

That's Hysterical! Now, Get Out!

Season 2 | Episode 12

Focusing on a Lovely Day

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There are so many things in my toolbox for adenomyosis that I have just added and added and added. And I just kept thinking, well, if I have a big enough toolbox, maybe I won't need this hysterectomy. Or I was just delaying it. On this episode of That's Hysterical. Now, Get Out. Oh, it is the end of the night. Well, not even the end of the night. It's the end of most people's nights. It's about 7:00 PM. For me, this is like middle night, early night, actually. Because I'm usually up until about 12 every night working. But I have to say I'm ovulating right now, which makes sense why I'm feeling a lot more stabby pain now and then. A lot of pressure. Oh my goodness. There's so much pressure. It just blows my mind that this is normalized for me to the point where it's like, Will a hysterectomy make that big of a difference? And I actively wonder that because Because I'm like, This is really uncomfortable. This would be discomfort that five years ago I would have been like, something's wrong. I feel sick. I'm nervous. See, and that's the thing is the anxiety would almost make the symptoms worse because this bloating makes me feel almost nauseated, like I am going to throw up, but I know I'm not going to throw up.

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In fact, I've gotten to the point where I know that this pressure and this feeling might not be alleviated right away. But if I move around, maybe I'll some of the gas bubbles, which is interesting, which is another thing that I'm like, Will the hysterectomy take care of this pain and pressure if it's gas? But I think, I think this is my own personal theory, that it's gas pushing up against my uterus, and it just makes it so uncomfortable because my uterus can't move. It's this rock. This is rock, essentially. This herdy rock. So I'm a few days into quote, unquote, Hell week, but it's not really hell week as much now that I know I can have pot, which is funny because I'm still cutting down. I'm not smoking to help with the pain or alleviate the pain. Actually, since getting that okay to smoke, it hasn't been as appealing other than the first day and the first... Yeah, it was appealing yesterday, the first day that I got that okay. But now I'm like, All right. I'm still interested to see just how much pain I've been numbing and smoking away. So I I haven't been consuming as much.

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I had an edible earlier today, and that just made me take a nap, to be honest, which is interesting because it was one of those times where it was the afternoon. And when I look back on the day, nothing really significant happened. But when I think in terms of those things that Tiffany Budgetnista talked about on that episode of Journey to Launch, those things that would make up my perfect day, I haven't I've made the official list yet. I've been mentally compiling things that I'm like, Wait, that happened today. That's a really great thing that I'm happy that happened, and it made my day better, and it made my world better.

It's one of those things. I think I'm going to make the list of those things that I would do every single day if I could. Those things that I wouldn't get sick of that would always bring me joy. The things that if I were told I wasn't able to do them anymore, I would be heartbroken. Like, driving. I think about that. I think about there's going to be a day where I'm not going to be capable of driving anymore if I lived to that age.

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You know? Double-edged sword. It would be cool to live to that age. I will be very sad when I'm told I can no longer drive. So every time I go and take a drive, I get very excited about that. It's not the same when somebody drives you around, unless it's your best friend from college who used to drive me around all the time, but she's no longer talking to me, and I'm heartbroken over that. But I love driving in the car. I have my roots that I love all over Connecticut. Connecticut's beautiful, by the way. It's one of those things where you grow up in a place, you don't really realize how beautiful and pretty it can be to outsiders who aren't from that place until you start to travel or you look around or you get to see other parts of the world and think, Oh, wow. It's really hard to imagine growing up there when I've had all of this that I'm so accustomed to. Not to say that one is better than the other, but it's one of those things that as I grew older, I liked more and more. I like driving around my state, so that would make a good day for me.

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I just spent about 10 minutes cuddling my elderly old lady cat who it's funny. She and I share heating pads. So in the mornings when I wake up and I move my bed heating pad off of me, she's right there ready to pounce on it because it's still probably warm because I'll turn it on. I'll turn it on when I wake up. I have the two-hour Timer, but when I wake up to my first alarm, I'll wake up and I'll be like, Oh, I'm in pain. I'll turn it on and I'll use that heat to help me get over the pain so I can get up for that second alarm. It's really interesting. I find it interesting when people just set one alarm and they wake up to it and they get up and go. That's only been me, maybe not even 50% of the time. Usually, I'm snoozing the alarm or I'm setting an earlier alarm to be like, Hey, this is your pre-alarm. Just to let you know we'll be waking up, I love that transition time. I really need that with my ADHD brain. Transition times are so important. And that said, another thing that would make up my perfect day, aside from petting my cat and hanging out with my cat for a few minutes.

