

Episode_12_Kelsey.mp3

[00:00:01] Please be advised we will be discussing subjects that may not be suitable for all audiences and will include subjects that some will find challenging traumatic or triggering.

[00:00:16] Welcome to You Don't Fight Alone a podcast sharing the stories of those of us successfully living with mental illness and how we got here.

[00:00:33] My parents moved away and like I was living in my parents house I find myself essentially and I had it where my dad's best friend was living in the same house so we was kind of living a separate lifestyle 22 and you know I felt like a lot of things kind of got robbed for me as you know 22 I feel like you're still trying to get your youth going and you know explore different things and have experiences and I feel like mine kind of got shortchanged dealing with a lot of stuff.

[00:01:08] My parents they moved to Texas and both lost their jobs and then I deal with that. And then at the time the job that I had for.

[00:01:18] The horrible one.

[00:01:19] They cut my hours so like it was just a domino effect of things that kept going and going and going and the.

[00:01:29] I guess.

[00:01:30] I Oh I think I never saw myself in that sort of situation when I was in college my freshman year.

[00:01:38] It was a bit of a rough time transitioning but I think a lot of it dealt with homesickness and then it also dealt with not being in the college they wanted to be at because I think I did it. I know I did it more for you know it was the I wanted to be out of state. And so I did that but I realized that this wasn't my passion or in my passion music. And so when I did that I had two other friends that were kind of going through the same hard time and we got each other through our struggles without.

[00:02:14] Too much too many scars. At least for I can only speak for two of us. But.

[00:02:24] After that I felt like I was like OK well I least survive that. So I'm still doing OK. I don't need to see a therapist but the Texas experience my parents with the taxes it was just. It kind of threw me off altogether because it was not only that feeling abandoned. It was.

[00:02:42] A combination of trying to take on their problems and then trying to deal with mine and having that in the mix of things and having all that just send me to a rock bottom which you know I knew was bad when I looked at the the bad and on the ground is like can I suffocate myself. And it was deep and I was like I should not be thinking like that. And so that was the moment where I decided to start praying. Like if you just give me one night of strength then I will go get help and get on the right track. And that was kind of how I went about that.

[00:03:27] My name is Kelsey Murchison and I am I guess it is anxiety.

[00:03:38] I guess like in my lifetime there's only been really two big rock bottoms where. I think I or maybe I don't consider them rock bottom as more as big bricks to had that you need help.

[00:03:52] So one of them was.

[00:03:58] I was at a job recently that again was not a good work environment and I was in Target buying a gift for a friend and I started freaking out with that everybody was looking at me in that like there are too many people and I really don't like too many people in a grocery store anyways.

[00:04:16] I detested going grocery shopping with my parents because there's just too many people and they run slow. I love late night shopping because of that. But it became too intense and like I had to go home and like take an hour to detox and then I realized I had a panic attack because I just could not deal with it. January 2018 I had major major panic attack. Biggest one I've ever had where I was with my now fiancée and but then boyfriend and I woke up in the middle and I like as cold slept and started hypo hyperventilating and was crying uncontrollably and just could not seem to get a hold of myself and. I. I've never it feels like my mind went like a million miles per hour. Like I just could not catch up with it. And I knew then that that was the time to get out and change the situation so I already been seeing it there like I already I made the decision to see my my current therapist after the attack that I had after shopping. But after that I realized no this is now tied to my career and I need to get out and. It was not the easiest thing because you know job searching is hard when you really want a job. But after I got out it felt like a big weight lifted off of me because I finally figured out OK well we've we've escaped that now and we know what we don't need. What environment we don't need to be in in order to trigger that anxiety. I get triggered by. People.

[00:06:17] Out casting me.

[00:06:19] I'm very much so a people person and I think being at a job situation where you felt outcast and anytime you tried to talk you got ignored or you know the bare minimum answer or it just. I was never used to work environment like that. And I was getting piled on with work that way overwhelmed they figured out that I'm very much so a person who likes belt. So they took advantage of it and then piled more stuff on me and then got mad at me that wasn't up to quality.

[00:06:52] So when that occurs and you have I don't feel like I fit in I don't like my work. I hate going to work that that's the perfect environment for high anxiety.

[00:07:06] And then you know depression starts keep creeping in there because then you start doubting yourself as well. And that's what happened to me is that I feel like I was anxious all the time that I did something wrong or in that I was being watched. And even though it was denied vehemently it was very evident that there were signs that I was under a microscope.

