

All Things Jay

NEWSLETTER - VOL 1, ISSUE 3



Notes on Healing



"If you desire healing,
let yourself fall ill
let yourself fall ill."
— Rumi

A regular refrain in phone calls to my best friend:

Hi Reid! Hi Strong!

What's wrong? Without fail and my best attempt at the sunniest of tones, she knows. She knows something is off. She knows I am in pain or I slept poorly or some hurt I am trying to deny is wreaking havoc on my day.

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Notes on Healing Cont.



When I was a kid who felt very much alone and misunderstood, I prayed for a friend who could understand me and sometimes know me better than I know myself. Well, I have received that blessing! My bestie of nearly 15 years cannot be fooled. I have to say it's not always pleasant to be read like a children's book with big print! Some hurts I do not want to put words to. Some hurt my ego does not want to acknowledge. Some hurts are so small that I am ashamed that they interrupt me with their pettiness.

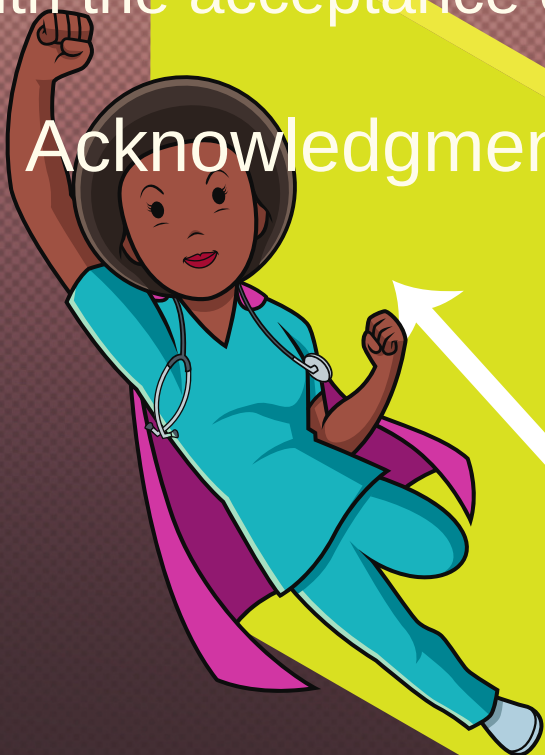
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Notes on Healing Cont.

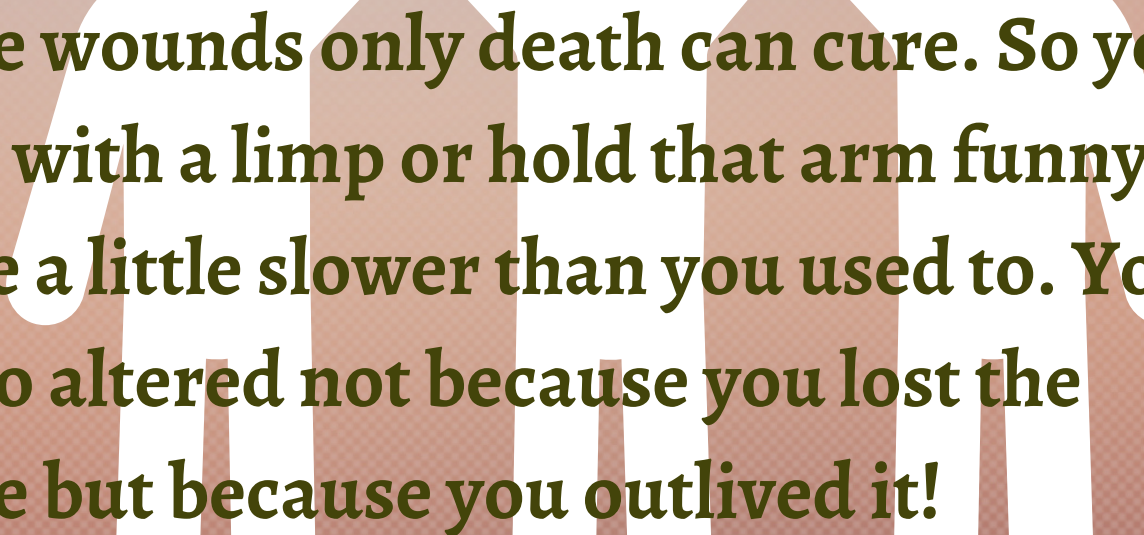
Yet, my heart does its job by feeling - feeling the sting of an insult, cringing at the memory of thoughtless words, agonizing over a long ended argument. My sensitive heart deserves the honor of admitting injury. Some wounds may not be bandaged by an apology. Some wounds cut so deep that you are changed forever; scarred by their ferocity. Regardless of the wound, all healing begins with the acceptance of pain or infirmity.

Acknowledgment and time are the salve.



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Some wounds only death can cure. So you walk with a limp or hold that arm funny or move a little slower than you used to. You are so altered not because you lost the battle but because you outlived it!