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But another thing is not having an alarm clock. That actually happened today. I didn't have an alarm clock. My kid had a day off from school and we didn't have an alarm clock. We still woke up around eight o'clock, which is actually good, which is funny because I still ended up taking a nap halfway through the day, which is also very nice. Couch naps. I didn't even think about that until now. Couch naps are one of my favorite things to do. My husband doesn't get it. He'll wake me up from a couch nap and be like, Hey, you fell asleep. And I'll be like, Yeah, I know. And he'll be like, Well, do you want to sleep in the bed? You the bed's out there. And I'm like, No. Sometimes I really like couch naps. It's funny. So I ended up being able to take a couch nap today. Yeah. So even though we didn't really do much today, it was a good day,

according to those things that, you know what? I will never get too old for a couch nap. I'll never get to the point where I'm like, if I never have a couch nap again, I won't be too disappointed.

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No, I'd be disappointed. I'm sure there are plenty of times where I'm like, man, I could use a good couch nap. Those things would make up my good day. I'm still trying to come up with this list. Actually, because today seemed boring, I was like, oh, well, I have six more days until the surgery, and today wasn't a big, big woohoo day like the other days. But you know what? Not every day is going to be like that. I'm not going to have Bluey's big play every day. Besides, I had to wake up with an alarm that day. Not to compare one day to another, because let's not do that. Comparison is the thief of joy. But not every day is going to Bluey's Big Play. That was pretty expensive. That was a pretty big adventure for everybody. So she was great. We got to order pizza. My husband made lunch. Oh, my gosh. He makes the most amazing chicken nuggets. Better than any fast food place, better than probably any chicken nugget I have ever had in my entire life. My husband just perfects these recipes when he's like, We really like chicken nuggets.

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Let me see if I can make it at home. And he watches the videos and he learns how to do it. He finds these techniques that are super secret. We have the most gourmet basic meals. They're not even gourmet gourmet. It's just he knows how to cook really good juicy chicken nuggets. They're sweet that everybody eats, that are gone by the end of the day. They're just delicious. He made those. That's another thing. I I will never say, I'm done with people cooking me delicious foods. There's ever going to be a day where I say, I'm done with that for the rest of my life. No. So that adds to my... I keep saying perfect day. It's just a really great day. Really great. 100 % love it. A lovely day. Let's talk about what makes up a lovely day. So so far we have spending time with my family, not waking up to an alarm clock, snuggling with my cats. I could do that for hours and feel good. No matter how much pain I'm in, if my cats come over, I'm instantly at least probably 10% better because my cats were there and they're dazzling me and they're very attentive.

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And they know, they know. They know when things up. My old lady cat, specifically, maybe it was for the heating pad the whole time, but she seemed to always know when I had the worst cramps and I needed some weight on my uterus, and she would come over, and she's the nine-pound one. She's the that I could still pick up after my surgery. But my other cat, little man, Mr. 20-pounder, I will not be able to, and I will be sad, but he will hang out with me all day on the bed, for sure. He's my at my foot cat. He's the one who, Oh, you're putting your feet up. I must go over. I must lean up against them. And that's what makes a lovely day for me, too. My cats, I love them so much. And all these things, they don't cost a time. Well, Bluey Big Play did. But it wasn't specifically Bluey's Big Play. It was hanging out with the family. They all

had a good time. Seriously, that play made all four of us cry. All four of us had tears in our eyes at some point during Bluey's Big Play.

