

Episode 23 _ Schools Out For Summer_ The Neurodiversity Dilemma

Tue, May 23, 2023 8:18AM 59:08

SUMMARY KEYWORDS

schedule, people, transitions, summer, talk, adhd, work, medication, humans, school, day, support, feel, person, good, list, give, struggling, kids, hard

SPEAKERS

Molly Hicks, AJ Locashio



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. At least that's



AJ Locashio 00:08

what everyone's telling us. You're right, pre shuffle. 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.



AJ Locashio 00:54

And that's what the chit chat 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



AJ 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

Good morning, everybody. Um, Angela, and I have been kind of talking about what today's episode was going to be for a long time. And by longtime I mean like three weeks. And



AJ Locashio 01:31

it's been a long, three weeks, let's just be honest, last three weeks.



Molly Hicks 01:36

Between being sick, and work, and launching things and posting things, there's just been a lot going on between these two humans right here. And so today's conversation is all about end of school year transitions. Because this doesn't affect just one. One type of person or people with children or teachers, it really affects everybody, because of how all of our relationships work. And I was talking to Angela earlier about like, if your support human has children, even if you don't have children, that means your support human cannot support you in ways that they normally would.



AJ Locashio 02:26

Or that you have to change your normal schedule to accommodate their schedule, even if they can still support you in all those ways. Like it affects our schedule. I don't have a child at home anymore. But I do and that affects our schedule. And how dare you?



Molly Hicks 02:42

I know it's such a jerk. But like, there's a lot and there's a lot of moving parts for the humans that do have kids. As well as teachers like going from working 10 to 12 hour a day is trying to keep these humans happy and learning. And then going to oh, by the way, goodbye. We'll see you next year, maybe or not.



AJ Locashio 03:12

Yeah, right. Maybe? Yes.



Molly Hicks 03:17

But yeah, so it was kind of interesting, because Angela is the researcher of the two of us, when we prep for episodes, and the thing we realized is there are zero resources for adults for transitioning into the summer,



AJ Locashio 03:40

there's not it's not even part of the conversation. Like now you and I have talked to people and like when Rebecca was here, we talked with with Rebecca about this, and and we've talked to some other people who are interested in having that conversation. Because they've seen what happens in the school year to some people and and how it affects some teachers differently than others and some parents differently than others. And there's, there's nothing out there. This is definitely this definitely me needs to be like an umbrella project that we have. Because there's there's there's not even stuff out there for kids for end of school year. We found one book and we'll share that resource here at some point throughout this. But other than one book, that for kids that talks about end of school year transitions. That's just not part of the conversation. Everybody just assumes like yay, school's out. Party time.



Molly Hicks 04:48

Right. And I mean, it. Honestly when we pick this subject, I wasn't thinking oh, we have some novel idea. I was thinking oh, we'll just talk about something that everybody's talking about. And we'll put our Molly Angeles spin on it as we do with many other subjects. So when Angela was like, There's nothing, I was like, Oh, okay. Um, so if you've really never thought about how you address summer, and the different changes that happen, I mean, let's talk about weather change and seasonal allergies, or transition in and of itself in this time anyway. Um, so, you know, if you've never thought about it, and you're listening, like, just keep an open mind and be like, Oh, shit, I do deal with this, I need to figure out a plan.



AJ Locashio 05:42

Yeah, and open mind and let go of some of the shame of, of maybe some of the behaviors that you have, and some of the frustrations and emotions or not being able to pick up on your emotions, increased sensory sensitivity, or seeking behaviors. You know, give yourself some grace. Because even though that's not a big part of the conversation, this is a big part of our lives.



Molly Hicks 06:10

Yes. Which brings me to the next point, we kind of touched on this a few minutes ago, like this really is for all all humans, regardless of neuro type, regardless of, of things, everybody is coming into this transition with a different mindset and a different opinion. And they're all valid as long as we're not forcing this on someone else. So I mean, they're still valid, just don't force it on somebody else.



AJ Locashio 06:36

Why we used, which is why we use their diversity in the title for the episode instead of neuro divergent, because it absolutely does affect everybody across the board regarding, regardless of how your brain works,



Molly Hicks 06:52

right. And this is kind of where some of that contention can come through is if you do have friends who are neurotypical, they might be like, yes, it's summer, I can do what I want. I can do all these fun things. And it's amazing. And you're probably thinking, What the Fuck is wrong with you like it, I lost my rigid schedule, I have no alone time. I don't know any of like, these aren't known variables, I don't know what's happening. And there's all these fucking people every time I turn around, it's noisy, and annoying, and it's so damn hot and humid. And I'm sweating in my boobs, like, like, you know. So that is, there's a lot of difference between how you're interpreting things and how they're interpreting things. And just remember that sometimes people process different than others. That doesn't make it less frustrating when you're trying to communicate why it is frustrating to you, if they've never thought about it, or considered, there being a difference.



