

# Drudgery-and-Dreams-Episode-16-Neurodivergent-Sensory-Stims-...

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## SUMMARY KEYWORDS

people, feel, senses, chicken wing, sensory, regulate, sweater, angela, kid, dysregulated, drudgery, listening, molly, chair, play, arms, proprioception, kiddo, talk, sympathetic nervous system

## SPEAKERS

Molly Hicks, Angela Locashio

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Molly Hicks 00:00

Welcome to drudgery dreams and in between the podcast for neurodivergent weirdos and queers who forget about struggling to adult we're struggling to human.



Angela Locashio 00:07

At least that's what everyone's telling us.



Molly Hicks 00:09

You're right, per usual.



Angela Locashio 00:12

Hey, I'm Angela, bringing sense to the conversation. From here on my soapbox, I shed light on the things society doesn't want you to talk about, you know, the real shit that matters. intersectional thinking sexuality queerness neurodiversity consent, and the fact that self care is bullshit. For me, it's all about community, and how we can care for each other.



Molly Hicks 00:37

And I'm Molly giving a big Fork you to Cookie-Cutter Solutions I help burnt out busiest Fuck neurodivergent and queer entrepreneurs make shit happen by providing out of the box solutions and sustainable systems to grow your biz. For me, it's all about doing what makes sense for your brain.



Angela Locashio 00:54

Enough with the chitchat, let's get to it.



Molly Hicks 00:57

Keep listening. And Together, we'll explore the drudgery dreams and all that shit in between, get ready to call bullshit on what everyone's saying you should be doing



Angela Locashio 01:07

as we navigate the spectrum between what really matters to you, and the shit keeping you from it.



Molly Hicks 01:15

Hey, everybody, oh my gosh, ah. So today, we realize we haven't really talked about stemming a lot in our conversations. And there are a lot of times that we get questions that we don't think, Oh, we really need to talk about these things. And,



Angela Locashio 01:44

and then I lost my favorite stem tool, your favorite stem tool, and then other things happened, which we'll share today.



Molly Hicks 01:53

And we also realized after like hearing from several listeners, that there's like, a very specific part of the journey that people are on right now and, or are either getting into or getting out of, we're kind of in the middle of a the drudgery, dreams and in between. And that is like, the sense that you feel like you're neurodivergent and you're not sure what flavor of neuro spicy you are. But then people are telling you, ah, you couldn't be neuro divergent. Because you know, you breathe, or whatever



Angela Locashio 02:27

else. It does feel like that. Yeah,



Molly Hicks 02:31

right. That's utter bullshit that they provide. And so if this is the first episode, you're listening to welcome. We recognize self diagnosis here. So if you are feeling called to the neuro divergent

world community people, welcome, we acknowledge that you are neuro divergent. And we're going to confirm that for you. Because if you think you are, you probably are. But one thing that really is universal, regardless of your neuro spicy flavor, or if you are neurotypical regulation of your body is very, very important. And everybody gets dysregulated. From time to time, we as neurodivergent individuals just tend to get dysregulated a lot fucking more. And so it's really important for us to understand why this is happening. I feel like Knowledge is power for a lot of different reasons. And knowledge is not necessarily readily available to everybody, for a lot of different reasons. And so we definitely want to provide some knowledge to you so that you can gain some tools in your toolbox. I know that sounds cliché, but legitly. Having tools in your toolbox when it comes to regulation is extremely, extremely helpful. And so we're going to talk a little bit about the census today. There yay, are things to talk about. And we're gonna talk about ways that you can stimulate ways we personally stim or our family members stim. We'll talk a little bit about ticks because I have Tourette's and so stimming and ticking are kind of a lot when it comes to body dysregulation. And then for those



Angela Locashio 04:24

of you listening, Molly just brought all of her hands together and like, smushed them together. That's what she was meaning by Marula. Yes, they're interconnected.



Molly Hicks 04:37

They're interconnected, and they kind of like weave together and it's kind of hard to pull them apart. It's like one of those thinker trap toys. So, and all of this will be helping us find some regulation and I'm sorry that I have to



Angela Locashio 04:52

do this. Yes, you're a finger trap toy. Okay, anyway, until you may well have your old brain can, might be here today,



Molly Hicks 05:05

it's fine to everyone who is not watching. But as listening, Angela also has Foxy, which, if you've been on our website, or social media, Foxy makes a presence frequently. It's like, it's like part squish mellow, part Fox. Anyway, so all of these things that we're talking about today are just going to try and help give you some introductory into finding some regulation for yourself. And just better understanding what's happening in your body,



Angela Locashio 05:40

and permission to let go of all of the shame. Things that help you feel good, so you can do what you want to do. Yes.