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It's so good. Bluey's so good. Could I have had Bluey growing up? I'm parenting my inner child with Bluey episodes at this point. But yeah, on top of trying to have these lovely days, I'm also trying to be a little bit more aware of the pain I'm going through, and the pain and and the discomfort, as we've discussed. And I've thought more about that word discomfort today, actually. And maybe that's why I put this off for so long is because it wasn't necessarily pain. It was discomfort. It really was. And it was like, well, is discomfort bad enough for surgery? And I think because I just wasn't doing things and I couldn't get up, I just think about all the times my son wants to go outside and that is the last thing I want to do because getting up and going outside and feeling cold, cold makes it worse. Cold makes it so much worse. I mean, heat makes it worse, too. (laughter) I'm so worried I'm not going to be be after this surgery sometimes because I'm like, cold sucks, heat sucks. Do I actually think this? Or is the uterus thing just made it so much worse and I might still hate going outside?

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No, it makes it worse. There it is. It makes it worse. I can't cancel the surgery. I have so many of these moments of, Wait, what am I doing here? Is the surgery too much? Is this discomfort just, is it just gas? Have I been dealing with gas this whole time? And maybe I should be taking more gas sacs than some methacone? I don't think gas bubble should hurt this much. No. I have one right now and it's pushing against my uterus and it feels like a fucking contraction. Like a level two contraction, but still a fucking contraction. I want it to be over and I want it to stop. And it just sucks my brain into its fucking pain and discomfort with it. So even if I'm trying to do something, Unless I have that momentum going, like making a podcast about the pain or when I'm completely in a flow of working, it's easy to be more mindful of it and be like, Okay, well, this exists. Also this, radical acceptance, let it go. You know what? There's this option, maybe on the other side of this surgery, where I don't have to think that way.

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I don't have to spend the spoons, the mental energy Spoons, to think about stuff like that, to train my brain, to be this mindful of pain machine. But there's an option to get rid of the pain. Let's try that. Okay. All right. So as of today, surgery is still on. As if there were any doubt, but I feel like this is the week where I have all those doubts and anxieties. Actually, the reason I took my nap halfway through the day was I was sitting next to my husband and we were outside and it was nice out. And my kid was outside playing. I was thinking of all the things I had to do, but I had worked all morning and I needed a break. But I was still thinking of all the things I had to do. And at one point, I closed my eyes and I'm like, Okay, let me do the thing, the self-care thing of going inside and asking what my body needs because it's not regulated. It's not feeling great. It feels like it needs to be doing something, but I'm stuck in this paralysis. I'm watching my son, but my husband's also watching him, so it's not like we need to be that involved.

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It's fun watching him on a help. I've taken social media off my phone, which is a good thing. It's a really good thing. It's actually keeping my mood more stabilized because you really don't realize how much social media will bring your moods into other people's business, I guess. Statements, ideas. As much as I use social media and curated my social media to be uplifting and motivational, right now there's a lot of stuff going on the world and a lot of emotions about that. It's not like I'm burying my head in the sand. It's so funny. I have this stabby pain as I'm saying, I'm so sorry. I feel like I'm turning a blind eye to this stuff, and I'm not. I'm aware of it. I have my own opinions. I've reached out to my political leaders and let them know where I stand on it. I don't post the big, This is where I stand on social media. I don't have the capacity to get into those very nuanced conversations online. I just, I don't. I'm sorry. I wish I did. Trust me, I have a very strong activist streak in me that I wish I could shut up.

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But when I see injustice, it's like just pure anger and overwhelm of unbelievably that it's allowed to go on as much as it is in this world. But we're becoming more aware, which I think is part of the reason that tensions are so high is because so much of it has gone on for so long. And now that we have instant access to a lot of people's thoughts all at once, we are hyper aware of it. So I've taken those apps off my phone and I actually only check them on my desktop. But if I'm on my desktop, if I'm on my computer, I am most likely working on stuff for my clients. And I only check social media when I'm actually done with something. I use it as the reward that... Is it a reward, though? Because I can only be on there for about five minutes before I'll realize, Hey, I'm starting to actually get pulled into these emotions and getting worked up and wanting to reply. I think it is really a sign of maturity when you write out a comment and you look at it and you realize, you know what?