AJ Locashio 07:55

And let's drop this, this whole like, yay. If you're not a yay, person, you don't have to be and I feel like a lot of people are doing that. I mean, I've witnessed that myself where people are celebrating this thing, but then they come in, they have a conversation with me. And I say, No, this is hard. And I don't like this. And they go, Yeah, I know. But isn't that weird? I'd rather Yeah. And it's like, it's only weird because people don't talk about it, because in actuality, you know,



Molly Hicks 08:38

right. Well, and like I started listing some in my little rant there. But it makes total sense to dread the summer. And I will say, like, for those with little humans that there are trying to wrangle for the summer, like follow their lead. I wasn't sure how my kiddo was going to perceive the summer break. And to them, it is like a saving grace because they hate school right now. And so I'm kind of hyping it up. It's the summer, because that's the emotion that they're having. If you have a little who is not having that same emotion, then they're like, but I love my teacher and I love learning and I love going to school, then definitely follow that grief pattern with them, because they're going to need to process that. So some of the things that you might experience some loss or sadness towards, like I mentioned before, rigid schedules, like even if it was like an alternating schedule or whatever, because you're in high school or you're in college, there was still some rigidity to your day, you get up, you get ready, you go to school, or whatever you having. And then you come home and there's this predictable type of plan that you can rely on. And it's comforting and comfortable.





AJ Locashio 09:59

That reminds me of when Kody was here, Kody Lukens, with Stimagz when when he was here, he talked about the motivational type called INCUP. And that's what you're talking about. So, you know, that it creates, there's some urgency that is created when you have to do something because your schedule says, Oh, you have class at x time, and you have to be there, or, Oh, you have to be at work at 730 Every morning, or, or whatever. For some people that have to, that you must do, this is the only thing that helps them. And then so when they no longer have that have to or must, setting their own schedule, and creating their own, and then following through with that, and I like to call it keeping appointments with yourself. That is really, really hard for some people. Yes, but that's kind of what you have to do is you have to make appointments with yourself or with other people to create that, that urgency. And when it's to yourself, that urgency kind of falls away, it shouldn't. But for most humans, it does.



Molly Hicks 11:20

Well, and there's different ways that you can kind of force yourself to do study things, at varying costs, like you could volunteer at a local nonprofit, and just have a regular schedule with them where I'm going to come in from 9am to 2pm, and volunteer and do the things that you need me to do. So that's a free one. And you get to give back to an organization that you care passionately about. You can schedule,



AJ Locashio 11:47

we really appreciate volunteers, right?



Molly Hicks 11:51

All nonprofits really need you to help. There's in like, specifically in your area, if you are in the queer community, or an allied to the queer community, which still make sure in the queer community, you can work with the pride, the organization that's putting on pride as well. That's another option. You can schedule like set coffee dates, every week, with friends, you can, if you're a business owner, you can set up an accountability group with a couple of peers so that you're rigidly doing certain things throughout the week. So there are ways to do stuff, you could register for a summer class at the community college like a non credit, like the non credit classes, like there's different things that you can do.



AJ Locashio 12:41

Yes, swapping with other parents, if you are a parent who doesn't have the funds, to be able to, to be able to afford to have a babysitter so that you can go do these things. You know that like the summer becomes really expensive for some families. You know, not all communities have community programs that provide breakfast and lunch to students, or to people, they're not students at that point, but to kids throughout the summer. And that can become really difficult. financially. So that's another transition that happens during the summer. You know, you've got some families who are like, Yeah, we're gonna go on vacation, and we're going to spend 1000s of dollars of vacation and you have other families who are going how many loaves of bread can

I afford this week? To make peanut butter sandwiches? Right? Like, yeah, it's the transitions are there and they're different for different people, depending on your privilege and your lifestyle. And there's just so much that a lot of us don't think about



Molly Hicks 13:53

Yes, um, and you say these profound things and then my brain dies because I'm like, there needs to be a pragmatic pause here. So and there's not always availability of part time jobs in the summer either with all the college students coming back and, and things like that. So I also understand that it's not like, Hey, I'm off for the summer. I'm a teacher. I need to like get a summer job or whoever you are. But yes,



