

Marcy Solis: Sleep deprivation and the agony of a ticking cl...

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SPEAKERS

Marcy Solis, Katy Weber



Katy Weber 00:00

All right. Well, thank you so much for joining me. I'm super excited to hear your story. I feel like you did share a bit of it in the video that I watched for camp ADHD, which immediately I mean, everything you said in that video, I just like, Oh, my heart just like yes. And so I do want to talk to you a lot about kind of parenting in general and your experience, because I feel like we have so many parallels brought up a lot for me. But you are also relatively recently diagnosed, right? It was Yes, what I'm calling pandemic diagnoses.



Marcy Solis 00:39

Basically, yeah, I actually, I managed to get in my appointment. Basically, right at the beginning of the pandemic, I think I got diagnosed in May. Yeah,



Katy Weber 00:50

yeah. So so I'm so what do you walk me through kind of what led you up to lead up to this, because you actually mentioned that you had your, your mother took you to a specialist when you were a kid. And you were diagnosed with dyslexia, right. So you've sort of

suspected and done your own research in terms of where you might fall on this neuro diverse neuro divergence spectrum. What made you zero in on ADHD specifically, and what kind of led you to, to seek a diagnosis in the first place.

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Marcy Solis 01:26

So I was a teacher for quite a few years, I taught in information technology. You know, all of my other co workers didn't really have too much of a problem, setting up their lesson plans, getting everything done, you know, getting their students organized and everything like that. And that always seemed to be a little bit of an issue for me, just getting all of my notes organized and keeping it consistent. I could go off on tangents. That's easy. tangents are like my thing, which I'm going to try my best not to do that right now. Because I can,



Katy Weber 02:05

that's the beauty of having a podcast about ADHD, it's like, it's nothing but tangents. You know, that's true. It's a good point. But

M

Marcy Solis 02:14

yeah, so it always seemed like, I was good at zeroing in on some specific things, but I didn't have the ability to control the direction it was going. And, you know, my fellow co workers, you know, they were like, Okay, I've got to get this done, I've got to get this done. I've got to get my notes done. And then I've got starts, you know, get them going on their morning work, or whatever the heck, you know, and that always seemed like a weird challenge for me. My students didn't mind honestly, most of my students were like, 15 to, like, 20 something. So it was like, right in that zone to where they were probably wondering themselves like, and, you know, information technology attracts all sorts of different, too. So, you know, of course, you're going to get some neurodiverse people in the groups as well. So, um, you know, actually, oddly enough talking to some of my students kind of pushed me they were like, Oh, yeah, you know, I get that a lot, too. And I'm just like, Hmm, maybe this is something that I should look at. And then I started researching it a little bit. I didn't do any serious research at that point in time. It was really the big biggest turning point was when my daughter was born. Everything was overwhelming, literally everything, her crying, you know, stuff piling up in the kitchen, just me needing to take a shower. Like just the other little normal things that, you know, most parents seem perfectly capable of taking care of when their kids are first born, just seemed overwhelming, and they just seem to pile up. At that point, I knew something was going

on, like I was depressed or something. And I did end up getting diagnosed, like I said in the video with postpartum depression. But I think that was only a symptom of what was actually going on. Because that had also happened in the past to where I had gotten diagnosed with depression previously, I think in high school college area. So really, they were just finding basically the tip of the iceberg to look at, you know, they weren't really going underneath and then that's when I started going onto neurodiverse, Twitter a lot more. And I started finding people like Danny, and Pina and a whole bunch of other people, Rene, and I started following them on Twitter and I started looking at I'm like, wow, this is like this is me with this me to a tee Have I been living with this this whole entire time and just Is this why everything feels like it's just kind of floating around and I can't grab anything. Hmm. And seeing all of that really pushed me to like, I think this is the answer to my iceberg, you know. And even after I found all that stuff, it still took me a really long time to say I need to go to the doctor.