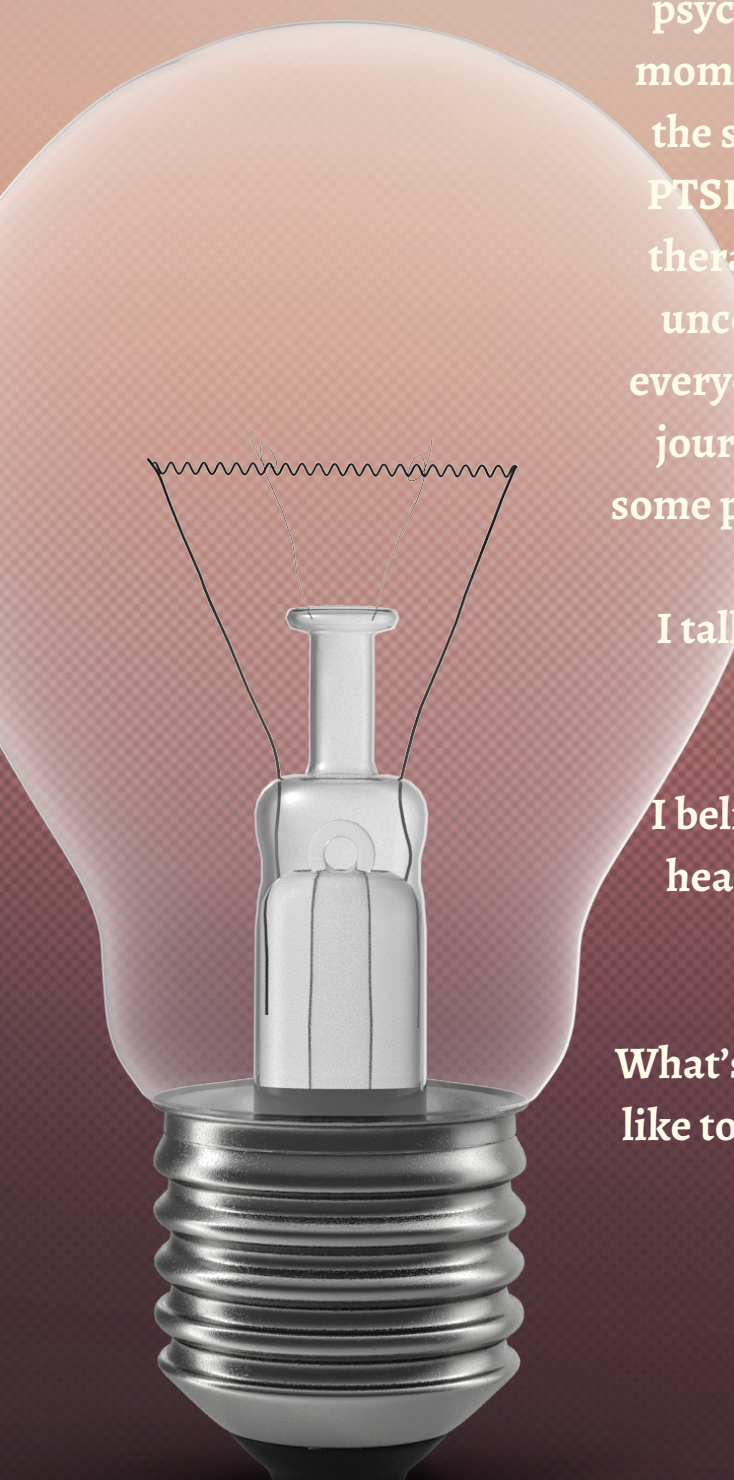
Journal Prompt

What do you think starts the healing process? Which of your wounds still need acknowledgment & a bandage?

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Story Time:



This year I celebrate 20 years of working on my mental health with the assistance of a therapist/counselor/psychologist, and/or psychiatrist. Here's a 360 moment for you. I got diagnosed with ADHD in the same office that I was first diagnosed with PTSD, but 20 years apart! I know talking about therapy and mental health makes some people uncomfortable. Trust me. I do not encourage everyone to be as open about their mental health journey as I am about my own. People can say some pretty hurtful and intrusive things when you talk about mental health.

I talk about my journey to hopefully lessen the stigma around seeking therapy.

I believe in prayer & Paxil.

I believe in scripture and poetry. So you might hear me humming Mahalia Jackson or Missy Elliott - there's truth in both!

What's it like to find out you have PTSD? What's it like to find out you have ADHD at 40-something?

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Story Time:

What's it like to find the truth you've been seeking?

It's like understanding yourself more, having answers finally, giving a battle a name, and finding out there are others who can understand your fight.

Seeking your truth takes courage. It also takes some stability in your life, friends you can trust, the ability to take a day off to rest and process. It's only after the storm is over that you can assess its damage.

My happy ending is that I no longer have flashbacks, nightmares, or frequent panic attacks. I sleep like a baby most nights. The trauma that caused my PTSD has no hold over me anymore. Dear reader, your mind can heal just like your body can when you tend to it and give it what healing requires.

And whether you caused the hurt or the fault belongs to someone else, your healing is your right & responsibility.