AJ Locashio 14:38

I'm very well, so So you know, the thing is, there are there are so many people who feel this profound shame because they don't transition like they think they should transition. So let's talk about One of the areas of shame for parents who are like, I love my children. And I'm not gonna say this out loud, but I'm gonna hold this massive amount of shame inside. Because I'm dreading them being home from school. And, and instead of being able to look at that and say why it has nothing to do with how much you love and care for your children, it creates a different environment for you at home. And usually, that's a big sensory thing, you know, not it's not just about time, right? It's the whole sensory environment changes. And, and you can kind of look at patterns. So for me, you know, I had a very specific pattern, that even though I'm great at recognizing patterns, for others, I definitely was not great at recognizing it for myself until my mom moved in with us for a couple of years. And she was like, You are such a bitch. At the end, you know, at the end of the school year, when there's any kind of long break during the school year, she's like, You are so angry. And, of course, she said angry, she never said You're such a bitch. But but that's what she meant, right? That's what she meant. And that's okay to because really, truly I did I get I got very frustrated, very anxious, very jittery, and it took me three to four weeks, at the end of the school year, to get any kind of sense of new routine. It was really, really, really hard. And at that time, we didn't know that there, you know, that I autistic, we do have that I have ADHD. So I was trying to do all of these things, right? Based on ADHD that went completely against what I needed for being autistic. So it was compounded. And I know that I'm not the only one. I know that there are other people out there who have had this exact same experience. And I hope you hear this and know that it's not something wrong with you. It's not because you don't love your family. I was told this, right. Like I was told that I should be spending more time with my family that I shouldn't be coming into the school building. And I was begging, begging, please, I need to come in. I need to have access to the building. I don't care if I have to use like a little custodial closet. I need to be able to come into the building every day. In the morning. Please, please. Like I would cry. Because I needed it so bad. But it was like no, no, you don't need that.



Molly Hicks 18:09

Yeah, but I did. I really did. And like it's terrible that like, there are I see this as a person taking their personal boundaries and forcing another human to use their personal boundaries as that other humans boundaries, which is completely not okay, like, that defeats the purpose of

freaking boundaries. And, like, it's not like teachers think that they're going to pay extra to come in like, and it's they needed that, like you needed that for your own sanity and comfort. And you were going to work on things like it was a safe place for you and taking that away, made it harder for you to transition. So I feel like that's shitty move.



AJ Locashio 19:05

My son enjoyed it. He liked coming to school with me.



Molly Hicks 19:09

Like, my aunt. Yeah, yeah, like



AJ Locashio 19:11

even when he was older. In fact, when he came home after boot camp, he came to school with me like he enjoyed, like, coming and hanging out with me at school. It was part of what we did. I mean, he, you know, when he was younger, he happily came in and looked at the seventh grade math books and was like, Oh, this is great. You know, I'm in fourth grade, but this is the math that I'm doing and and he enjoyed that and, and so to have another person tell you what you need, because that's their normal is



Molly Hicks 19:48

very frustrating. Yes. Oh my god. I used to love helping grade papers like great grade worksheets. It was so much fun. I got a red



AJ Locashio 19:56

sharpie



Molly Hicks 20:00

So, um, yes. Um, and like, I feel like that also falls into this category. For a lot of people, there's as you're talking about the shame of parents and being with their kids all the time. I mean, the overstimulation is real there, because it's not just like, Oh, they're around me all the time. It's incessant Mom, mom, dad, dad, Baba, whatever, constantly calling your name, it's constantly needing to because they've been entertained every day, by school, like, regardless if they liked it or not, there was a physical activity at all times while at school. And so they're expecting that from you, because they need that structure as well. And it's like, that is not something you are necessarily inherently used to doing. And it's like, just go outside and play, just go outside and play.



AJ Locashio 20:56

Right, which is a lot what our world does anymore,



Molly Hicks 20:59

right. And they're also used to being around people all the time. So being by themselves might be scary, because they're used to the comfort of being around people. There's just like, they're always hungry. Like, there's so much tasks for you to do, there's more people at home all the time the dishes pile up. So now you have to touch water, dirt, and like, there's all these things that require all these very overstimulating things. Which means that you need more recovery time probably, as you know, doing the things that you like, or you've lost all your alone time as well. And so like, it's harder to recover, like, it's harder to what I call potato status. It's hard to avoid couch potato status. Because there's just so much and like, if you end up yelling at them more than normal, it's okay, because you're overstimulated, just remember to apologize when you can, and say, Look, I was having big feelings. And this because when you tell them not, it doesn't make it better that you yelled at them, and then told them, but it does teach them that having big feelings is normal. And that you can still have a good relationship, even if you totally lose your shit sometimes. I think the other thing with these big transitions is like, during the school year, there are known variables, like my child might get sick, and I might have to stay home. There's, you know, oh, we might have a doctor's appointment, and I have to pick them up early. There's all these things that are unknown variables. Yep. But the summer comes. And it feels like there's unending numbers of variables that like, it's impossible for you to anticipate all of them. Like, you might be like, we're gonna go to the zoo today show up at the zoo, and their favorite animals off exhibit. Yeah. Or you go to the jump place. And you got well, whatever, Forbid, the kid twist their ankle, like there's so many different variables that could happen. And there's not going to be the ability to always have a plan, I guess, is my point. And especially if you're the kind of person that's like, I need to have a plan and think through every scenarios that I have pre pre worked out how I'm going to respond and all those scenarios, the summer is very hard to do that, because it you can't imagine all the different things and all those things. Right. I think if I say all those things one more time, you should like poke me through the screen.



