

That's Hysterical! Now, Get Out!

Season 2 | Episode 7

Calculating the Spoons Needed for Mom Mode

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I don't know if anybody else with adenomyosis has this. I really haven't looked into this so much. But cold just it hurts me. It puts me in a bad mood. It adds to the pain. And I don't even know if it's cold or if it's just temperatures in general when I'm not comfortable, where there's an extra element of I'm not comfortable. If I'm too hot, my cramps are worse. If I'm too cold, my cramps are worse. If I'm just right, I might have a good week. On this episode of That's hysterical. Now get out. I don't know if you can hear my son playing in the background, but we are currently at a playground I found way back in 2020 during the lockdown days. The only way we would get out of the house was during his naps, and I would drive around. He actually wouldn't sleep in his crib, so he would fall asleep in the car. We would get out of the house, and I'd go for drives and get and have a snack and a snack and I'd go on these back roads and start to connect all the towns I knew were in the area but never knew how exactly they were connected.

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During those years, actually, really since he was one, I was giving him nap drives. But during lockdown was when we did it the most, when gas was super cheap, by the way. Not even lockdown, it was more like 2021 before the vaccine, before anybody was really going anywhere, doing anything. We needed to get out of the house and I needed to get him outside. He was three at the time, three or four. I found this playground that was perfect for really somebody like me who had an adenomyosis. It really creeps upon you. I did not realize that until the past few weeks how much it just crept and crept into my life. I didn't realize how much it was taking over because at the time, it was this time where I was driving around and driving felt really good because it would rumble and it would feel good on my uterus. He would nap, but then he would wake up and he would need something to do and run around. We'd be out in the boonies, so I'd take him to playgrounds and stuff like that. But when I would get out, it would hurt.

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It would hurt standing and I didn't want to walk around and the cramps and the discomfort and the bloating and the pain and the radiating pain in my hips and legs and back and all that stuff. I was cranky. I'm looking at the clock right now. It's five o'clock. And by this time every day, I'm at, okay, level three pain, like if you had a headache, but in your uterus. It's that five o'clock time where I've eaten throughout the day, I've done stuff, I've been walking around, I've been doing stuff. There is that soreness of pressure and pain and sometimes there's bloating. Even though this is my quote-unquote, good week, the week after my period where I'm not ovulating, so I don't have the pain from that, I'm not PMSing or PMDDing, so I don't have the mood swings and the awful feelings from that. I still don't know if that'll go away with the hysterectomy. We'll find out. We'll find out how those hormones react. I'm not in terrible amounts of

pain with my period, but I'm still sore and I don't want to... I'm actually not... I could get up. I could get up and I could walk around with my kid and hang out at the playground.

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But here's the thing. I'm conserving my spoons. Anybody with chronic pain, a chronic illness, knows exactly what I'm talking about when I say I'm conserving my spoons. Me getting up and walking around the playground is like four spoons' worth of energy. Now, some people who don't have chronic pain or chronic illness, they just have an abundance of spoons. Maybe a definite amount, but it's certainly more than somebody with chronic illness or with chronic pain who have a finite number of spoons and they've learned this from basically living with themselves and realizing, Huh, what a normal person has the capacity and the energy and the motivation to do throughout the day and continually do that to be able to do it the next day and the next day and the next day, they have this abundance of spoons to be able to do it. Now, of course, everybody's spoon depends on their situation and their health and their lifestyle and all of that. But when you hear the term spoons and spoonies and I don't have enough spoons, it's really part of that chronic illness, chronic pain culture. I'll put in the show notes the link to the source of where the spoon metaphor came from.

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But it's one of those things where I get to a playground with my son. It's like, do I have the spoons to go into the playground and walk around with him? Or do I have enough spoons to go around and sit? Which I can do when it's a nice day out, but right now it is about 45 degrees. It's getting colder. It's late fall. The cold hurts. I don't know if anybody else is out of no myosis has this. I really haven't looked into this so much. But cold just hurts me. It puts me in a bad mood. It adds to the pain. I don't even know if it's cold or if it's just temperatures in general when I'm not comfortable where there's an extra element of I'm not comfortable. If I'm too hot, my cramps are worse. If I'm too cold, my cramps are worse. If I'm just right, I might have a good week. I might have a good week. But now it's starting to get too cold. It's like, Oh, it's cold. There's cramps. Everything is making me hesitate. Taking him to the playground when he asked after school was like, like, Oh, this is an ask for today.

