing this, I don't know, it put me into overdrive. It put me into that day one overdrive that I usually have where I'm like, Oh no, day two and day three, I'm usually a wreck. So let me get everything done on day one. No wonder I was tired for the last few days and really crampy and bitchy. I honestly just thought it was all the stress of hysterectomy stuff and the overwhelm. I think a lot of it was maybe it was just PMS. Maybe that's why my period came early.

**[00:01:27.540]**

I don't know, I feel like the biopsy a few days ago pushed it along because when I woke up and there was blood in my underwear, I was like, Well, I've been spawning since the biopsy, but it didn't seem like much. But then by the end of the day, my menstrual cup had filled up and my cramps were so bad and I needed to take a shower and I had pain radiating within my back, in my hips, down my thighs, normal day one stuff, and I say normal in quotes. In fact, I'm trying to not be nauseated because that's something that is such a weird thing that happens. It's one of those weird things that comes on a lot more during my period, having trouble talking even because it's the end of the day and I need to go to sleep, I think. But I'm nauseated and my stomach's in knots. I feel like I could throw up then. This could all be nerves too. It could be nerves, it could be day one. It could be the fact that I did so much today. In fact, I'm already worried that I'm going to send myself into an adenomyosis flare.

**[00:02:47.950]**

All the pacing I did while talking to my clients and figuring out their schedules and what I'm going to be getting ahead on in the next three weeks. I keep saying yes. I keep saying yes. It. But to be perfectly honest, I'm glad my clients want me to get ahead and they're giving me enough stuff so that I have some income coming in. So it's not just like a straight drop off as soon as my surgery happens. At least I'll get ahead, so I'll have that. I wrote a book. I get a book check every quarter, so that's always really nice. I still haven't figured out how much I want to talk about my past podcast, but maybe I'll put a link to the book in the podcast show notes if you want to support me, support my family. Yeah, I'm getting dark here because one of the things I did today was create one of those in case of death documents, it surprisingly came

very easily. The first thing I did was write a note to my husband and my kids, and it was very short and it was very sweet and it was, I love you.

**[00:03:59.050]**

It wasn't even like, it was really just, Hey, I need you to know this before we get into all the logistical stuff, because I had the logistical stuff raring and ready to go. As soon as I opened up a blank document and I could create an outline of everything and a brain flow, and I wrote down where to find things like my passwords, my pins. I have a password manager. Oh, I need to write on there to pay for the password manager if he's going to keep using it. What bank accounts need to close? I even put the instructions that I remember from dealing with my dad's death. Make sure you get the death certificate before you try to close any of these accounts. You'll probably need it and you'll probably need to be notarized with a raised seal for a few things. I wrote my end-of-life instructions. I said I wanted to become a tree, but the more I think about it, the more I'm like, trees get cut down and moved and fall. I don't want to fall in someone's house from the trees. I'm fine with being cremated and doing what we did for my dad and making me into beads for everybody and giving my husband the rest of the ashes and telling him and my kids to scatter them and all my favorite parks.

**[00:05:23.020]**

If they can, don't be gross about it. I know I probably don't need this document, but it's one of those things that, you know what? If I don't do it, I'll be in the back of my head, all those things that won't get wrapped up should the surgery not go well. And you know what? It feels good to get it out, to be honest. I think about that a lot. As somebody who's the main caregiver in a lot of people's lives. I always think, Oh, if I'm going to die, if I'm going to randomly die or get hit by a car or get into an accident or get into a plane crash. Not today, I have too much and my husband's not going to know how to handle all that stuff. I know when I've dealt with deaths before in the past, my dads, my friends, I've gone into how hypervigilant mode and I get very organized. All of a sudden, I was this full grown adult talking to everybody official when my dad died because my step mom couldn't. She was shaking. She couldn't read the papers. She couldn't understand it. So it was like this giant final that I had been preparing for my entire life.

**[00:06:40.780]**

Okay, we know how to scan documents really quickly to get to the information we need. We have this hyper focus to be able to do exactly what needs to be done, ask the questions, think about what happens after, what steps we need to take next. That was a big thing that got stuck in my head is if I get stuck and I'm talking to somebody, I would ask them questions like, What would you suggest I do next? Or, What's the next step? I feel like in an emergency, I can handle a lot of that stuff. But I honestly think sometimes my logical brain takes over so that I don't feel just how big my emotions are. I don't know. I think I'm still in that headspace. I'm in such a headspace. I'm doing this at the end of the day. I'm sorry you're getting all this verbal diarrhea of all the things that are going through my head all at once about this hysterectomy. It probably hasn't been easy the past few episodes when I've been unknowingly PMSing and my ADHD is

even more work to do. I can hear the bells and whistles go off in my brain of like, Hey, was that PMS the whole time?