AJ Locashio 23:49

I want to add on to that, actually, before you go out, I want to add on to that, because there's the other side of that you are a parent who has no problem being you know, just everything changing, you go with the flow, you're super flexible, and you do not understand why your kid is so unhappy. Hmm, yes. Because your kid needs that kind of structure. And you don't, and therefore you don't understand how to create the structure. And so if you have a, a child or a partner who really struggles at this time, let's look at patterns in the past. Have some conversations. And also reach out to friends and support groups and, and, you know, email us, you know, send us a message and ask like, there's just there are so many different ways that we interact with each other, you know, interpersonal relationships that that, when it doesn't make sense to us how this other person in our life is behaving, look at it, like, take a minute to actually step back and try to get outside of yourself your personal experience, and try to understand what theirs is. So that things can be put in place to the transitions are going to suck no matter what, they're always going to suck. Yeah. Right. Like, it's, so just deal with that, the

transitions are going to suck. Okay, cool. Now, you know that that's going to happen. So what can you do to offset some of the suck? Right? You know, that's, that's really all you can do at that point. And that really is part of, you know, recognizing patterns and, and seeing how things have been in the past, what kinds of changes? And then and then learning, trying to put some of that the stuff that is helpful, when when this person is happy, what are what things are happening, when this person is happy? How can we now set this up? Now, when they're not happy? And see if that works? You know, do some little baby action research in there, right? Yes.



Molly Hicks 26:22

Well, and like, this also brings up the point of people who struggle to enforce schedules, like struggle, like they might be able to like, like, I know, a couple of people who are really good at planning and really good at writing out schedules, but their shit and enforcing that. And that's okay. Like, that is also like, something to know about yourself, is maybe you need an outside support person to be like, Hey, did you eat breakfast? At 7:30, you should have eaten breakfast by now. Or, you know, hey, go go on a walk, it's 10, you said you're gonna go on a walk at 10. Like, whatever that is. Like, and trying to like, in, like, if you need change and that constant, like, what's new, like, have a block that's like, outside around the city activity, where it's like, okay, we're going to try a new park today. And then we're going to go to the zoo tomorrow. And we're going to do this, so that you kind of have a change of flow. And if you don't have a zoo pass, or you don't have the ability to do that, go to your local library, because sometimes you can check out zoo passes, or kids museum passes or things like that. So that you can still do a variety of activities within your budget. Whatever the word, I'm looking for us. But like, there are multiple different ways to like crack the egg here. It's not even a phrase that I made it up, okay? Guys,



AJ Locashio 27:59

I get that, that makes perfect sense to me.



Molly Hicks 28:03

Um, and so like, if you need rigid structure, and you're good at enforcing it, like if schools ending in a couple of days, or if it's ending in a month, either way, like sit down and kind of plan what you want to do. Write that schedule, so that you can be like, is this right? I need to tweak it and do that and have that plan. If you are the person who's like, hey, where do I start? What what do I do, then find your schedule, buddy, find the person who's loves doing that for fun, and kind of work with them to build something for yourself. And then if you are the chaos demon that needs to some help. Where you can write the schedule, but you need somebody to help you do it. Because otherwise, chaos ensues. Find your Chaos demon Wrangler, and get some accountability up in here for that. Um, right. Okay. We talked about that we talked about this.



AJ Locashio 29:02

So let me bring up something in that lane that you haven't actually brought up yet. Okay. You

So let me bring up something in that lane that you haven't actually brought up yet. Okay. You are somebody who doesn't make a schedule, because of a fear or a knowing that somebody's going to Fuck your schedule up? Oh, yes, yes. Right. So that this has me I'm very much talking about my, my experience. For years and years and years. I thought, oh, it's ADHD. I can't stick to a schedule. I hate schedules. I get so angry about schedules. Okay. Anybody who knows me even a little bit knows how much I love a good schedule.