[00:07:30] And you know being in that sort of environment where you're just.

[00:07:39] You know everybody's looking at you. You can't escape. And so you start doubting yourself and you start doubting your your abilities and your talents and everything.

[00:07:47] And that's what I had to deal with. You know five days a week for eight hours and.

[00:07:55] It was one of those things where the pay was well but i.e. the mental toll it took was ridiculous. You just feel like you're really buried and you just can't get out. I know when I was at my job I felt absolutely hopeless and like there was no way out because I was applying like a madwoman to jobs every day and sitting behind the computer or on my phone whether at work or at home just applying to try to get out.

[00:08:29] And I kind of have this visual of me being like in a prison and holding like my hand out like Hey help me out here. Like let me out of here let me out of here.

[00:08:40] And that's what it felt like especially with the with where I was working is that nobody was listening to me and I needed to get out and I felt like.

[00:08:50] I was just you know on my way out because that's that's what it felt like.

[00:08:56] With the first go around.

[00:08:59] I think it was just more sudden and situational where you know I felt beaten down and I just remember feeling extremely low and at that very low place.

[00:09:13] But for some reason I knew that was very much so. Like within my power to change the situation maybe I felt more the maybe I felt like I had more power at the time with the first go around than this one and.

[00:09:30] I think it was.

[00:09:32] Excuse giving a lot more significant the first go round because I realize my own strength.

[00:09:40] But the second go around I felt like it was perpetual beaten being beaten down for eight hours a day five days a week. And so when the when I add my major panic attack it just all came crashing and it felt like there was no getting out.

[00:10:11] The problem I had was that because I spent so much I worked full time at that job it was taking away from other aspects.

[00:10:19] The moment I knew it was really a problem also was when it started taking away from my band is because I was I'm in the band.

[00:10:29] And when you realize I think like one of the quintessential symptoms of like anxiety depression is when you realize that starts taking away the joy from things you love. That is a problem. And I'm like why am I sitting up on stage and I'm like I'm not feeling fulfilled by this. Like it started really at some point it started getting harder to want to go to shows and want to perform and want to write music because I wanted to write was sad stuff and really angry stuff. And I mean you know summer content would have that but it's not exactly my content. And I had big writer's block because I didn't know how to really verbalize what I was feeling.

[00:11:16] And so.

[00:11:18] Having to deal with that and then like you know I never really I have to come clean to my senior and say look I'm having problems here. You're not to hold on and hold you know hold the fort down until I get out of this situation. That was a hard thing to admit because you know there's a little bit of a I feel like that we're I'm still trying to make sure that I seem strong enough as a woman. The woman in the band but he's also guy and so I'm like well I'm I'm hanging tough and I usually am strong but like this is breaking me down just day after day. And so it's one of those things where I feel like I needed to I know I needed to separate myself from people to get better. But after I got that situation is kind of hard to.

[00:12:11] Like re-enter everything again because I felt like I'd been gone so long and I had been robbed of a lot and I was trying to quickly get back to where I would like to experience the joy and everything that comes along with it with having anxiety at least at my control.

[00:12:40] The way I was kind of brought up is like my mom's more of the solid rock in the family and my dad was more of the emotional one. So I had a bit of a role reversal in that way where I was just very much so. You power through and you just go and you just go and don't ask questions you just go. And I realized that was unhealthy way to live. When I met my fiance it because he was very transparent about if we were going to be in a relationship he wanted to know all of me and not the censored parts. I'm like well I really like you and I like you enough that I want to work on it myself too. And. I had made the decision to see a therapist based on that as well and when we worked together like essentially when we started working together like she knows that you know my feelings are pretty much at bay and my emotions didn't really have many ebbs and flows. But she wanted to tap into that and I did too. Coincidentally when you do that you have to learn emotion management as well. And so I except back in the summer when she did that was like Great. Now what do I do. And so we're still working through that and I'm still a work in progress on it. But essentially now they have these motions to really explore they've become more. Kai a kind of fluid where they don't have any structure so they've I mean time is really the healer of this sort of thing where like it takes time and practice and working on each emotion individually rather than all at once.

[00:14:35] And so I'm working towards you know when I feel anger or when I feel sadness it's not you know the end of the world I'm looking at. Okay what is causing the anger or was causing sadness. And you know the duration of how long it should last or in the intensity of it. So we're kind of taking it and breaking it down to chunks of how I should go about feeling these emotions without feeling like it has to be 100 percent.