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I told him, Okay, we can go to the playground, but we need to go to the playground where I can sit in the car and watch you, where I don't have to get out. That happened to be this playground that we found that's about—I'm not proud of this, a 35-minute drive. That said, I am so happily sitting in my car comfortably with my heating pad on watching my kid play. I could sit here for about an hour. He is going to get cold eventually. He doesn't know it yet. You can hear him just screaming and having a ball. It is this awesome little playground that's at a boat dock. This is why it's nice and private. Nobody's here. It's at a boat dock. The fact that it's like this little playground on the sand right next to the parking lot, and I can sit and watch him, it's not like, Park your car. Walk along a beautiful path. I'm not discrediting parks. I love parks. But for somebody who's like, Oh, walking a path is a spoon. Finding a bench is a spoon. Is the

bench too cold? Is it worth moving? Now I have to have the spoons to have this conversation in my head of, Do I move and be in pain, or do I stay here and deal with the cold pain and hope I warm up?

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But really, if I'm moving, I'll stay warm. But also if I'm moving, I might not notice as much pain as I'm in until I sit down and then I realize, Oh, my gosh, I can't move for the rest of the day. I've used up all my spoons. This is the anxiety that I am hoping that in a few weeks, well, I'll be dealing with other anxiety. But this particular trying to balance being a mom, getting my kid outside when he needs to clearly run around. I really believe that kids need to be outside, be in nature, be in open space, have that place for them to run around, and be as loud as they want because sometimes kids are loud. It's really nice to have those places and spaces. It was probably one of the things that got us through mentally the pandemic was the fact that so many parks around us and nature spaces remained open. It's what I'm going to definitely as part of my toolbox for recovery, nature, not playgrounds in particular. I'm sure my doctor wouldn't like that. But I've already been almost prescribed nature by my therapist to deal with anxiety and overwhelm.

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I'm trying to get myself into nature more. It wasn't one of those things that was on the big green sheet of here is what we want you to do in the weeks prior to surgery. One of them was take walks. That was the closest. But I really do think nature, especially for me, is so necessary in my healing. I'm glad I can find a place like this where maybe when I can drive, but I don't feel up to standing, I can still take my son. But actually, now that I'm thinking about it, that's going to be the winter. He's probably, I mean, he would go to a playground if I said, Let's go to a playground at any point of the year. But one of the things I noticed, as much as I was thinking, Oh, it'll be nice not to have to conserve spoons to go to a playground. It sounds like I'm such a whiny bitch if I were being honest. I'm like, Oh, I can't go to the playground. I'm sore. It's not even like a sore, sore. I don't know. It's sore enough. I don't want to expend that energy and pain if I could sit in my car with a heating pad.

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But here's the thing, here's the thing, which is why I wanted to record this. I look like a little weirdo. It's nice that this is a boat dock, so it's not like it's terribly crowded. There are people like, Hey, you're in your car and your kid is on the playground. He's like 5 feet away, by the way. But people say things and I don't want that. Here's the other thing. When we got here, there was a mom here with her two kids, and I was like, I should get out of the car. I should be social. My kid came and was like, Hey, do you want to play? He's at this age where everybody's his friend. Good for him. His mom is a little introvert. People are not my friend until proven otherwise. But for him, everybody is a friend until proven otherwise. We get here and she's here with her two kids. My kid is very friendly with them and that's great. But here I am in my car like, Should I get out? Should I spend the spoons to fake it in front of this person? I will never see again to make it look like I'm an attentive mom.

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Even though I could be an attentive mom from the car, but I feel like because I'm sitting in the car and just being like, Go ahead, kid, go play. I mean, and here's the thing. I was making this extra concerted effort to watch the whole time, and I didn't look at my phone. I didn't want to be like those parents at the park who were like, okay, kids, go, and they're on their phone and their kid is causing havoc. I need to at least pay attention to my kid. So I was doing that. But also at the same time, when it's just me, I can let my face relax because I know I have resting bitch face. I don't want this person to think like, I'm just sitting here in the car giving you this dirty stare with my sunglasses on. I'm staring at my kid. I don't know. I feel like I'm just setting myself up as this bitchy character, but I'm not trying to be. I'm just in pain and I'm trying to be comfortable. I know it's weird and I know the expectation for a mom is to be outside with your kid at the playground, but I can't and it's why we go to this playground.

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I'm overthinking it because I keep thinking, Huh, are these weird little socially anxious interactions not going to be a thing anymore at some point because I'll have that capacity to just get out of the car and watch my kid on the playground? And I also don't want to put that expectation up there because, let's be honest here, this combination ADHD, which includes inattentiveness, watching my kid play on a playground as much as I love him, as much as I want to be with him for the rest of our lives and I think he's awesome. It's a little boring sometimes, especially when I know there's stuff that I need to be doing at home, like working. Anyway, during recovery, maybe on the other side of this hysterectomy, maybe in the spring, when I come back to this park, I'll be like, Why did I drive so far to this park when I have all the energy to get out? We could have gone to the bigger, better playground, but that I would have had to walk around in and spend energy and I don't want to. But yeah, all these little things that I didn't realize just how much the adenomyosis had crept into my life and affected.

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Well, cutting this episode short because, of course, he fell on the playground. There's that. I needed to save the spoons for that. Anyways, take care, folks. I'll be fine. Just a few tears.