Molly Hicks 29:43

It's essential to your existence, but I



AJ Locashio 29:47

think about me being that person who was so resistant. And I said this adamantly for years. I have ADHD. I hate schedules. It makes me miserable. I can't follow a schedule and at Surely, what it was, is, I need a rigid schedule. And I need people to respect my boundaries around the schedule. And I need to be really good at self advocating for my schedule. And what that might look like for somebody at home in the summer, is, I'm going to go in this room for this amount of time, every day or whatever. And y'all are going to leave me the hell alone. Right, you are going to find something to do, I'm going to put a sign up or whatever, something that helps people understand, don't knock out unless you're dying or bleeding. You know, like, it is okay to put those things in place. I wish that I would have done that more way back when I wish that I would have understood that part of myself. And, you know, obviously, ADHD is a thing for me otherwise, the medication for it wouldn't work, right. But the medication works really well for me, therefore, we know that that actually is a thing. And also, I have this other part of my brain that works in a different way. And if I would have had that diagnosis 24 years ago, as well, I don't know exactly what things would have looked like, but it would have looked different. And I would have been able to advocate for my needs in a much different way, and maybe not have that for a week. And finally be two weeks, there still is going to be that transition period. But I probably probably wouldn't have been so painful for me. And the people around me, had I known and understood, been able to work with my sensory environment, been able to really advocate for this schedule that I needed. So if you're that person, I see you, that's valid. If that's valid as well, yeah, and



Molly Hicks 32:03

it makes me realize, like, for those of you that that can like summer, when you don't have the need to have your shit together for the kids in the morning. If you're a teacher, or you know, this is the time to like go down that self discovery, self diagnosis rabbit hole for sure. Because any emotions that are invoked by oh my god, I think I really have this thing. Like there's that grief process that you kind of go through when you have a self diagnosis or a formal diagnosis, like the summer would kind of be a good time to have that because you really have some space to navigate that without necessary necessarily having an effect your work. And it might make it so that the next school year is easier in some ways, because you'll actually have some more self awareness going into the school year, I realized for some people, that might also be not a good time, because you don't have the support structure that you would normally have.

So if you feel like if you go down that you're like, I don't have the support structure, I need to do that, then don't. But if you I just feel like the openness of the schedule for a little bit does allow some freedom to rabbit hole down there.



AJ Locashio 33:20

I mean, at least it allows you to maybe engage in those conversations, maybe schedule some time to do some research or some reading, or join a local group or, you know, there, there are different things that could happen in there. Go to the library of you know, like, take your kids to the library, there's so many kids now who don't go to the library, they've never been in a library. So that would be a good time maybe even like, for those people who love to go to the bookstore. And let's say you go into Barnes and Noble, and the kids are sitting around and they're looking at their little books at the table, sit on the floor with your kid while you're looking through a book that, that that is about something that you're interested in, whether it's neurodiversity or, or something else. You know that that ask for some support. You know, I'm all about community care, ask for some support for people to take, you know, to trade babysitting days and that sort of thing, so that you can have that time. It is a good time if you can cocoon in the summer. And really like get into that self awareness thing. That that can be good, but please don't do that without support. Yeah, no, I'm not alone.



Molly Hicks 34:38

Yeah, um, definitely make sure you have people that can check on you because it can be like a Pandora's Box situation.



AJ Locashio 34:48

Yeah, I mean, you can people can easily get into depression and grief and, and it can be really, really serious and traumatic. So having some or is important. Reach out to us if you do need resources or to find a group or, you know, Molly, let's actually put all of our resources as far as like getting some support and some help. For those who may be experiencing some of that grief and need something. Let's put that in our resources today.



Molly Hicks 35:22

Absolutely. Um Oh, so going back to me and my chaos schedule. I'm just transitioning back to your previous subject there. Yes, so um, I have a family of three neurodivergent humans so well in my immediate, so to have ADHD and autism and then I am bipolar. With extra neuro spicy traits here and there and Tourette's to Redick. I'm so, sorry, Angela sent me an article about how we should not say I'm a person with Tourette's, we should call ourselves say, I'm Tourette ik, but that just kind of to me sounded like, like a heretic because of the way it was like read it. Anyway. It's a long story, but now I just find it hilarious. Yeah, so yeah. So over the



AJ Locashio 36:25

...you're definitely wasn't telling you how you should identify that is not what I sent the article

years definitely wasn't telling you how you should identify that is not why I sent the article. Listening. It was because I knew that I knew what Molly's reaction to that article would be. And that's where that came from. Yeah, yes. No, she



Molly Hicks 36:40

wasn't forcing that on me. To be clear. Um, I just thought it was funny. Um, anyway. And if you identify as a terrific person, then by all means, yes, exactly. Um, oh. So I absolutely love schedules and having a consistent schedule, so that I know what I'm working on every day, I can actually plan task time. Now, before I was medicated, it was really hard to handle that, because if I wasn't in mania, I could not function and I couldn't do the things that I needed to do. While in mania, I have one hot worker, like, Alright, good. But those are not controllable. Um, but I would also have the chaos of, to ADHD, people wanting to mess with my schedule at all times. Like, I'd be like, Oh, I'm gonna sit down, and I'm gonna read my book. And next thing I know, I'm somehow playing Paw Patrols. Next was Yeah, Bluey and like it just constantly rolling with it. So I definitely don't have as rigid a schedule anymore. Because the frustration of having a schedule and somebody destroying it is more disabling than having a schedule that's open, and kind of flowing with it and bringing some structure to the activities that are requested. So for me, it's I'm just going to leave it open bleeding, like my kiddos kind of occupied, I'll do the dishes while they're occupied. Because I know in two minutes, they're going to ask me to do something, and I can stop doing the dishes in the middle of doing the dishes to help.