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Let's just delete this and move on. Let's just delete it and move on. The algorithm has already gotten as much attention from me as it needs. I'm dealing with a cramp right now, and I'm just like, oh, fuck the algorithm. Social media doesn't matter. I have a stabby pain. And as soon as I fart, it'll feel so much better. I want to fart so bad. That's the clip you use from the show to get people to listen as I'm Moving that bubble around. Oh, jeez. It hurts. It's like my back. It's all my back. It's like this stupid gas bubble just rolling around in there being like, Hey, there's not enough room for me in here. Come on, just, just, just move along here. I'm not going to fart on a podcast. In fact, it's so funny to think, I would never talk about all this stuff on a podcast and put it out there. But those who know, they know how good a good fart can feel, especially if it's like the painful gas that's pushing up against your uterus. This one's in my back. That's the weirdest one is when the gas pain is in your back and you just feel it moving around and pushing on all the freaking organs as it's moving.

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I'm going to do some twists as I'm recording to... Oh, that's helping. I'm going to miss that. I'm going to miss doing twists. I'm going to miss doing my yoga. I was doing it yesterday. I did my whole routine. I have a whole routine that I got years ago, and I'm going to shout out Rodney Yee for all of his DVDs that he put out. He put out this DVD set called Power yoga, and there was a 30-minute one, and then there was a 10-minute morning one and a 10-minute PM one. And so doing all of those, I understood his routine and his order of his routines. And so I do a variation of those routines pretty much every day. Well, I used to. Years ago, I started doing it on a daily basis, and I would actually ask Google, Hey, how many days since January 18th, 2019? Since 2019, that was when I started doing daily yoga, and I printed out a calendar sheet, and I would cross off the days. I did Don't Break the Chain, which is... Jerry Seinfeld did that, where I think he would practice comedy. He would write jokes every single day, and he would X off those days that he would write it.

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And that was the Don't Break the chain, don't miss a day. And it's surprisingly really fun for my ADHD. It's competing with myself to make sure that I do it. Now, I've been doing it for so long that I stopped Xing the days, and I just have a daily checkmark of yoga. And my yoga has changed. Well, if I can't do the full routine, I'll do some facial yoga. There are YouTube videos. They're great. I'll do just arms. I'll do desk yoga. I do desk yoga a lot, actually. It's a lot of stretching and twisting and making sure my fingers and wrists are warmed up because I do a lot of mouse and keyboard work for my job. Yoga. And yoga has helped a lot with adenomyosis. There are some poses that stretch out. I'm going to do them now as I'm recording this, that stretch out the inner thighs and the hips and offer a lot of relief. Yeah, I'm doing cobbler's pose right now. That's one of my favorites. And it's funny, there are so many things in my toolbox for adenomyosis that I have just added and added and added. And I just kept thinking, well, if I have a big enough toolbox, maybe I won't need this hysterectomy.

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Or I was just delaying it. You know what? I'm not disappointed that I've been doing yoga for as long as I've been doing it. It's yoga-ish. There are some days where it's more yoga, where it's more dance than yoga. It's like, you know what? I just need to move my body. I need to move it around. I know there are people with adenomyosis where that is not an option. And there are some days for me where it is not an option. I know there's going to be a long time during recovery where it's not an option. About four weeks where I'm not going to be able I'm going to do my whole routine and I'm going to miss it. I'm going to miss so many things, but at the same time, I'm going to be recovering. So I hope that I don't focus so much on what I'm going to miss. And I'm just going to focus more on, Hey, this is the space that I need to recover, that I need to make myself better so that I'm not lugging around this toolbox to deal with adeno fucking myosis. No, Nobody should need this many tools to deal with an organ that is not functioning the way it should function.

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And by should function, I'm not talking about my brain and ADHD and all the tools I have for that because that's learning to live with the operating system in my brain. This is like a faulty hard drive where I can finagle it and hack it as much as I can. But to be honest, if I would just remove it, I wouldn't have to deal with all the shit that I have to deal with. Okay, now that I've compared myself to a computer, I think I'm going to let you go for the night. It's funny. I always think, Okay, I've recorded my podcast, and now my uterus can stop hurting for the day because I've talked about it, and I've given it the attention that it probably wants and needs. But no, I get to end the podcast, but the pain doesn't end. But with that said, I hope you take care of yourself today. I hope you have some tools in your toolbox to be dealing with whatever you're dealing with. And I will talk to you again very soon. Take care, folks.