

That's Hysterical! Now, Get Out!

Season 2 | Episode 9

Stoicism, Self-Care Sunday, and SOCKS!

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Women just have bad periods. It's really hard to deal with all of that when your body is feeling this pain. When it feels that pain, there's a signal that's just screaming, Hey, pain, hey, are we being stabbed? It sure feels like we're being stabbed. On this episode of That's Hysterical, Now, Get Out. I like to have self-care Sundays. Sundays have always been day for me where it's not the beginning of the week, so I'm not obligated to do weekday stuff, to be weekday Emily. There's just a different attitude on the weekends. It starts Friday. You wake up Friday, and I don't know, for me, I know it's a Friday. I know it's Friday. I'll wake up on Saturday. Saturday sometimes feels like a Monday, depending on how many plans we have, to be perfectly honest. But Sunday I usually keep a little bit more open, a little bit more loose. I think I started doing it back in college when I realized Sunday's the day I usually wrote most of my papers, did most of my homework for for the rest of the week. I don't know, Sunday is my getting organized for the week day.

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Today is no different. I'm happy that the day before my surgery is a Sunday. Not yet, not this Sunday, but an upcoming Sunday. I'm almost used to the idea of being nervous about the surgery. I'm still nervous about the surgery, but it's almost like, Oh, here are those nerves again. Here they are. Yeah, surgery is quite scary. We haven't had surgery since we were eight. Yes, it is scary. Oh, anxiety. I know. You and me are BFFs. Forever. But this one, I really, really tried to lean into the whole I love Sundays. I love that slow self-care attitude about it. I woke up today and went to church. I told my son, I love bringing you to church. I love that you want to go, but do you mind if it's just mom's that I'm not running back and forth and checking on him and seeing what he's doing? I just wanted to sit in service and pay attention. It's interesting because I can really tell my ADHD first thing in the morning, especially when I go to church and I'm trying to pay attention, and I'm realizing Sometimes I'll miss the beginning of service because my mind is listening to all the sounds.

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There'll be people shuffling in, coming in late, getting a little situated. There are some church bells across the street from another church that will go off right as we're starting our service. I'm trying to wait for all 10 of those bells to chime, and I'm like, I'm trying to pay attention so hard. If you don't have ADHD, you might not realize that it takes energy to focus on just one thing that's really important when a lot of other stuff is going on. But today, after getting situated, actually turning my phone into transcribe mode and paying attention to the words on the screen helped me focus and get into that mode of listening and contemplation and inspiration. Actually, in church today, we talked about stoicism, which is interesting. It's come up a few times in the past few years. One of my friends I know in podcasting, Sara Mikutal, she is

really into stoicism. She introduced me to it. She was actually one of the first women, I think, who have talked to me about stoicism. It's generally been mostly males who I've heard it from. Hearing it from her for the first time really actually opened me up to it.

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I was ju st like, Oh, okay, it's not just a manly, I'm going to stuff everything down and not care about it thing. She opened me up to the idea of it. The more I learn about it and what I learned about it today in church, it's a lot of what I'm working with as far as Tara Brock's radical acceptance and saying to myself, and also this, and learning how to pause and respond differently as opposed to getting a piece of input and reacting right away and usually they're knee-jerk reactions. I think I'm very happy for this reminder, especially this week, because right now I'm dealing with a lot of, and also this, I have to radically accept a lot of things, like the fact that this fucking train won't shut up in the background. I don't know if you can hear it, but of course, I press record and the train's going by and has to make it known that I'm a train, I'm a train, I'm a train. It's a joke my husband and I have whenever the train off and it's just in the background going, Train. And also this. Trying to accept it.

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As I was saying before the train, Oh, ADHD distracted the fuck out of me. The stoicism is going to come in really handy this week as I've been doing more and more of a tea break, otherwise known as THC break, otherwise known as cutting down on pot, because at least a week before surgery, I have to go cold turkey No pot. I'm not happy about it because it's one of the things that helps me deal with the adenomyosis pain so well. It helps me get that stoic mindset. It helps me have that pause. One of the things I really like about pot is it helps me hear the thoughts, hear how fast they go, hear those messages that play constantly in my head that I don't even realize it because they come in such a quick flash of that thought. That thought is real. That thought is true. Don't even question that. Thought it's true. Act on it. It's funny with a lot of the adenomyosis pain. Once I got a name for it, once I got the name adenomyosis, and I began to read about it and read what it causes, how it presents, and things started falling into place.

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I was really excited. It almost made it easier to accept it. I was like, Oh, that's just adenomyosis. Oh, that's just adenomyosis. In fact, it was almost like a pill in and of itself because it was not only dealing with what is this pain, what's going on, now I know what it is, but it was also able to better deal with the anxiety that came with it of this pain, it hurts. Do I need to go to the emergency room? It feels like I need to go to the emergency room, but I'm told nothing's wrong. Nothing shows up on scans. They don't feel anything. They don't see anything. And once again, a doctor is telling me, Oh, some women just have bad periods. And it's really hard to deal with all of that when your body is feeling this pain. And when it feels that pain, there's a signal that's just screaming, Hey, pain. Hey, are we being stabbed? It sure feels It's like we're being stabbed. On this episode of That's Hysterical, Now, Get Out. I like to have self-care Sundays.