Molly Hicks 05:51

Okay, so I think that the one myth we need to kind of bust and bring into light is there's more than five senses, your your kindergarten teacher lied to you. There are more. And these are the more that if everybody understood, we would have some much more understanding amongst people. So Angela, I always say the wrong words. So you go on and talk about these extra three senses, because there's



Angela Locashio 06:20

eight, right? There are eight senses y'all eight. I know a movie tried to like explore the sixth sense, but they didn't have it right either. Although if you kind of look at some of the stuff, you can understand where people say the sixth sense, in meaning feeling something that other people cannot see, or sense that you are. So that is a legitimate thing. And that is where we really get into the whole sensory processing thing. So yeah, we have the five senses that we learn in school, seeing, hearing, smelling, touching, and taste. And we do have sensory seeking behaviors in those senses. Say, for people who really like to have bright colors, and like to be in rooms that have a lot of stuff, and that feels comfortable for them. And they feel very uncomfortable when they are in a room that is relatively sparse, or with all white walls. Those are some examples of like a visual sensory seeking, versus someone who really likes the sparseness and, and everything. And then they have some of the they quickly get visually overloaded. We can have that with all of those senses. But these other three are really crucial to understanding ourselves, to helping us identify why certain things make us feel good, and to incorporating more of those things into our life. So first, we've got the vestibular sense. The vestibular sense is like balance, right? This is when so for some people, they freak out when they lay down, okay, if you have a kid who every time, it's time for them to lay down, they are crying and getting upset and you don't understand why it is likely that they have some sensory sensitivity in this vestibular. So imagine when you get like a bad ear infection, or you get water in your ear or whatever, that dizziness. That's all part of that vestibular sense. So okay, I mentioned about kids, let's talk about adults for just a second. And sex. If



Molly Hicks 09:05

we knew is coming,



Angela Locashio 09:06

right, of course, if you if you are regularly having trouble, like let's say you're feeling sexy, and you're all ready to go and you love maybe having sex on the couch, where you're sitting up, or you're sitting on your partner, or maybe your favorite position is that sitting at position, but as soon as you lay down or even think about laying down, that sexy feeling goes away. That could be because of that vestibular sense. Most people have no idea. Absolutely no idea about that. Never



Molly Hicks 09:47

would have put it in those two correlating together but that makes sense

would have put it in those two correlating together, but that makes sense.



Angela Locashio 09:51

Yeah, yeah, absolutely. I mean, and you know, I'm gonna bring it in because this, you know, being a sexologist is what had me really studying the little bit of studies that I did as a teacher and understanding senses, like really came in when I started studying sexuality and understanding how much the senses play into how we feel for those people who enjoy and want to have sex. So okay, so something that we might do is swing, we might enjoy swinging, right, that might like really reset us and just feel so good. And you get on a swing. And like I'm rocking in my chair right now, because I rock in my chair all the time.



Molly Hicks 10:44

Right? And like rocking and swaying things. But the more the Angela talks about swinging, I'm going back and forth more and more, because I can't.



Angela Locashio 10:51

It feels so good for people who enjoy that. That's a seeking behavior, right? Or spinning around in your chair. You know, you're right, like the doctor's office chairs, the ones that don't have a back and they're just the circle and you can like lay on your belly and spin and spin and spin and spin and spin. I mean, do that. Exactly. See, and that's just some people like nope, like, What the hell are you doing? I don't want to swing I don't want to spend No, thank you. I don't enjoy any of that. That's the vestibular sense.



Molly Hicks 11:26

Instant anger town, if my child like rotates my chair, just slightly, like I instantly like get set off because I and voluntarily have spun my body and then that is no great.



Angela Locashio 11:39

And that's really isn't people think that they have to be one or the other. And in my experience, and in the tool that I use to help people figure out where they are, there's a combined version. And most people fall within that combined version, which means they have some sensory seeking, and they have some sensory sensitivities or aversion, whatever people want to call it. So that's vestibular, and a little bit more about senses in general. Let's look at the next one, proprioception. So proprioception is knowing where your body is in space. So for example, if you are clumsy, you might regularly Molly is



Molly Hicks 12:27

really raises her hand.