**[00:07:57.860]**

It's like, Yep. Yeah. God damn it. I won't miss that, although apparently, and I haven't told my husband this yet, I'm whispering. But if they don't take out the ovaries, I'm still going to get PMS and I hope it's not as bad. Who knows? Who knows? I don't know. I don't know what my hormones will do. I'm scared. A little. I just keep reading the success stories. I didn't read any today. Actually, one of the other things I did today was take social media off. I can't believe I'm saying this, but I feel like I need to put Facebook back on because of my endometosis group. Because honestly, the posts that direct me stories in there have been tearing me up. So maybe that's the social media I put back. But Instagram, I don't know, it's really tough right now in the world. Really, really tough. I don't know when I'll be putting out these episodes. I don't know. And it's not easy to deal with. And it's funny getting so worried about my hysterectomy and being like, Oh, I can fall asleep now. My husband knows that I put together this in case of death document.

**[00:09:21.390]**

All right, we're good to go. As soon as that was done, I felt this wave of relief of like, Oh, and he knows it exists. Yes. And even if he doesn't get to everything on the list, I did my best. I did as much as I could. I'll be honest, there were nights during the pandemic, during lockdown, when everybody's mental health was a little off, when I would be going to bed every night and thinking, if our president tweets something that somebody doesn't like and somebody decides to drop a bomb on us, I'm going to go to bed feeling like I gave my family enough love for the day. Enough is subjective, but I gave them a lot of love and I love my family and I feel very grateful. I'm trying to remember as much gratitude as possible because I know when people go through really tough stuff, gratitude keeps them grounded. So hopefully, future me editing this later, maybe take a moment to be grateful that we didn't have to use that in case of death document, hopefully. I say we as if I'll be using it, but I think my time with it is pretty much done passing it on to the next person.

**[00:10:44.020]**

Although I have a feeling I'll add to it. I'll add to it. So at the end of another day, oh, my goodness. And before I go, another thing I did today was clean the hallway closet. What? It was so bizarre and it actually started... This is one of the strangest ADHD trains of happening that has ever occurred, really, for me. But my son had this coat and we had these patches and I thought, Oh, let's iron these patches on this coat. That's a little plain. I gave the patches to my son. He put where he wanted them on his coat. And then I was like, Okay, I'll get the iron and I'll iron them on the coat. Well, my iron is in the hallway closet, and it happened to be under a bunch of stuff that I had to start pulling out to get to. And then as I was pulling stuff out, I don't know if it's playing my phone games or I'm sorting a lot of things. I play a cat sort game and I play a solitaire game. And I don't know if it's been that mindset since taking social media off and playing games all day.

**[00:12:01.290]**

But all of a sudden, as I was holding stuff in my hand from the closet, I started sorting and I realized how good it felt. It felt really good to go through stuff and throw it out. And the funny thing is I kept thinking to myself, Well, if I get really sick during recovery and my husband goes into this closet and he doesn't have to dig for things or look for medications and stuff, I'll be really glad I did this. Of course, I did this like 20 minutes before my son was supposed to go to bed in this hallway in the middle of everything, the hub of the house. His room, the bathroom, the living room, my daughter's room, the way to our room. All of a sudden, 20 minutes before bed, here's mom tearing the closet apart because you know what? Maybe we should throw away those medicines that expired in 2004 and '19. Did I mention I wanted to clean out this closet pretty much since the pandemic, since lockdown? I was like, Oh, good. Finally. Not, Oh, good, but, Oh, finally, some time to clean my closet. And I never did. No, not the hallway closet.

**[00:13:17.390]**

It was too much, but not today, apparently. The whole time I was thinking, I didn't tell my husband this or put this in the case of death document, but I was like, Listen, if I die, no one's going to say she left behind a very messy closet. In fact, I hope they look at the pictures of this closet and say, Wow, that is a great use of compartments for Band-Aids. That is exactly where those batteries should go. She has the sorting muscle of an automatic filer. I don't know what sorts they're things. I was about to say AI, but no, AI could do it. But then again, AI can't organize my closet physically like I could. But one of the things that I was thinking about when it came to the closet was also like Swedish death cleaning. And I'm getting all this stuff ready for this surgery where I'm going to wake up. And it's not going to be like waking up when I have a cold and I push through and I can drag my laptop next to me or on top of me and get through the stuff I need to do for work.

**[00:14:40.410]**

I've already told my husband I need to keep you accountable to keep me in bed. Good, because I keep reading these success stories of the relief. And as I've been waking up the past few days, I've even started noticing more and more, Wait, this feeling might be gone when I recover. This surgery I'm getting might relieve this. And the thought is almost unreal to me right now, especially in day one. I'm going to leave you with that, folks. Thank you so much for being here and for your support. I really appreciate it. Take care.