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And when it feels that pain, there's a signal that's just screaming, Hey, pain. Hey, are we being stabbed? It sure feels like we're being stabbed. Why are you trying to do something like your taxes or drive your car or parent your kids when clearly this pain in our uterus is equivalent to what being stabbed feels like, right? Because my brain can't actually go down there and see and understand adenosinosis. It's just like, Hey, pain, pain. Hello. Kind of like that train in the background, Train. But it's almost like pain, except it doesn't make a noise. It doesn't look like anything from the outside other than I'm hunched over, and I feel like my insides are pulling inward sometimes. But on the outside, it just looks like I'm contorted because no one can actually see this. It's very manipulative, and it plays a lot of mind games, I think. It's been interesting the past few years having more of a perspective on it of, Well,

now that I know what it is, I can name it and I can say, Oh, that's just my adenomyosis. Just my adenomyosis.

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Like the doctor has put on the latest scan of just, I don't know, just suspected adenomyosis, no fibroids, nothing else. Just this super painful thing that I am noticing. Just how much I buffered myself against it for so long. As I mentioned, I'm taking that tea break. T is short for THC. But I have been doing for pain. I was telling somebody at church today about a meme I saw of, You smoke pot to party, I smoke pot to do dishes and clean my bathroom. We are not the same. And one of those things that pot really gave me that tool to step back from my pain and be like, well, this is a pain that I have. It's not pain that is trying to kill me. It's not somebody outside of my body or something outside of my body trying to kill me. It's that I deal with, that others deal with, and it sucks, and it sucks. I feel like I've been having that radical acceptance for so, so, so, so, so, so, so, so long. Now, as I'm doing all the things to prepare for surgery. I'm getting ahead with my clients.

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I'm taking this tea break and realizing, oh, man, I hate being ultra-aware of everything that is happening right now. I am hyper-aware of everything that is happening in my uterus. I'm ever aware of the waves of nausea that I forgot about because I usually have at least some CPD running through my system that just keeps me pretty even keel. I haven't even gone. I've gone full turkey for what? Eight hours? Whoop-de-doo. But it's enough where I notice, oh, man, by this time of the night, I'm usually in a much better mood. I'm not as stressed. I'm winding down for the night, but I can feel myself be very awake, actually, in fact. One thing I will say is the compression socks I got. I'm loving these. I am really loving these. I don't notice much as far as pain. It was funny because when I first got them, I was like, Oh, my gosh, these are so amazing. These make my legs and my thighs feel completely different. Wow. Is this what it's like when there's blood circulating? It was like I found another tool for adenomyosis. I even had that quick thought in my head of, did I just need compression socks this whole time?

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The hysterectomy is just, wow, that was extreme. But, but, but no. I can't imagine life without this pain and this nausea. It just feels so normalized for me at this point. I'm just in shock. I don't even know what to say at this point because I'm hearing myself say it loud. I'm putting it out onto a podcast. And as I'm saying it out loud, first of all, it's very normal for me. And the fact that I can say it's been, quote, unquote, normal for three, four, five years, three years since I first heard the word adenomyosis. Then years before that where it was just a bad period. I know this episode is all over the place, but I think that's my brain at this point. I'm a little more than a week out. I've been doing a lot of work for my clients, getting a lot of input. I'm almost looking forward to the surgery just because I'm like, Wait, I'm going to be asleep to the world for 2 hours and in recovery for another 3 after that. There's going to be five hours, at least five hours, where I don't have to do anything for anybody else.

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I'm not even saying that resentfully. I'm wrapping my head around it of like, this is one of the first times I'm taking a lot of time just for me, just for me. I want to make it sound so beautiful and pleasant in my brain of like, Hey, this is time just for you. All that sleep we've said, we'll catch up on. We're finally doing it. We're finally making all those arrangements and putting all those things in place. Yeah, it's going to be a shitty week without pot where I'm really going to feel every single one of these symptoms that hopefully this surgery is at least going to help. Hopefully. At least one of the major symptoms, a surgery, if nothing else, will get rid of my period. There's one week out of the month I might get back. I'm just so in disbelief that it's happening and that it might be a big step toward change, and change is scary. I guess that's why there's stoicism, that's why there's radical acceptance. One of the things I also meant to mention was the fact that I have a great community at my church where I really can talk openly about, Oh, I'm having surgery.

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It's a to me. It's nice that it's an older congregation, so they're very open about talking about medical stuff. There are a few people in the medical community, some caregivers in my church, so I'll talk to them about it. It's amazing to have that support system in place. I think it would be really hard for somebody to try to take up stoicism or radical acceptance if they don't have a community in place to support them because that stuff is hard. It's so hard. It's hard to take a pause and respond differently, especially if you feel like there isn't that belonging inclusion factor. Because why? Why bother with that stuff if the world is out to get you, right? But I'm looking forward to it. I feel like I'm seeing more signs of hope, and I'm getting more excited. The things that I'm taking account of now and thinking, I'm not going to be able to do this for a few weeks, are things that I've actually built in my life that I enjoy. Church, choir, yoga, going down to my desk, bending over. I didn't build that into my life. Humans generally tend to have to bend over, but it's also one of those things that I'm thinking, Oh, wow, I do this every single day, and I don't really think about how much work I'm going to have to put into it in a few weeks, but that's for future Emily to deal with.

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All right, so glad I talked about this. Everybody, you have a great night. Everybody, I hope you have a great day, afternoon, morning, night, whatever time it is for you. Take care.