Angela Locashio 12:30

You might bump into walls, have frequent bruises, maybe fall down, bump into people, not necessarily something that I do sometimes, like, especially if I'm tired, is even though the chair the arm of my chair is right here in the same place, it always is, I will go off to the side and try to put my arm down. Because I'm not sensing where my body is in spatial relation to everything else.



Molly Hicks 13:00

Tell them about the sweaters.



Angela Locashio 13:02

Oh, I will. I will. So this is where heavy stuff comes in. Okay. People who have sensory seeking in proprioceptive. And a lot of people think that this is touch, it's not touch. It is proprioceptive when you want to bless you when you want to. Or feel good when maybe you have a weighted blanket, or a heavy sweater or you know, your favorite hoodie puts just the right amount of pressure on your body. You can only wear this type of sock. That's not always necessarily just touch. But more proprioception it helps you know where your body is. And it helps you feel grounded. Because sometimes we feel like we're like, flying or our body isn't quite all together. And so when we do these things, and it goes, and our body is together and grounded, I swear this is where that term grounded came from, even though people didn't understand it necessarily. This is what it feels like to be grounded. And it's difficult to practice mindfulness or be in the present when you feel like your body isn't all there. So when you can identify where your body is in space and feel that it is all together. That's proprioception. It's a beautiful, beautiful thing.



Molly Hicks 14:50

The day that Angela was like, Yeah, you have a proprioceptive issue, because you always are wearing sweaters or long sleeves even in the summer. And I was like damn MIT Angela so much of my life makes so much more sense. And like just before we got on here I had a sweater on but I was getting irritated that it was laying here so my arms currently feel like floppy T Rex arms. I mean they always are floppy T Rex arms. Let's be real. But are I meant pterodactyl not they're always T Rex arms, but they feel like Flappy pterodactyl arms right now. I'm always a dinosaur. Don't ask. Um and like, I want my sweater, but I don't want my sweater because sitting weird here. But like, oh, like kids who were just the arms of the sweatshirts?



Angela Locashio 15:37

Right? You just the arms of the sweatshirts? Which I do often. i Yeah, exactly. There are lots of different things. And people are like why? People think that it's just like, here's the regular Oh, they're just email? Because they wear hoodies all the time? Or that it's a sign of depression. It's not necessarily it definitely can correlate, right? extra sensory sensitivities and that sort of

thing. And seeking behaviors can correlate. But are not. It's not definitely that that's what it is. Your kid could be wearing their hoodie all of the time. Because it feels good. Right? Even though they're really really hot. It feels good to have that. So we could talk about PrEP, we could do an entire episode on proprioception I'm going to move on. So speaking of they could be hot and not understanding. Let's look at interoception. This is the eighth sense that we're talking about today. And this is the one that is our internal stuff. Okay. Understanding and feeling that you have to pee. You know, if you're that person who can work for 12 hours, sitting in your chair, not noticing that your back is hurting and that you have to pee and that you haven't had anything to eat or drink all day. That's an interoception thing. That is why we have to have reminders, and somebody to help remind us or things on our phone that we're not going to ignore, to help remind us to get up and pee and that sort of thing. So it goes even further than that, though. It's hunger, it's temperature, all of those things that like our internal organs and things regulate, including our feelings.



Molly Hicks 17:50

Extra big feelings.



Angela Locashio 17:52

Yeah. And I just got, like, I kind of spread that out and emphasized it because people don't equate feelings with senses. But all of that sensory stuff, all of the eight senses affect our feelings. And then interoception let's say you're someone who doesn't feel the stuff unless it's a really, really, really big. Like, you don't get scared, unless it's something that's like, super, super scary, like terrifying to somebody else is scary to you. Happy, like people are like, you're not a happy person. You're like, Well, I'm not unhappy. And that's just because on a regular basis, you don't feel the happy that a lot of other people feel because maybe you need it to be extra happy. In order for you to feel that happy. It doesn't necessarily mean that there's anything wrong with you. But that's how you feel. And that's because of that internal sense. That is our feelings. And those are just like some little bitty baby explanations of those things.



