

That's Hysterical! Now, Get Out!

Season 2 | Episode 8

A Lovely Day with Bluey's Big Play

[00:00:00.100]

There are going to be some tragedy days ahead, not just for me, probably for him, probably for his sister, probably for my husband. I feel like I want to hold on to this day as long as I possibly can because it was a really great day. On this episode of That's Hysterical! Now, Get Out! I am at the end of a really good day, the day I needed after a very busy week of getting ready, pushing myself to go through my client's work, I'm very lucky that my clients, they have a lot of inspirational stuff that I get to listen to and absorb while I'm working with them. And there was one project in particular I'm going to link to it in the show notes. It's a podcast called Journey to Launch. It's episode 349, I believe, with Tiffany, the Budget Nista. And it was exactly the podcast I needed to hear, especially about social media getting things into perspective. When life throws you even more than a curveball, when life brings you out of everything that you think was your world and makes you realize that what is really important, what is your world, you can start to have these days like the one I just had.

[00:01:34.000]

One of the things that Tiffany talked about was... I'm not even going to edit out the laughter. My husband and my kid are watching Bluey episodes right now, and they're having a ball and they're laughing at it because it's hilarious. One of the things that Tiffany said and talked about was making a list of your perfect day and not the perfect day where you have all the money in the world. It's not that stuff. It's if you had all the money in the world, but what's the stuff that you're not going to spend a lot on so you have the perfect day? She said examples like walking and getting the sunshine on her face, calling a loved one and hearing their voice and telling someone that she loves them, those things that don't cost much. But if you look back on a day and you say that you've done those things and you have done those things or you get to say that you've done those things, it can be to you like the best day ever. A great day, a perfect day, perhaps. I try to stay away from perfect. It's hard. But over the years, I've latched on to labels like former people pleaser or former perfectionists or progress over perfection, like trying to get over that.

[00:02:56.730]

There is no just right, quote-unquote, which is something that's very hard for my ADHD with OCD tendencies, registered trademark, official diagnosis over here, something that that brain really loves that all or nothing thinking if it's not perfect, might as well just throw it away or not even bother. It's just one of the things I'm coming to terms with as far as the hysterectomy and trying to think, Well, that day wasn't so bad. I can get through it. But you know what? There are days like today, there are days like some of the past few days where I know that this hysterectomy is coming. I can actually take the pain medication that I need to take to manage my pain to do the things that I want to do in life, which is, as it turns out, I found out, especially today, which really drove it home, spending time with my family, talking with my kids. It

doesn't have to be something fancy. Even though today was something fancy, for sure. We went to Bluey's big play. All the fields. We all cried, all four of us, me, my husband, our two kids. I don't know about the grandparents.

[00:04:05.900]

We haven't asked them yet about their experience watching Bluey. I watched these shows and I'm like, Oh, I wish I had that. I wish I had Bluey's mom to explain periods to me sometimes, or menstruation. I feel like Bluey's mom would be like, Well, a lot of people say some people just get bad periods, but there's also a lot of research we haven't done on uterine conditions and pain in the uterus and things that deplete our quality of life so incrementally we don't even realize it until we are curled up in bed with our husbands one night crying in pain, but also crying, realizing this pain might not be a thing that I have to manage anymore, that I have to spend so much energy managing. That was last night, BT Dubs. That was last night in bed. I had this terrible spasm of a uterine contraction, cramp, stabby pain. It was like, Oh, yeah, this is why I do. What I do to manage it. I'm trying to cut down on my pot consumption because I have to quit cold turkey before surgery. I'm realizing just how much I was using to manage. My husband didn't even realize until today during part of this wonderful, perfect day where you know what?

[00:05:34.110]

Mom doesn't have to drive. Mom can just hang out and take an edible and the whole family will go to Bluey's big play. Mom's on a little bit of an edible to take the pain and the edge off and just enjoy the day. And it worked. I'll tell you, it worked. That plus the loop earplugs that I love so much for my sensory overwhelm sometimes of all the noise is all at once. Anyway, the bluey and brings out all the feels if you haven't gotten it from that train of thought that went from station A to station W to station 4 to station Steve to station Yellow, which isn't even my joke. It was a joke that my husband saw on Reddit, and he came to me and he was like, Honey, honey, listen to this. This is my brain. He explains the joke. I'm like, Yeah, I know. I've been trying to tell you for years. We're neuro-spicy. This is how our brain works. Just have linear thoughts. It's all over the place, but it makes sense to us. That's where this podcast is. But you know what? It helps me remember this perfect day because that's how I'm picturing it at the end of the day are just these snippets, these tiny little vignettes of moments of Bluey looking over at my kids with their little glowy things that cost way more than it cost to make, I guarantee.

[00:06:58.160]

But freaking love those little glowy things. Right now, my husband and I are at this point of, Hey, we know that the next few weeks are going to be shitty. Let's have a really good fuck it all day. In Parks and Rec speak, it would be a treat yo' self day, but it was a treat yourself with the family. It's different than the definition that Parks and Rec gave it where you go to the mall and you just get whatever you want. It was really one of those, we got these tickets because our kids really liked Bluey and we really liked Bluey. Then we read the reviews of it and it was fantastic. Really good reviews. Why not? Because the Bluey Writers, they get you in the fields. But at the end of the day, he was like, Mom, can I call my friend? Our

little six-year-old, which are popular. It's like, Can I call my friend on the phone? He did. I told her all about his day seeing Bluey and what he did. I was giving him the guidance of ask her about her weekend. Be curious. It's good to be curious about your friends and see what you have in common.

[00:08:01.240]

That worked out really well. Thirty minutes later, I got the phone back to record this and talk about one of the best days because there were going to be some shitty days ahead. Not just for me. But probably for him, probably for his sister, probably for my husband. I feel like I want to hold on to this day as long as I possibly can because it was a really great day. Going back to that episode of Journey to Launch, which is the perfect personal finance podcast, by the way. I think that's one of my favorite things about podcasts is just how much you get out of it when you're curious about just a tiny little thing. That's how I got into podcasts. I would search bar and be like, Well, I'm interested in this. Let me put it into the search bar and see what comes up and press play. Lucky for me, I work in the podcasting space, so I get to listen to a lot of my favorite podcasts, to be perfectly honest. Anyway, I hope you have a great day. Okay, if not today, maybe tomorrow. If not tomorrow, someday soon. Take care.