AJ Locashio 38:24

Or we actually talked about this, right? Like, because decision fatigue at that point becomes a legit problem. So we talked about, okay, let's make lists of these different things that we can reference, when we're feeling tired when we're feeling exhausted, when we're feeling overwhelmed, you know, when we're, you know, the, the sensory thing is just in the way of being able to make a decision. And that way you have these different, all these different levels of things to access. And that can be a good way to, to address that. So that you still have some semblance of not necessarily a schedule, but some structure there. And you don't have to expend the extra energy in going, okay, everything that I planned, just went out the window. And now I have to figure out something we now you don't have to figure it out, because you've got a list that says I can do X, Y or



Molly Hicks 39:22

Z. Yes, no, I will add a layer to this. Um, before I was diagnosed as bipolar was when we were having those conversations most Yeah. And it really was the fact that I was in a state of distress, which added to the decision fatigue because I did not have like as much as I had certain levels of executive function. I didn't have access to other pieces. So I just had very limited amounts, especially if I was in mania, I had all the executive function of The world. But yeah, if I wasn't, I had minimal access to that. And so I was using it all where I could like taking, making sure your child is fed those types of things. And so same thing I'm noticing for my partner with ADHD, the ADHD side of things. Prior to medication, the executive function was so minut that they couldn't do everything that they wanted. And there was just so much frustration and anger, because there was absolute want, with no ability to do. So I say all this to kind of give you some self reflection of like, if you have no medication. I'm not saying you have

to get medication, I'm just saying that if you are constantly in this state of distress, and you just can't do the things, it might just be because your brain can't do the things not because you don't want to do the things or your labor, any of these things, you might just need some assistance. Because since I've been on medication, since my partner has been on medication, it's a night and day difference was their transition in those things. Oh, Fuck yes. I spent a good three months feeling like an empty shell of a person because I lost all of my emotion. Yeah, and it's back, don't get me wrong, like I have medicine to help me regain that. But the transition was worth it to be able to actually do things and be able to get things done. It doesn't change who I am as a person, but it definitely changes quality of life. So yeah, if you don't have medication, and you're kind of in this self diagnosis area, and you're like, I don't know, if I really need to talk to anybody about this, I don't know if it's like a legit thing. But you are seriously struggling, and you have the capability to see somebody and gain some medication, I would at least navigate the possibility because it might change your life. So that is my only caveat to the chaos schedule and adjusting with all the lists and stuff is I was literally trying to fight something that was it was a battle, I was never really, really going to win. I guess my point, because sometimes



AJ Locashio 42:20

lists it's not it's not just a list, right? Like that's one of those things that people are like, Oh, just make a list? No, you can't just make a list. For some people. A list is a support piece that can help you and can help you communicate that to somebody else who can step in and support it like right, when we were talking about this, it was how can your partner use your list to support you when you know, because we can't expect our partners and our support people to know all the things. But if we have that that list or something else in place that helps communicate for us, then they have access for it. But that's not the answer. And don't let people shame you into thinking that because for some people making a list is a shame inducing because they can't access that list. Because they do need medication or they do need some other support or they've made a list but they haven't changed their sensory environment. Everything else is still the same. And now I've added a list that doesn't help right?



Molly Hicks 43:29

Or they're making a list of giant things like I'm going to clean the house. Right? Well, that makes about 10,000 things. So unless you're going to write each individual and especially for, like I say, especially just because I've been watching all of these talks on ADHD, but especially for humans who have a dopamine deficit, like if you're giving yourself unrealistic checklist items, you're gonna hate your checklist. And it's funny, because if you actually break it down to the minut things, and you did start checking it off, and you did get tiny little dopamine bursts, you would probably do a little. I'm not saying you would, but you might actually see some success with that. But you would have to, it's this counter like, issue of like, Do you actually know how to like not because something's wrong, but you might not be capable of breaking it down. So unless you have a support person going you want to clean the house today. All right, we're gonna start with one room and we're going to clean up all the square toys, clean up all the hairs, toys with hair clean. Yeah, all of the you know, like, you really have to break it down. And so if you cannot do that break down. Yeah, those lists are going to be





AJ Locashio 44:48

just brutal, absolutely brutal. Yeah. 100% and, you know, of course, I am a clickup fan. So I'm just going to say for anybody who who maybe hasn't looked at this and likes like tech and apps and that sort of thing. I love clicker for exactly the reason that you just said number one, it's pretty to look at, it makes sense. If it breaks down, I can put in there, clean the house. And then I can have all of these subtasks. And I can go into subtasks and have subtasks. And my subtasks Yes. And I can go Oh, and then you can have checklists inside of there as well. So you can go in and be like, check, done, check, done, check done. You can have this list and you can work on it over a period of time. And still see oh, yeah, I'm actually working toward this big goal, but I'm getting the little things that.