Molly Hicks 19:19

Yes, but I think it's a great grandma, grandpa. No, I'm using groaning it's a great baby step for people who are like wait, there's eight sentences, sentences, no senses, right? There's a sentence, um, and helps kind of get them introduced. I think a lot of neurodivergent parents find themselves learning about these things when their kids get diagnosed the sensory processing or sensory regulate dysregulation or whatever they are brand of sensory something isn't connecting. They're using today And then parents feel like but that I did that, I felt that or didn't feel that in some cases, I do that. And that's kind of where this journey starts. And so a lot of parents might have learned it and non parents, maybe you were listening to your friend talk about their kiddo. And you were like, um, or you're a teacher, and you don't have kids, like, there's a lot of ways you could find this out, or you're the



Angela Locashio 20:31

person who got

person who got



Molly Hicks 20:35

oops, we lost you. Hopefully, Angela comes back in a few seconds. But what I was getting at is maybe we both got picked up anyway, we'll move on. is just making sure. Or looking at the things that you've learned as a human to do deal with certain things. And look at how you're feeling and how how you're feeling and how. Sorry, this kicking out thing totally screwed with me. All right. Your turn. Oh, no, we, ah, this is this is this is a change, I was not prepared for everyone. Anyway, so when you are looking back and you're like, Oh, I've experienced like, will give my example of sweaters. I can't tell and I feel dysregulated when I can't feel where my arms are, essentially. And so I know that a hot shower or hot bath helps give me goosebumps sensation all over my arms. And that will make me feel better.



Molly Hicks 22:18

Alright, just we're trying to deal with this technical difficulties of the stream. And so there are a lot of different ways that we would see this and this is totally Angeles territory. Here. She's back. Come on back. This is totally your territory. And I was trying to feed it for a good five minutes there. Welcome back. Can you hear me?



Angela Locashio 22:54

I can hear you.



Molly Hicks 22:56

Okay. I was just weird. It was very weird. I'm



Angela Locashio 23:01

screenshot with you. Every night



Molly Hicks 23:08

interesting. Like you just stopped on our feet this feed. And I just tried to keep going. But I kept getting distracted by the fact that you weren't there. So there's just like this weird part of this episode for everybody listened to where Molly struggles through a change in episode. But I was just talking about I was giving an example of like, when I know I'm dysregulated because I can't feel my arms or whatever we're gonna call that sense where I'm usually in a sweater and the sweater is not working. I hop in the shower or take a bath because that super hot feeling where I get the goosebumps all over my arms, helps me feel grounded. And I can start to process whatever I needed to process. But I was trying to give I was trying to lead into you know, we might like feel like oh gosh, I experienced that. That's that Oh no. And then we start this like

processing of I wish I had known these things and like the grief of not knowing knowing and that happens through all the diagnosis journey, whether self diagnosis or not. You can reflect back on like, Okay, how did I resolve this as a kid? Oh, that must be because XYZ. How can I better or improve my response to when I feel that way? Now that I know and give myself a better regulation technique in those moments? How can I prevent my body from getting to a point of overload? Like you and Sabir will always be like, Molly, go take a bath. Like if you guys are really good about noticing things that I don't notice about myself. And just being like you just stop what you're doing. Go you're about to burn yourself out. Do this thing. Um, can you think of anything? Well, I feel like you're Stimagz are something that helps keep you kind of.



Angela Locashio 25:12

Yeah, so let's talk about the Stimagz, and let's talk about what happened. So this is a new thing, like I have multiple stems, multiple things that I do, I'm constantly moving, I am rocking back and forth, or side to side, all the time. And I used to think it was because I'm super short. So I'm four foot eight, for anybody who's listening, I used to think it was because I'm super short, and therefore I sit with my legs curled up under me, like, I sit cross legged all the time. So I used to think that it was just part of that process. You know, if I have my feet hanging down, then my legs are like swinging, it's very uncomfortable, it makes my back hurt, that sort of thing. All of this is actually part of the, you know, the sensory, my sensory profile. So being able to identify that has led me to having a multitude of things that helped me feel good, including people. Right, like, including people that are, hey, I need to have a conversation to help regulate, or I need you to lay on top of me to help me regulate, you know, just depending on who it is and what the situation is. So my Stimagz. This is a new thing, it was a Kickstarter, earlier this year, it actually started at the middle or late 2022. And I got these little 12 little magnets covered in this perfect texture, wonderousness and, and they. So for anybody who has played with magnets, they're the two different ends, right? Like, you can have two ends and they try to push apart. And that feels really good. I really liked the feeling of that. But also how when they are all sticking together, how they move up and align, and I can put them back and do this very repetitive order in which I do, and anybody who's watching, they're like, Well, why don't you have them right now? Well, about that. They walked away. And we'll just leave it at that, that I am not the only human in my house. And I believe the other human misplace them. Because we both played with them. In the meantime, I had ordered another set, so that both of us would have our own. And I have a video of this, I should just post it. I went to the mailbox, open the mailbox. I'm so excited. They're here. I open the package that was already open, and there are none in there. And I sent Molly, a hysterical message.



