

That's Hysterical! Now, Get Out!

Season 2 | Episode 6

The Big Cleaning Energy That Comes After My Period

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On this episode of That's Hysterical, now get out.

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We are 11 days out until my surgery, and I got some big cleaning energy. This is the great thing about the week after my period, the week following my period in those few days, I get my energy back. And I'm all of a sudden very aware of how the house has slipped in that week that I was very unable to do stuff. The this morning, when I got home on top of all the work I have to do, let's say cleaning wasn't 100 % of what I was doing. I was more procrastinated cleaning because I was thinking about all the work I have to do that I'm downstairs in my studio still procrastinating by recording this podcast. But a lot of times I'll use cleaning to procrastinate doing work because I tell myself, Well, I'm still doing something important. But even though it's a little bit mindless and it's like I need that transition time. I call it a transition time. But really, I'm taking on a brand new task and probably project the way I did it. But this morning I just went with it. I was like, You know what? In 11 days, I'm not going to be able to do this big clean.

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And I did the big clean of the bathroom where I actually get up the shower walls. By the way, if anybody needs a hint for cleaning your bathroom, especially your shower and your stalls, Swiffer. Use your Swiffer sweeper broom thing. And then I have dried out Swiffer wet ones because sometimes the packaging comes off. So I have dried ones. And I'll use those and I'll put on the Swiffer and I'll use the tub and tile cleaner on it to reach the high parts that I'm not climbing on a tub. No, I'm tall and everything, so it's not that big of a stretch for me. But let's not tempt the fates of falling in the house, especially before surgery. Anyway, love my Swiffer for when I get that big clean energy for the bathroom and all the crevices and all the spaces. I also started cleaning under our couch in the living room. This is more trying to manifest a walking pad, perhaps. As it's getting colder, I left the house today to drop my son off and I saw the frost. It was the first real frost and the temperature was below freezing and I was thinking, Oh, while at the same time thinking about my pre-op instructions of try to get more walking in.

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I've been hinting pretty heavily to the point where if there's a good Black Friday sale, please let's get a walking pad and give it to me early for the December gift giving holidays. My husband and I are funny. He's atheist, I'm agnostic. We don't really hold holidays up on these pedestals. As far as we have to celebrate on the day, we have to wait for the presents. The anticipation is the best part. It's like, no, if we need something and we're going to get it for the other person, if I would like a walking pad to help me with

my recovery instead of walking outside in November and waiting until December to get a walking pad, the end of December to get a walking pad, no. When I'm not when I can stay inside, come on. I've been hinting pretty heavily for a walking pad for a while. I cleaned under the couch in order to make that space. In one of the spiritual books I've read, I remember the phrase, The universe abhors a vacuum. If you make space, and especially in our house, if we clear a surface, if we clear a shelf, if we make space for something, within weeks that space is filled.

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You know what? I'm not even going to tell anybody about that space under the couch that I cleaned out in case somebody gets the idea, Oh, we have that space under the couch. No, we don't. As far as everybody else is concerned, it is still cluttered with toys and scraps and crumbs. I don't even want to think about how old they were because it happens. It's a house with kids. I also used cleaning this morning as a little bit of stress relief. I was thinking about recording the previous episode I did and just how stressful it was. I don't know how much I will end up editing out, but a little behind the scenes, it took about 25 minutes to record that because I was just waiting for so many sounds to stop and the cat to stop vomiting and my husband to stop clanging around the kitchen making the noisiest thing he possibly could. Good. I love him dearly. I'm not yelling at him for making food at all. He doesn't know I'm recording a podcast. Can't blame him for that. But yeah, I could tell that in that moment of recording, I needed that stress relief.

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I ended up doing the emails I had to do. And as I suspected, the email I was dreading took about a third of the time it took to record that podcast. So let's not talk about that. Let's not talk about my time management skills. We're not here to talk about that. We're here to talk about my adenomyosis, my hysterectomy, and all the things that go with it, including cleaning. And it's a weird thing to say I'm going to miss cleaning. There's such a ritual about it for me. As soon as I say ritual, I hear my therapist going, OCD tendencies. But it is. There's a ritual of it where I spent some time in my 20s hyper-focused, Hello, ADHD, hyper-focused on learning how to clean. And I watched this show How Clean is Your House with these two adorable women from the UK that had beautiful accents. I always want to say British, but there are so many different places in the UK that for me, I'm sorry, I'm an ignorant American. I can't tell the difference between many of the accents unless you really put them next to each other for me. So I'm going to say they're from the UK.

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But how clean is your house? Kim and Aggy. I loved them so much. They were my sassy godmothers that I wanted to adopt. They were the ones who I wanted to teach me how to clean when I was younger, instead of my mom who was very strict about that's not clean yet, that's not clean yet. But we're not going to go into that. That is a whole other podcast. But now for me, cleaning is a lot of times it's chore, but I like how I do it. And when I get into the flow of it, I try to really enjoy that instant feedback of, Oh, that's so

much better. And it's energy cleansing for me. That's what I feel like. It really feels like my mindset shifts when I'm cleaning and when I've done cleaning and when I sit down and I look at what I've cleaned and I'm like, Oh, little things can make those improvements. Okay, that's good. And that cleaning gave me physical activity, which, as I mentioned, is something that was on my pre-op instructions to do, get your physical activity up so you can work your lungs because I'm going to have a breathing tube and I'm going to need help after surgery, breathing.

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I'm going to get one of those apparatus with the balls to push up with my breath. I'm so excited. I love those things. My grandma would bring those home and I would play with them all the time. I feel like it's actually a good exercise to do as a singer. One of those things I'm really going to miss is choir, and it's something that I know is also super healthy for me, also cleansing. When I leave choir, I'd get that instant feedback of, Oh. It was a good clean. But at the same time, there was still a little bit of that anxiety of, Is my husband going to be able to do this? Do I have enough adequate instructions? Because I wrote down instructions. I had Kim and Aggy's voices in my head with those instructions of, Make sure you clean clockwise and clean from top to bottom. It's so good. As soon as they gave me a system that made sense, cleaning became so much better. They would give me my first step, they would give me the general direction. I don't know, maybe I'm a little bit excited to pass that on to my husband and maybe my kids.

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I've been warning them they're going to have to step up a bit more while Mommy's in recovery and I'm trying to give them hints and planting those seeds. This is what you might have to do. But yeah, big clean energy today. Feeling good. I think I'm feeling good. I'm still a little nervous. I can't shake the nerves. And you know what? I think I need to radically accept that those nerves and that anxiety is going to be with me. It's probably not going to get easier as we get closer to surgery. I keep thinking I'll get used to the idea. Give me some time to get used to the idea. And then I'm like, Okay, I'm used to the idea. Wait, it's eleven days. Oh, I have so much more to do. And then I'm not used to the idea anymore. With that said, I think I'm going to get to my work now. Stop procrastinating. Stop procrastinating. Stop procrastinating. Wait, no -podcasting? Procrusta podcasting. We're going to have to work on that one, but that's definitely something that I think, Oh, no, I've been doing everything needs support, Mantoe. Anyway, I will talk to you later, folks, as you could tell, I'm in a good mood.

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Oh, cleaning. Once again, another thing that's like the gym. I don't want to start it. I'm not happy in the first few minutes of it, but once I get into it, I'm okay. And afterwards, I'm in a great fucking mood. Anyway, take care, folks.