[00:15:19] There was one topic I did want to touch on though.

[00:15:23] Which I think is very unique to women which is what I'm kind of still working on myself.

[00:15:33] So I am very guilty of comparing myself which is high high anxiety as well and very much so wrote for compare our road for anxiety and depression and a lot of the and like a byproduct of you know being in a crap work environment is like I'd lost 40 pounds and gained it back because you know when you when you feel crappy that's how you treat your body. And I feel like it's been a struggle to get back there more so because my body has changed since then.

[00:16:07] But I realize there is a lot of comparison.

[00:16:13] And you know that that I experienced by you know looking at somebody else saying hey why don't I have that. So that's like I guess that's like my new demon is not comparing myself to others and finding the happiness within me versus you know looking at somebody else saying they can do it why can't I or why am I not that good enough because then that starts things I'd change.

[00:16:38] It's mainly physical because.

[00:16:43] I think people have done like. I think our society is doing a lot for my positivity and I'm all about that within reason you know. Please don't be extremely overweight and you know be sick and try to flaunt it. I don't like that. But.

[00:17:03] I think the problem is at least in my experience is.

[00:17:10] The marketing of it all.

[00:17:12] And like when you get marketed a lifestyle that.

[00:17:19] You want but you're having a hard time getting and nobody's like pulling you along with it.

[00:17:26] It's kind of hard.

[00:17:28] And I think I just I know I compare myself because it's you know I want to be that person I want to be successful and everything. And I realize I you know I have to. This is where the mindfulness comes back into play was like I have to be mindful of what I've accomplished.

[00:17:46] I'm like people probably look at me and like wow you open for you know X amount of bands or you play guitar and they probably look at me the same way.

[00:17:56] So there is a sense of mindfulness and gratefulness that comes with it in that.

[00:18:01] And it's such a hard balance to keep that in check when you turn on your feet and you see things they're like well that's not me. And that's still not me.

[00:18:17] It was being with my therapist and facing my demons head on because I had repressive a lot of things I think were there or I had just adopted as normal. And that's just a part of life. And the my first therapists did a wonderful job of getting me to those uncomfortable places and saying you got to face them in order to get better. And it's a whole it's got to get worse before it gets better thing. And once I realized that and stop trying to fight her and stop trying to sense for things then I realized that was my breakthrough in realizing the power that I had over my anxiety.

[00:19:02] And.

[00:19:04] You know fast forwarding to my second go round. I really think my breakthrough probably came when I. Ironically it was the you know un damming of the emotions because I realized that it was you know. Something that is so much a part of life and I've been trying doing all these years fighting it. It made me realize how much I

appreciate things a lot more. I feel like you know after especially after I left that job I felt like I had it almost felt kind of like a rebirth. And that's why I feel like I'm re learning how to deal with my emotions because it's like OK now I can walk now. Now how do I use these two legs and you know try to get your bearings on things. And like once I left that job it made me realize what my self-worth is and what I will not settle on.

[00:20:04] I'm still at a nine to five. I work at an appraisal company up in Edgewater. But the just the.

[00:20:14] Environment. I needed this so badly to be in that environment where people are actually care about you actually come up to you and talk to you. They don't exclude you.

[00:20:27] It's not you. People are generally.

[00:20:33] Concerned about their co-workers and want to know about their lives. And you know we get together having as a community is crucial especially if you're to spend 40 hours a week at a job. And that's what I felt like I didn't have at my last job. I've realizing now that if you have no community it really does play on your psyche a lot. And the support is throughout the community too because the company is national so you can feel it from the corporate office to our office it's everywhere.

[00:21:13] As my mom always says their path is not your path. And so having that constant reminder and being mindful of like OK. But this is what you're accomplishing right now. This is what your band's doing. This is what you're doing. This is how you feel. Getting up at 6 and working out five days a week consistently.

[00:21:33] Which has happened and I'm very proud of myself for that. It's not easy. It's a daily struggle but every day that I am victorious in it that that's great. It's unfortunate that.

[00:21:52] Religion scares people away from things that are readily available and I see that happening all the time. It's definitely a thing in especially African-American community where they just so you just pray the way and which is great. But that doesn't solve anything for the now.

[00:22:13] And you know I eat I am a believer that you know govern and put all these tools on the earth for you not to use them so that in my mind it made sense for me to say I just need a sign of some sort. And I need that strength to just get through this night.