Molly Hicks 28:10

Make sure you Okay, so before she had it hit, let's go back a few steps because I realized that's how it happened in your head. But there's like a day or two apart from when you went to the mailbox. And when you realize they were missing. And there was already like it was before last episode. And we had an entire conversation we even talked about it um, episode a little bit that you didn't have your son Max and it might be a little bit of a cranky day. And because like the devastation, I cannot convey the amount of devastation.



Angela Locashio 28:41

Oh, lots and lots of tears. Difficulty regulating I didn't have my thing.



Molly Hicks 28:47

Like Hi solo dying. Come on. Oh, sorry, guys. If you haven't seen the movie, like, like, theoretically all theoretically, theoretically, if Han Solo were to die. That's the devastation. And then you went to the mailbox and the mailbox



Angela Locashio 29:06

and I was so excited. Right? Like I was really excited. I got an email. Your package has been delivered that it is. And I'm like dog on leash keys in hand. Right into the mailbox. I'm so excited.



Molly Hicks 29:18

I I imagine like Mamie from turning red. When she gets to go see the for town or whatever it's called.



Angela Locashio 29:33

I wish I would have been heavily squeaking.



Molly Hicks 29:35

There would have been so much squeaking. But the package was opened like when she got to the mailbox. Not like accidentally ripped and transport like somebody intentionally opened the package.



Angela Locashio 29:48

Like maybe, maybe or maybe transport that wasn't



Molly Hicks 29:55

in transport. No. I do know Stephen used to do cargo For that is not written transport vengefully ripped from you don't they knew who you were, they just saw package and they open it. But anyway, I just wanted to convey the actual level of motions because you, you told that story very calmly and I needed, you needed some bipolar emotion assistance.



Angela Locashio 30:29

I was I was completely devastated. And it had a really big effect on me, like, my work right now is really intense, and I'm doing a lot and I need, I need to stem a lot to be able to maintain the energy and be regulated enough to do the very concentrated activities that I am doing right now. And, and, and I have no choice but to have to deal with people sometimes. Right? Like, that's part of the job. When you are a leader, you have to deal with people sometimes. And it has been very difficult for me to have to deal with people to the point where I have looked at my compatriot, and I have said, I can't people. I am glad that we are symbiotic CEOs and both of us doing this together. Because I can't, you're going to have to do that. I cannot talk to people. I can talk to you. I can't talk to people. I'm not doing it. Right, like so. Is you are not stepping right. Stemming is necessary. Stemming is not something that is just Oh, you just need to have some self control and not do that. It is necessary and supportive of us doing the things that we want to do. Right. As a teacher, I walked all the time I walked walked Rock, rock rock, I had spinning chairs in my classroom, I would sit and spin on a chair or I turned the chair around and sat straddling the chair with my arms over the chair playing with something in my hand while I was having a conversation like that job allowed me to stem constantly and not really think about it. But me being that way also made me that teacher who was honest with the kids about tapping their pencils, like I'm sorry, you can't do that that noise drives me insane. Here, what are the solutions for you to tap or play with something and I had stim toys like crazy amounts of them in my room for people to be able to use because it helps. It helps the cognitive function, we should not have to spend our energy thinking about not doing something that's not frickin hurting anybody else.



