

## CONVERSATION "HEALTH" PART 2

B ...

A I was diagnosed with PTSD and things just kind of escalated. I mean my symptoms were always there, but like we never realized it was like bipolar as well as like these other symptoms and it didn't come out until a couple of weeks ago. But the most recent job that I had was I was working at a bank as a teller and I went on leave, like a short term leave period just because I was struggling with my mental health a couple months ago and then I had that stuff with my hip and now it's mental health again.

B Mhm, mm.

A So like if it's not one thing others, I think that might work, it's definitely doing better, but it still hurts, like I'm not able to lay on my side like I used to because I'm a side sleeper and **it's just really painful and I don't get to do a lot of things that I used to do**, like sit in certain positions, but the aching pain and like it was so bad, I couldn't walk at one point, I'm able to walk and get up the stairs and whatnot.

B Well it sounds like you're taking the right steps and is your hip doing better now that you got to replace? Mhm. Right. Yeah. How long ago did you get it replaced?

A Yeah, this was back in March.

B Oh that's not that long ago.

A Yeah. And the doctor told me like it's really devastating to, the doctor told me I would never be able to run again.

B Yeah.

A And I'm on all these like um psych meds and they're making me blow up. Like I used to be 100 and £50 now, I'm pushing like to 20.

B Yeah.

A No.

B Well I don't know my half sister had her hip replaced and I mean she's probably about 60 years old and I don't know if it is like specific to the disease you had, but I mean she's able to hike and run and she probably had to replace like last year.

A Yeah. Uh huh. Yeah, wow.

B So unless like you still have that disease or there's just more damage than just your hip. I'm not a doctor, but I think if you want to walk and run, I totally think you can do it like absolutely.

- A Yeah, **it's just painful and I'm like scared** just because I have so many health problems right now and I'm afraid if something else goes wrong like that, I'll just be my mental breakdown.
- B Oh I get that.
- A Like that will be it.
- B I get that. I understand being scared of pain, that's how a lot of my life has been in the past few years.
- A Yeah. Yeah. I don't know.
- B So I understand that Um I don't, for the most part I can walk around my little condo, which I think for two years I used a wheelchair on my condo.
- A As far as like getting around now, are you able to get around? Like how do you get around now? Like walking and everything? Yeah. Mhm. Mhm. Uh huh. Yeah. Everything about Yeah.
- B I just couldn't stand up for more than like 30 seconds, like showering hurt so bad. That was the only time I would stand. Um Now I can walk maybe like a 100 ft um every few days if I want to and if I'm feeling good, but if I leave the house, I use a wheelchair almost all the time. Um and I used to take the bus in the wheelchair, can't do that anymore. And I developed like the pain went everywhere, like I had neck in john eyeball pain, I didn't know you could have eyeball pain, it's the dumbest thing. Um so riding the bus was really hard and I kind of just became a hermit and didn't do anything but life is better now. Like, I can hold pens, I can use my eyes, look at stuff so it's better. **But I get that feeling you have where you're afraid of like, what's going to happen next?**
- A Yeah. I definitely feel that, but I definitely feel like I relate to you in so many different ways because in a way we both feel like trapped.
- B Yeah.
- A Do you feel trapped?
- B Yeah. Yeah.
- A Yeah.
- B Like, **I feel trapped, like isn't I can't change anything.**
- A Yeah.
- B It used to be like if I didn't like something in my life, at least I could take steps to change it or to try to change it.
- A Yeah. Yeah. Yeah. Yeah.

