

## **That's Hysterical! Now Get Out!**

### **SEASON 1 | EPISODE 4**

#### **Getting the Official Eviction Date and Feeling the Stress**

**[00:00:00.060]**

I walk into the office for a consult and they're like, Do you want to do the biopsy today? And I'm like, Yeah, why not? I've showered. It's my only criteria for going to the gynecologist at this point. It's, Yeah, I've showered. On this episode of That's hysterical, now get out. Today, I am about 20 days out from my operation. I got the final date for it today, actually. It's either going to be in 20 days or 27 days. So now I have a final date. I have emailed my clients. I'm going through all the stuff I've done so far. I've emailed my clients, let them know the dates I'll be on available when they have to get me everything by. I gave them referrals for when I'm gone. I let them know if you end up liking your referrals and want to work with them, I'm restructuring my business and changing my price structure anyway. So no hard feelings. I totally get it. I said it in a really nice and friendly way. I'm just overwhelmed at this point. I just picked up my kid from school. I got back home and I realized how crampy I am from the biopsy that I had done about four days ago, and I woke up today with unexpected bleeding, which is interesting.

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I'm five days out for my period, so perhaps it is my period starting. And I don't know, maybe the last two days, I thought it was just overwhelm of the upcoming hysterectomy and the unexpected biopsy, which hurts, by the way. I'm glad I didn't look up what a biopsy was before having to get one. I'm glad it was like I walk into the office for a consult and they're like, Do you want to do the biopsy today? And I'm like, Yeah, why not? I've showered. It's my only criteria for going to the gynecologist at this point. Yeah, I showered. Go ahead. Hi, nice to meet you. I'm about to get undressed and you're about to see things that most people who've known me for years have never seen. Today, I got some client work done. I was supposed to have actually my last consultation before I closed up my calendar, and I'm glad they didn't show up to be perfectly honest because I have just... Ever since sending the email to my clients, I've been getting back messages of, Oh, can we hop on a call to discuss it? Can we schedule a time to talk this week?

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Can we do this already this week? I guess next week and then I guess the following week, that's it. That's it until surgery, so I have to get ahead. I have at least five extra client projects to get done before then. And it's funny because now everybody is trying to make plans. My friend is having her 40th birthday party the weekend. The weekend before the Monday of my surgery, and it's a chocolate making class. I am so, I so needed that. It's funny because I was thinking, No, I need to say no to everything coming up in November to get ready for the surgery. But you know what? My friend's 40th birthday party. This is the group of friends from high school college that we've all been celebrating our 40th birthdays all year long. Every time it's somebody's 40th birthday party, we go to brunch together. We go banana pants on an

amazing dinner. Now, we're going to do a chocolate making class, which I love. I'm very excited about this. I told my choir director that I won't be available for choir starting that week of surgery and recovery time, and I probably won't be available for the holiday concert.

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Hopefully, they have enough of a Sopranos section without me. If everybody shows up, they do. All two other Sopranos. But fingers crossed. Fingers crossed. Maybe I'll be better by then. Maybe I'll be better to sit and sing. Who knows? For me, singing is one of those things that I do for my mental health that as soon as I start singing, whatever has been on my mind is gone, especially when I'm singing something for a choir where I have to concentrate on the notes, the words, the music, watching the choir director, staying in beat. I love it. It fills all my senses. It stimulates all the sides of my brain that I love. I love and I create something really beautiful. So it's one of those things that I know I'm going to have to put in my toolbox of making myself feel better as music and singing and hopefully going to as many choir practices as possible and singing in church as often as I can. I'll take that time for some self-care this morning after dropping my son off, I went into the woods and I was listening to a podcast. I think one of my favorite things to do now is talk in my phone to Google Assistant and say, Play Tara Brock Radical Acceptance Podcast.

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And she has a fantastic podcast you don't have to skip through ads to listen to. It's just a wonderful thing to focus on. So, yeah, I'm just tying up all those loose ends, and I'm realizing I'm not quite overwhelmed yet. I'm pre-overwhelmed. I feel like I will be overwhelmed. It's starting to trickle in. I think having to disappoint somebody today who scheduled to call with me and didn't show up and ended up no showing. I had to email them back and say, Hey, I'm really sorry and we're not going to be able to reschedule until next year because I'm having surgery. That was interesting. This was really interesting. They didn't even apologize for no showing, but they did wish me well on my surgery. I don't know, maybe that's the state of the world right now. Only I feel bad for disappointing people. That's what it feels like. I think a lot of what I'm realizing as far as getting ready for this surgery is just how much I really do let people depend on me. And I like being that dependable person, the person who would apologize profusely for missing an appointment. So I don't know.

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I don't even really have time to overthink that whole interaction. I guess I'm just trying to tie up some loose ends and cut as many ties as possible that really I don't need moving forward. So yeah, I'll talk a little bit more about that. I'm still throwing episode ideas against the wall for this podcast. So I appreciate you sticking around, listening to me organize my thoughts. I appreciate you and take care.