Molly Hicks 32:55

Right? And so my kiddo at home is sensory seeking in all the things I can't express to you all the things all the things I'm there's a lot of not expressing I can do today because I've said that four times I feel like otter is going to tell me it was



Angela Locashio 33:14

very intense people in your life



Molly Hicks 33:16

I do I am one of them but and there are times i i Should shall not chicken wing chicken wing is screamed in our house almost all the time. In different variations. And in sometimes it's a callback. Like it's not a single person needs to do chicken wings chicken wing is everybody needs to sing chicken wing chicken wing in either that or the Batman version of Jingle Bells. That like all the time, and there are times where I'm like, I realize that you need to sing chicken wings at the top of your lungs. But if you do not whisper chicken wings chicken wing mom is going to scream just like a banshee. That's all moms going to be able to do because I cannot listen to chicken wings chicken wings that loud anymore. I can't even figure out what I'm doing. And it's like we do try and find something new like can we put chicken wings chicken wings on repeat in your headphones. Can we you know put chicken wings chicken wings on the Google Play so that you listen to chicken wings chicken wings versus screaming chicken and chicken wing. Or you know just which



Angela Locashio 34:36

may or may not work depending on what I sense is being stimulated by that. Like do they actually need to have that? words coming out of their mouth in order to regulate right and you never Yeah, never know. It's not as simple. It's trial and error.



Molly Hicks 34:56

Yes. And there's sometimes I try and distract with something more more exciting than screaming chicken wing tickling, like let's go play switch and do Pokemon violet because so one of our routines is i play pokemon violet until we get to a battle. And then Blaine child plains plays the game. But in between oh gosh camera in between that while I am wandering around collecting Max revives or TMS or whatever. My kiddo is using our couch as a jungle gym and is half upside down and doing handstand push ups and like rolling. Oh, I'm gonna build Legos for a minute. I'm gonna sing chicken wing. Next thing I know, they're making a YouTube video for Blaine do YouTube channel, which is Blaine's party if you would like to pay attention to that, I'm going to make a plug for my child's YouTube. Shameless plug for child's YouTube. Anyway, so it's just like, I have had to stop thinking that my child is going to sit still and play the game. Or my child is going to not scream chicken wing chicken wing at the top of their lungs. I hope you all have experienced the annoyance of chicken wing chicken wing through this episode because I just needed to you know, make it a mutual experience. But but all of that then activates my What is it sympathetic nervous system? Is that the words that you would use?



Angela Locashio 36:33

Oh, yeah. Oh, yeah, fight flight mode activated, sympathetic nervous system.



Molly Hicks 36:41

And then I start ticking like, nobody's business. So in case nobody knew. For Tourette's tics are specifically physical and auditory movements, noises that you make, like, almost simultaneously or like, almost like, sometimes I can do one or the other. But I eventually have to combine them together, otherwise, my brain is going to explode, or at least it feels that way. And so I do stim, like, you'll see my chair is rocking right now back and forth. This is the amount of rocking, I can handle any more than that, and I will scream. Or like I like pick up my nails and do stuff. But when it comes to tics, they are very, very specific. And then they all kind of bleed together, because I'll be doing this and then all of a sudden now like, and then I squeak and I'm shake. But it does feel like it comes from the same place like I'm dysregulated. So my tics increase. And, like I before I understood all this, I would be like, it feels like my body can't process a motion. And it's like I'm having an electrical discharge. And I still feel that way. I explained it to my kid and Pikachu and I had too much energy. And because lanes always like stop ticking them. I'm like I can't. But I like they, they kind of blend together. And sometimes I still do this even when I'm just doing because it's like the only thing that will fix it. And that was me having two fists on either side of my hand arms with T Rex arms and shaking. So I lost where the train of thought was going. But I think I said what I needed to say, oh,



Angela Locashio 38:32

so we often have multiple needs in an environment where one person stems in one way. And that stem can trigger another person. So for example, I can only deal with certain sounds. And one thing that I really, really, really, really, like my sympathetic nervous system goes haywire when a song repeats the same thing over and over and over again. Tick tours are fun. I mean, I just don't I don't know that doesn't happen. I don't number one, I don't have very much time to spend on there. I really only look at videos when people send them and occasionally I post them. But for that reason, like to me that's not regularly that doesn't feel good. Whereas my husband does the like the echolalia thing where he'll say the same thing over and over my son when he was younger, especially with math would do this over and over and over thing. Doing different math problems like the same math problem over and over and over and that gets me going. And then we've got if we are not aware of it, and we don't know how to put other things in place, then what happens is we've got sympathetic nervous system ignited, sympathetic nervous system ignited. And then it just goes up and up and up. And we're fight flight, fight flight, fight flight fight flight, we have to engage the parasympathetic nervous system, we have to do things that help us feel regulated, that help us feel comfortable, that help us feel safe, so that we can rest and digest. That's, you know, I can't even think of what it's called right now. But that's the that's the analogy that people use for sympathetic nervous system versus parasympathetic, sympathetic being fight flight, parasympathetic, being rest and digest. So stimulating allows us to regulate by engaging the parasympathetic nervous system, in times when the sympathetic nervous system is has already taken control, or is getting close to being activated. We want to recognize those kinds of times, as well as know what to do when we are in them in order to help ourselves regulate, and that's what helps us prevent burnout.



