

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

**SEASON 1 | EPISODE 9**

### **Anything to Distract from the Pain and Surgery Anxiety**

**[00:00:00.000]**

This is one of the first times in my life I'm fully disappointing people and saying, I am not available for this or I really want to do this, but I can't. I can't physically do this. I can't mentally do this. I will be recovering from surgery or I will be under anesthesia and there will be no way for you to get any work out of me.

**[00:00:18.090]**

That.

**[00:00:20.080]**

Is a tough pill to think about. On this episode of That's Hysterical, now get out.

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I.

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Am currently at my desk. I've been sitting here for a few hours. I feel like I haven't gotten anything accomplished, when in fact, I've actually gotten a lot accomplished. There's this odd sense of compulsion, I suppose, to sit at my desk and work because I know I only have a finite amount of time until I'm out of commission and cannot work, cannot help my clients, cannot respond to emails, cannot do last-minute changes on projects. And it scares me a little bit. It's the first time I'm walking away from my business for a while now. It's funny I even caught myself calling it a vacation because I haven't even taken a vacation from my business. Tonight, actually doing all this work, getting to inbox zero, which is a big deal. It's also not a big deal for me because I try to stay pretty much inbox zero. Actually, if we're honest with ourselves here, I have been at inbox less than 10 emails for the last few months, I think I've been pretty behind. But something about having this excuse of, you know what? I have surgery in the next few weeks, so it's either, yes, I can squeeze that in, or it is a hard no.

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And the nice thing about surgery is people seem to understand surgery. That seems to not be a problem for me to tell people, I cannot do this. I am having surgery. I have a much harder time saying things like, I can't do this. I'm in way too much pain right now to be able to concentrate on this big, heavy lifting project. But if you see me for a few hours playing phone games or Solitaire or scrolling Instagram, please know

I'm not actually enjoying this. I'm having pain and I'm trying anything to distract myself from it. It's awesome that I have a few clients that their work distracts me from my pain a lot. I love that. I love my clients so much. I really do. The work that I do is interesting enough where the amount of brain work I'm doing doesn't overpower the amount of interest I have in it. That's coming from somebody with ADHD, with a very interest-driven nervous system where no rewards, punishments, those don't really get me to do things as much as, That interests my brain and keeps it occupied and gives me a problem to solve, or that captivates my interest and I want to learn more and learn more and become this giant expert at it.

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Or maybe I'm challenged at it. Somebody thinks I can't do it. I can't tell you the number of times I've done something because somebody said I couldn't do it. The fact that I'm podcasting actually is in part due to somebody saying babies kill podcasts. I was like, well, that's not going to be my podcast when I have a baby. No, but building a business will kill podcast, especially if you're building a business in the podcasting industry and you're too busy helping your own clients to do your own podcast. But that's what this is for. Maybe, who knows? I am excited to get to inbox zero. It feels really good. It also feels good to get responses back and knowing that, you know what? I'm disappointing people. This is one of the first times in my life I'm fully disappointing people and saying, I am not available for this, or I really want to do this, but I can't. I can't physically do this. I can't mentally do this. I will be recovering from surgery, or I will be under anesthesia, and there will be no way for you to get any work out of me.

**[00:04:14.270]**

That.

**[00:04:17.090]**

Is a tough pill to think about. That's actually part of the success stories that I've been reading that I've been thinking of that's pushing me to do all this is you'll want to work, you'll want to do this stuff. Maybe it'll be enough of a relief where it will feel so different from how you normally live your life that you will want to do this stuff. I'm not saying my inbox is piling up because I didn't have the physical capacity for it. A lot of it was mental stuff. But I will say a lot of those emails came in during the day when I was busy doing something for my kids or something else for work. I would think, Oh, you know what? I'll get to that at the end of the day. I'll have the time and the energy to check my email and send a thoughtful response. By the end of the day, this may not just be the adenomyosis. This may just be adulthood in general. By the end of the day, I'm way too tired to do that. I'm way too tired of thoughtfully respond. And then I will tell myself, you know what?

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Tomorrow morning, I will wake up and I will respond to those emails. And then it doesn't happen. It still doesn't happen because I'm doing other stuff. And it's one of those things like making those doctor's

appointments, making those follow-up appointments, calling those referrals. It's like, Well, I can put this off another day. It isn't urgent. It's not quite as important as all this other stuff. But you know what? Here I am, putting my health first, getting to inbox zero by being like, Wait, I'm so sorry, everybody. And you know what? That's honestly the kindest thing I could do rather than let those emails just sit in my inbox. I felt really bad. I had to send an email to somebody I'd been corresponding with for a few weeks now. We were going to collaborate on a project, and I was really excited about it. Then it was like the next week I got the okay to have a hysterectomy, and I ghosted them being like, oh, no, I can't do this. I can't do this because now I have to worry about this surgery. And you know what I did? I'm not very proud of this.

**[00:06:22.260]**

I put off both. I put off calling about the surgery and I put off responding to this email because I was like, well, I can't respond to this email until I find out the surgery. And I still have to tell the person, No, I couldn't just two months ago be like, Hey, I think I'm having surgery. I'm probably not going to be able to get to this project. No, I had to get that final, Okay, you're allowed to get the surgery. Let's do it. Allowed to get this surgery. I'll still never get over that, having to ask permission to get a surgery on something that hurts so badly. I'm trying so hard on this podcast not to bash people who don't have uteruses. However, I will say, I'm sorry if just one old white dude in Congress could get a menstrual cramp just once, just one, just one. I don't know. Maybe we might get some funding. Maybe we might get our own little magic blue pill. Anyway, let's not go down that road of over a uterus, everybody. You can tell it's election season, so I'm getting a little spicy. But before we get too far, I appreciate all of you.

**[00:07:37.310]**

It is late at night. I'm a little more sassy. Oh, it's day three of my period, so yeah, I'm super sassy. Anyway, have a good night. Take care.