



Thank you both so much for coming over Emily, Jordan. You have no idea how much help this is.



Oh, I think we do!



This ain't our first playdate rodeo!



RUN LUKE, CHEWBACCA'S GONNA GET YOU!!!

NUH UH, CHEWIE IS MY FRIEND AND HE'S GONNA EAT YOU, CAPTAIN HOOR!



Ohhh heavens... I swear Jordan, your Miguel is the only kid who can keep my Jennie entertained



He's a talent, just like moi.

Well now that we've got a moment; Tanya. How's this flare up been treating you, hun?



UGH

Well said.

How about a few more details?



Okay okay, fair enough. Honestly, this has been one of my worse flare ups. I had to ask work for more time off, I can hardly move most days. You both know the drill: 10 toilet trips an hour, almost all blood, the cramping-



UGH, THE CRAMPING

Ha ha, yeah...



Honestly, without Bebe I don't know what I'd do.

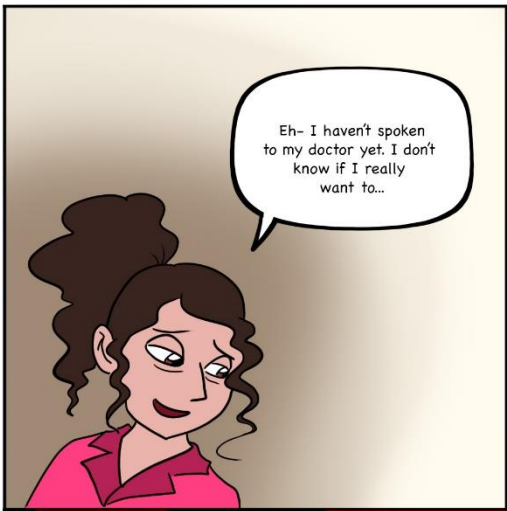


Just grabbing a coffee before my next call, don't mind me.



Hiiiiii Bebe.

Oh Tanya, you poor thing! What did your doctor have to say?



Well, it's one thing to feel bad, it's another for someone to tell you just how bad you are.

When you've had an illness for a long time, it feels like you should be better at managing it. So when I fall out of routine or a flare up triggers, I feel a bit... childish.

So sometimes, it feels easier to hide away and deal with it by myself, rather than have to confront the issue with professionals.

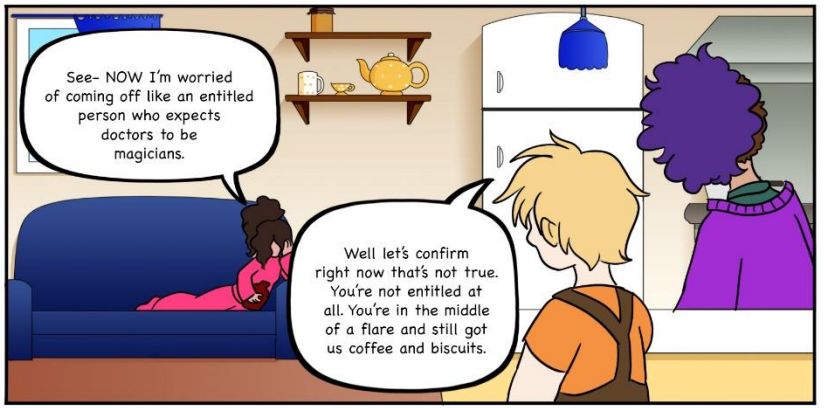
It's hard not to mentally spiral sometimes. What if a flare up becomes my normal state? What if I can't be the parent I want to be? I'm good at quelling those thoughts usually, but sometimes all those little worries start to just... Grind me down.

And I don't know... With how I'm feeling right now, I really don't want to face my medical team. I just want to prove I can take care of myself, mentally and physically...





Tanya, we're so sorry you've been dealing with this.



See- NOW I'm worried of coming off like an entitled person who expects doctors to be magicians.

Well let's confirm right now that's not true. You're not entitled at all. You're in the middle of a flare and still got us coffee and biscuits.



Coffee is always better with biscuits...

IT'S THE TRUTH.



But seriously, you're not entitled because you're nervous. Nor are those feelings invalid. Sometimes it's hard to ask for help, especially when you have a chronic illness and people say you should just 'toughen up'. You're allowed to be worried and still ask for help.



You don't think it's silly to get this upset about my feelings?



Not even a little bit! Hun, this is a really tiring condition to live with, your feelings are INCREDIBLY valid. Even when you're doing everything right and feel fine, there's nothing wrong with just being frustrated.

It's the truth, again.



What works for you may not work for someone else. Personally, I prefer keeping the medical side of my life away from the emotional side. I just find it easier to deal with.

And I like my doctors to take into account how emotional it can be to go through parenting with a chronic illness. One style isn't superior to the other, it's all down to personal preference.



I'm sorry... It feels like I should know all this by now...



There's no 'should' here, it's all just a process. That's why we're here for you!

Jordan and I love you when you're healthy AND when you're sick.



We all know how complicated this stuff can be sometimes, and talking it out can really help. You're no less a strong woman or an amazing mother for needing to vent.

Or we can help out with your kids, your work, your worries, anything. That's the beauty of a support group! We're here for the poorly days AND the happy days!

... Well, if you really don't mind listening... could I talk about some more worries I'm having?

Go for it.