AJ Locashio 45:45

Yes, yes. For pandas. Like, what



AJ Locashio 45:47

kind of thing? Yes, it's great for people who don't like that kind of thing. It's overwhelming and you hate it.



Molly Hicks 45:56

And there's an alternative to click up. There's a sauna as well, which is worse, like, there's a lot of notion, there's a lot and I would just say if you want like for me, as much as I have not been paying attention to it lately. Digital checklists are better than paper checklists, because digital checklists yell at me. You can set alarms and they turn red and then you know all these things. I have found that clients who have ADHD or ADHD is part of their neuro spicy ramen. They end up wanting click up more. And then more likeable show custom. Well, it's in its Yes. And then people who whose artistic side are a little heavier than their, their ADHD sides sometimes tend to like Asana more, I knew you like notion first, and then you found click up. And it was like the combination of asana and notion together, and you were like, Yeah,



AJ Locashio 47:02

you know, there's obsidian, which is this whole other thing, like I like each of them for their own their own purposes. And for me, clickup combines all of it. Yeah, in a way that works for my brain.



Molly Hicks 47:18

Yes, and it's, I have switched to clickup to help better facilitate for clients, but I'm definitely struggling. So, and I'm a super techy person. So sometimes it has nothing to do with the tech, it has to do with how your brain segments information. So don't feel bad. If a system doesn't work for you. It has to do with how you process information, not what type of person you are, yeah,



AJ Locashio 47:43

don't go out and buy the system until you've tried it out. Like all of these things, you can try them use the trial or the free version for like 30 days, or even longer if you can six weeks if you can, so that you don't get into that, Oh, I love this, because it's really exciting at first and some people go down this big rabbit hole and spend all of their time effort and energy just in that. And then they find out once it's not novel anymore, that they hate it.



Molly Hicks 48:14

I mean, and if you're just like, I just need something simple. Google has Google Tasks. So like, if you're a Google user, just stick to Google task, because it integrates into your, your email and to your computer or your calendar. Also, using your calendar is a great way to do it too. Because you can do like, if that if you're more like my calendar is my Bible. You can always just add tasks to your calendar,



AJ Locashio 48:37

reminders, events, like there are different ways that you can Yeah, you can do those things in there. You can color code them in the way that works for you. Yeah, there. There are things out there that that gamify it. Yes. Yeah. So you know, speaking of transitions, there's all this shit that you can try. Right? Um, the summer maybe is the time to do that, rather than trying to do it in the middle of a school year when you're I think some other things expected. Yeah. And



Molly Hicks 49:12

I think they'll just notice what time it is. We're really good at like, I'm like, Oh, it's 16 minutes. We got plenty of time and then I look up again. Oh, it's 49 minutes. So I think the last thing I'm gonna say is the best advice I can give you for scheduling and like adjusting is reflect if you are getting frustrated, continually day after day with what is happening in your schedule or not happening in your schedule. Don't force the square peg into the round hole like if it it's probably not working. So like reflect on it and just be like, oh, I need to blow it up and start again. It's okay keep the pieces that are working. Add in new pieces to try out. But blowing it up and starting over again is my motto I swear other than makes it happen. But like, there's, there is a for me, it's comforting to be like, Yeah, this didn't work, I'm starting over, let's start scratch, it's kind of like starting a notebook, or getting a new pack of Sharpies, like, if that makes sense



AJ Locashio 50:27

to that is that that thing that you just said, take what works from that. Right? And blow up the rest. But the stuff that works, you pull out, you save you, you protect, yes, blow up the other stuff. And then that's how you over time, build a system that works for you. Because some people will blow up everything. And all of that stuff that worked now has gone to, and then so that when they try this new thing, they don't bring over, they don't transition. And then so it feels really overwhelming. But if we take the stuff that does work, when we can identify that,