[00:22:31] And then I will go find the proper help to be a better version of me. And you know I have you know you could get it.

[00:22:45] The thing with you know.

[00:22:48] Religion and having.

[00:22:52] Faith and having just a relationship with God. In general I think it's muddied over just because the way things are today where it's just very cult like my relationship with God is a personal one and that I don't try to you know expel that on others if they don't want to and if they ask me I'll tell them.

[00:23:12] But you know for in my mind that's that's on them.

[00:23:16] That's that if they want to do that you know you do you. It's not up to me to judge you and I'm certainly not going to treat you differently. I don't believe in that at all. And it and it really frustrates me and I've had conversations with my fiancée. You know how it's sort of hard to even say have this stuff because I feel like there's the connotation of what it is now wears like you know yea you just don't like anybody and you're just very much so for yourself. And if anybody's not like you you know go away.

[00:23:55] I think. I've been able to marry the both and while both faith and you know getting help because. I believe they can be clones existence.

[00:24:13] You're you're you what you say in what you say in a therapy session isn't you praying to your therapist. But if you prayed to God or whoever you believe in. You know you have that relationship to get whatever you want out of it but I don't think it really wouldn't make sense to have a profession there for you not to use it. I think it's rather silly when people deny it. It has done wonders for me.

[00:24:46] I've there other people that I follow out there that use both cohere a cohesively.

[00:24:56] And I just don't think it gets publicized enough because it's just so like non christian or non about this or whatever it's just you just don't get help.

[00:25:06] You just prayed away and you're done or you sleep the way they are a tool to help you realize things within yourself that you don't see or to help break patterns to help you get on the path of right thinking they're not going at the at least the right ones not the ones I've seen on horror stories on Reddit among the right therapists will just guide you they will not inject their own opinions breakup with your therapist as they're telling you something else. But the right therapist will just you know they'll take an account everything and they'll maybe ask you about it but they're not going to the right ones will not inject their opinion and they're not supposed to.

[00:25:52] So whatever relationship you have with your higher power should be that between you and that higher power. There should be nobody else coming in between that. So if that's the my answer was praying to God and say hey I what. You know just get me through this night and I will go get help. And I feel like that opened doors for everything and having that sort of faith of you know when things get rough and you know I kind of pray for that strength or pray for that advice like OK what do I have in my tool box that I've used that I have now for my therapist.

[00:26:31] Now I can use in order to get through this. I think it's a great combination of both. I honestly think it is.

[00:26:47] You're not alone. First and foremost.

[00:26:50] Millions of us live with it and have to figure out how to deal with it. I also would say you your. Everything you're feeling is valid because it's coming from a place of other things that you have not dealt with yet. And.

[00:27:11] It's going if you're living with severe anxiety or in a place like you know I was at 22 or you know in 2018 where it's severe anxiety. Get help immediately. I know it's not easy to ask for help but finding the right therapist that will you know walk with you through it. And. Will be your advocate with you is amazing. Like I said I've been on I pie in the

Reddit thread and see some horror stories from people who probably got their license off of a matchbook and probably should not be practicing at all. But if you find the right fit and one that will be willing to help you and go through the process with you then you've found gold and you after also realize that when you go seek the help it's not going to be a walk in the park they're going to be sessions where you feel.

[00:28:10] Kind of crappy because your your read.

[00:28:14] Telling stories of where things started or when things started to feel uncomfortable and they're going to hit on nerves that aren't always you know the best. And they're going to challenge you and you're going to want to fight back. But.

[00:28:29] The the benefits are amazing.

[00:28:31] I it really is amazing when you are an advocate for yourself and realize what your strength is and what your worth is.

[00:28:49] I just want people to know that anxiety is a horrible thing and it's not made up.

[00:28:56] And that's kind of the biggest thing is that I know people are like well you know there are some people that say buck up and you know will do X exercise or drink more water and I'm like It's not that simple. If it was that simple then not be you know every baby cured but.

[00:29:15] It goes deeper than that. And the moment that you're able to get real and get into the mindset of hey there's a problem with me and I need to get help. The closer and faster you get to the road to recovery. And it's out there for anybody. You just have to want it and have to. Please be able to do the work and it's going to hurt and is going to be sucky at times. But. And I kicked and screamed I still kick and scream my therapists sometimes because I'm like why are we doing this. But it is so worth it. Hundred percent worth it.

[00:30:07] For more information and to donate please visit You Don't Fight Alone dot org.

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