Molly Hicks 41:31

And I do want to point out because I am always talking about the kiddos, when we, um, the kiddo talker know that sounded weird. Um, it is kiddos can get burnout too. So if you have a kiddo who you have reports of your kid is so great in class, they're always so social with their friends, and they are doing so well. And then that child comes home and crashes like a little demon monster. I'm not that they are a demon monster, but they just resemble like, the demon state of baby Jack Jack from Incredibles. And lots of Disney references today. And as there should be, that is kiddo burnout, that is kiddo using all of their effort and energy to like, hide all the things at school and then coming home to their safe place, and collapsing. And it is important to slowly I'm not asking you to do this overnight. But as a family like a neurodivergent human family, it is important to acknowledge each person's needs. And that means your whole picture or of home and how things happen is going to be significantly different than a neurotypical family. Family dinners might be everybody sitting in a different part of the house enjoying their safe foods, having quiet time or loud time in their room, it might be that a couple of you sit at the table while one of you sits in the kitchen or whatever that is video games before bed to help kind of sue the mind to help it. So that slows down or maybe or vice versa reading Yes,



Angela Locashio 43:22

or vice versa saying no video games after 7pm Because then you can't get your brain to slow down and be able to sleep like right at 330 is different. And it's all normal.



Molly Hicks 43:34

Right? And so my Yeah, my my end point is look at the things that if you've been having big struggle points. And even if there's not kiddos at home, and it's just you and your partner, if you've been having big struggle points, you aren't just you over what you envision things need to be versus what is what keeps happening. I would ask yourself, is it really worth the struggle, and if it is worth the struggle, then by all means, like go for it. But is it if it's not worth the struggle, and it's not you it was only something because somebody was shitting on you. Then take a moment and see if that's something you really want. And if you don't and you don't, it's not important to you then do what is important to you and accommodate where you can and where you feel comfortable and do it in baby steps. Because too much change might cause more trouble. Right. So,



Angela Locashio 44:36

point being it is our environment that is disabling. Right? Our neurological condition is not necessarily disabling our environment and how it plays along with our neurology neurological condition or conditions, because usually we've got multiple is what is disabling. So when we can, when we have awareness, and we can understand what adjustments to make in our environment, we can remove a disability in that environment. And that's really what, when we are talking about workplace accommodations, which I really prefer to call adjustments. This is what we're talking about. We're talking about creating an environment where people can do the things to be productive in the way they want to, that is supporting the company and the money making and all of that crap. But sometimes keeps people from seeing how a tiny adjustment and allowing that is actually more in their benefit than they realize.



Molly Hicks 46:00

Right. All right. Well, that was a journey that we've taken everybody on today. Thank you for bearing with us. You made it this far after the technical glitch. Um, and we hope to see you next week. For our next episode, yes. So all right. I think that's all we have for today.



Angela Locashio 46:30

Awesome. It's so excited. This was a great episode. I really do hope that people got things out of it. I hope that you send us questions, or share your story. Either on our website or on YouTube or on whatever podcast channel you are listening, listening to. We would love to hear your experiences. And share them if you want us to. Okay, thanks for listening to drudgery dreams and in between a weekly live podcast coming to you every Tuesday at 9am Central 7am Pacific. If you're catching this live on YouTube, be sure to subscribe to our channel for updates when we're back here next week. For all your podcast geeks, subscribe on your favorite podcast app, we're on them all. If you'd like to support the podcast be sure to leave a rating and review and share with your friends. To catch all the latest from us. Visit us at drudgery and dreams.com and follow us on your favorite social media platforms at drudgery and dreams. Thanks again. See you next time.