and sometimes we need help and support identifying that, and this, I guess, will be my last thought for the day. A lot of people don't like going to therapists, because they feel like Oh, I'm just in this space of where I just have to talk about my trauma all of the time. And but coaching is expensive and isn't covered by my insurance. So as a coach, I always I always talked to my clients first. And I said, Okay, so you have insurance? What is it that you need from a therapist? Is that something that you can advocate for? Because look, if your insurance will pay for it, let's find a therapist that will work, let's find a therapist who does some of that coaching. So you can advocate the point of this is if you are struggling with these things, and these transitions, and you have access to health care to provide you supports. Number one, you can fire your therapist, you can fire your coach, you can fire anybody, if you go and you advocate for yourself, and they don't listen, you can go somewhere else. You are not beholden to them for anything. That's, that's huge and important to remember. But go in and tell them very specifically, I am struggling with this, this is a pattern for me, can you help me and give them that specific thing I find the pattern that I find in my clients is they didn't want to just go in and talk. They didn't want that. So therapy didn't work for them because they didn't want to just talk and, and and work in trauma. They wanted quick practical solutions with a positive result that they can have each week and build on. So if your therapist isn't doing that, and that is something that you want, it might just be because they don't know that's what you want. And if you tell them and are specific and self advocate in that way, you might get what you want. And it might be paid for by your insurance. If you have it.



Molly Hicks 53:24

I'm going to add one thing to that if you are a vet and you're going to the VA and you have asked for a mental health provider, and they keep giving you a social worker, call them again, stop seeing the social, if you are not enjoying your work with a social worker, tell them no, and tell them exactly what you want. I want a psychologist, I want a psychiatrist and be very specific. Because if they don't have that they can get you telehealth with somebody else in a different region. And if that doesn't work, they can always get you care in the community. So just a lot of vets don't get mental health support because the system is kind of broken, and they don't understand why you would need it or how that you need support. So you absolutely can get what you need. If you I mean I had to yell at somebody, so I'm just making sure that that piece is there. As a vet, like



AJ Locashio 54:22

you are the expert on you. Yes, you are the expert on you get to choose the care that you get. And and self advocacy is okay and good. Just because somebody is an expert in something doesn't mean that they're an expert on you.



Molly Hicks 54:45

Yes. Okay. Yes. I think we're ready.



AJ Locashio 54:53

Okay. I'm just taking a big breath because that I don't know if that feels good. Today's episode

Okay, I'm just taking a big breath because that I don't know if that feels good. Today's episode feels really, really good. I think we had some great conversations. I'm excited to hear people's thoughts. If you have thoughts on this, please send them to us. The only thing that Molly, we just talk about something



Molly Hicks 55:11

I know I'm speaking of transitions, sorry to throw this at you guys at the end of the episode, um, but it's the summer and summer schedules are chaos. And with all the traveling that my family will be doing, and all the things that Angela is doing this summer, we decided to take the summer off. And we will be back in August. I really don't want to give an actual date because chaos.



AJ Locashio 55:42

But it'll be before mid August.



Molly Hicks 55:45

No, it will not be before mid August. But it will definitely be in August that we come back. And we're excited to come back. We are definitely coming back. Let me just be clear. Yes, um, we are not going anywhere.



AJ Locashio 56:01

Yeah, we're not going anywhere. If you want an email from us to let you know, when we're coming back, then submit it on the form on our website, to let us know like, Hey, give us your email so that we can, we can do that. And we'll send out an email to everybody on the list to let them know the date that we are coming back. But it will not be before the third week of August.



Molly Hicks 56:28

Yes. But yes, we will miss you all during the summer. But we will be back. So we absolutely



AJ Locashio 56:36

will be back. We love this. We love y'all. And this is something that we want to continue. And we also want to be aware of the things in life that happened. Like I would know Oh, sorry. And transitions and brand new responsibilities with with umbrella Alliance U S, which is now a 501 C three charitable organization. So that's what I'm going to be spending that extra time working on.





Molly Hicks 57:09

Yes, I would say if there are things you want us to touch on in season three, please submit things or questions you have or struggles you're having. We'll definitely keep things anonymous. But we would love to make sure we're covering topics that are important to you that are part of your journey and getting those from you mean that we can specifically talk to you in in episodes and help you Yeah,



AJ Locashio 57:41

absolutely that and it also helps us we're going to next season try to bring in some more. Some more guests. And we we can bring in the guests that you want us to bring in if we know what guests those are or what concerns challenges, excitements you want to you want to see from us? Oh, yeah. Okay. Yeah, cool. I am having a difficult time transitioning on this being our last episode for a couple of months. I think that's why we keep like, anyway. Hey, y'all. Thanks for listening to drudgery dreams and in between a weekly live podcast coming to you every Tuesday at 9am Central 7am. Pacific. We'll be back. We'll be back mid to late August. If you're catching this live on YouTube. Be sure to subscribe to our channel for updates when we're back. For all you podcast geeks, subscribe on your favorite podcast app we're on the ball. 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](http://drudgeryanddreams.com) and follow on your favorite social media platforms at [drudgery and dreams](http://drudgeryanddreams.com). Thanks again. See you next time.



Molly Hicks 59:05

Oh it helps it and I