- B And now it's like, what can I do? **I've tried everything, everything hurts to try**, I don't have the money to try a lot of these treatments.
- A Yeah.
- B **So it's like, what can I do?** And a lot of the time it's just like sitting waiting for the day to pass.
- A I've had those feelings too.
- B Yeah.
- A Um My most recent episode of mania, I was like the symptoms were there, but no one knew what it was until it was too late and I had to be hospitalized.
- B What? Uh huh Mhm Yeah.
- A But I was up for like periods of time for like days where I just couldn't sleep. My mind was racing. I was thinking of opening up my own business, doing this, doing that and eventually I just lost my stuff and just went off on my, at the time boyfriend and it ended me up in jail and **I was just so depressed**. I just wanted the days to end and **I would just get so matt, like I would just get angry when the new day would come because I was just so depressed**. I wanted the day to end, you know? Yeah. Yeah.
- B Yeah. I spent a lot of days feeling like that and now, honestly the covid has kind of put a damper on how much I can get out, but I don't mind like the situation right now as much like I'm pretty introverted and I'm like, oh finally everyone stuck inside just like I am awesome.
- A Okay. Mhm Yeah. Uh huh Yeah, I used to live my life like that too.
- B Like I don't feel like I'm the only loser in the world or like the only shouldn.
- A Like, especially after having kids, well before I had kids, I was honestly, I was an alcoholic and being in the military and like being through what I went through, I just didn't have any other way to cook for it with it and I just felt like I never wanted to go out really unless it was like drinking or partying or anything.
- B Yeah.
- A And then once I had kids, I was like kind of shut in and forced to deal with myself, you know, and I felt like everybody without having fun and doing this and doing that and living their lives and then this covid stuff happened and I was still, you know, my kids were still here, we were just shut in together and I didn't feel so alone anymore because I knew everybody else was in the same situation.
- B Mhm. Mhm Yeah.
- A Okay.

B There's not really anyone to compare yourself to because everyone's in the same situation.

A Yeah. And there's a lot of people to that can't really face themselves during this pandemic.

B Mhm. They've never been alone before.

A Exactly, **It's just hard for me now** because I'm so used to having my kids and they're not here anymore and now I'm feeling I'm forced to deal with myself and I don't know what to do.

B Yeah. So, well, like talk therapy I think is the best thing.

A Mhm.

B I'd say a lot of people could use that right now who are like just not able to stay with themselves.

A Uh huh.

B So I think that's probably I don't know, is it helping?

A Mhm. Yeah, I haven't had talk therapy in a while just because I've been getting out of the psych ward and then I as soon as my treatment was over and the psychiatrist like really smear or whatever, the cops came and literally put me in handcuffs, took me into jail and then I was in jail for a week until I had I went under like a psychological evaluation because I have like I have two court sessions that I have to go to over the next two months.

B Uh mm Well, I hope that you find something to occupy you during this time.

A **I'm just like so depressed** over at all I can do about it now is just laugh. Yeah. What? So you haven't trying to read books and then tried everything?

B Yeah, I don't know.

A Oh, how did that happen?

B Like you said you're able to walk your dogs, is there like a dog park or regular park nearby?

A I actually, right before this shot I took them on a walk.

B It's yeah.

A It helps, it helps a little bit. But I don't know it's just **it's just hard** to live here with like all the memories of like my kids and everything, you know they're not hear anything.

B Mhm. Yeah.

A I even have like a high chair right behind me. **It's like the memories haunt me everywhere I go**, my mom, I'll go over her house a couple of days a week.

B Is there anywhere else you could stay any other family?

A But at the same like I'm stuck with the financial responsibility of the apartment out to that. He moved out.

B Yeah man, I don't know, I don't know, timeframes but like roommate maybe is that one bedroom?

A Yeah. Two bedroom.

B Yeah, I know.

A It's just so sudden because um I don't know if I'll get like custody of my kids back. I'm hoping I do but I have to keep the apartment for them and I have to have a bedroom for them in case I do get full custody back.

B Yeah. Mhm. Yeah that is very true. Yeah it sounds like a stuck place.

A Oh most definitely.

B I get that.

A What do you do on days when you feel like that?

B Um Oh gosh, I like try to make myself go outside going outside, makes me pretty happy.

A Yeah.

B Um Usually that just breaks up the monotony if I catch it, I remember that I just have to change my setting. Um just go anywhere and not being able to drive, you know that's kind of hard.

A Yeah. Mhm. Mhm.

B Um I don't know, I don't I wouldn't say I deal with it in the best way either like I don't have a good answer for that.

A Yeah. Yeah. Yeah.

B I just like kind of shrug and wait for another day.

A Yeah.

B Yeah. Oh I don't know.

A ...