Katy Weber 05:18

But yeah, cuz it's getting different men and going to the doctor and then having to get like, I loved what you talked about how you had to how the proof that you brought to the doctor, because for me, I brought I had my, you know, I had all my paperwork, you know, all of my self tests all of this stuff, because I was like, you know, terrified that the doctor was gonna say, exactly have this. And then I was like, What? And then what, because I feel so understood and validated this community in the literature. And so I was so prepared, but I love the fact that you brought like comics, I literally mean, relatable means



Marcy Solis 05:55

the relatable means is probably a good it was a big folder in my phone, believe me. Yeah, it was. Yeah, it was terrifying. Even with all of that stuff. It was It was terrifying. And I honestly don't know why,



Katy Weber 06:08

like, yeah. For me, it was just, you know, now in retrospect, realizing how much of that diagnosis and that confirmation meant to me, you know, and just even like, I actually had, you know, even though I came in with all of this paperwork, and was going on and on about all of these, you know, ways in which I was convinced that this was the issue, and the doctor, like, she was like, You had me at hello, you know, like, she just like, she, she totally confirmed it. But I had her I needed her to actually say out loud, you have ADHD, because I was like, if I walk out of this room, I'm going to forget everything we talked about. And I'm

going to always question if this was in my head, or if I miss read you or something. And I was like, I need you to say it to me. And those were, and that's what I was like, self efficacy, who Yeah, I know. This is the beginning of it. I feel

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Marcy Solis 06:56

that so badly, because that's basically what happened to me at my first appointment. I didn't bring any of the stuff with me. And I tried to bring it up. And my doctor was like, Well, you've got a five year old who's five at the time, you know, you're probably tired, because this blows in it. And he he very much like didn't, you know, it didn't like dismiss me, but it was very, like you have other stuff going on right now, that could be the cause of this. And after a year of doing my research, that's why I came back with basically the arsenal that I did, because I was like, No, this is gotta be it. And I mean, it turns out, I was right. As soon as I started listing off all of this stuff to him that like, was basically normal for me. But when I looked at it, I realized this isn't what regular people do all the time. As soon as I made that connection, and I showed it to him, he was like, Oh, yeah, you should definitely get tested. And I was like, thank you. So you know, that that happened, luckily, you know, pretty quickly, and then I got my diagnosis. So



Katy Weber 08:02

yeah, yeah. It's rough, though. It amazes me how we can simultaneously feel like you mean, this isn't normal. And yet, at the same time, I feel so grateful for the community, the community, and have to sort of it's like this simultaneous feeling of like belonging, and then at the same time, sort of understanding that, that you don't belong in a lot of other ways that you sort of were always trying to belong it.

M

Marcy Solis 08:31

Oh, yeah, definitely. Yeah. And my personality kind of changes depending on who I'm with. And that's, it's really interesting.



Katy Weber 08:40

Oh, yeah. Yeah. Your, your experience with postpartum depression, I think and the way that you describe it as the tip of the iceberg, I think is spot on. Because I feel like that is such a common experience for so many of us who really struggled, you know, with young babies. Yeah. And I think we really need to normalize how hard and like lonely. motherhood is, when we're little because, like, you know, you kind of touched on it in your

video where you're talking about, like, how they just are, you know, they're not stimulating. Now,



Marcy Solis 09:18

they're really not I love her, but the one there that the potato, they're not stimulating, you know, like,



Katy Weber 09:24

they're just a ball of need. And, exactly, it's a ball of need, that's perfect. Um, and, you know, and I remember once, my husband's aunt, you know, when my daughter was, like, under a year old, and and she's, she was making small talk, and she was like, so how's motherhood? How's it going? And I was like, it's actually really hard. And, and she was so and you know what I was sort of, I don't know what I was looking for in that moment, but she was like, Oh, really interesting. I didn't find it that hard. And of course, I like ruminating over that conversation for months afterwards. Oh, of course. Yeah. No, but you know, but I think like we, I think it's so important to kind of really talk about the fact that this is an incredibly difficult experience for women, especially women with ADHD, and how often we go to the doctor, and we're told, well, you know, you have a baby, of course, it's gonna be hard for you. And I like I'm like, I don't like on the one hand, I feel like yeah, it is hard. You know, that does seem like a valid response. And yes, and I even now my children are older, they're 13, and nine, so I sort of feel like I'm no longer in the trenches. And so I feel like if I'm talking to a woman who has a young child, a toddler, or Baby, I'm sort of like, it gets better, you know, I know, I know. But at the same time, I also understand that when you're in the moment, that's not terribly helpful.



Marcy Solis 10:54

Yeah, there was, um, there was a couple situations where, like, you know, people gave me presents that were like, those jokes on like, what to do when baby cries, and I just, oh, they just rubbed me the wrong way. At that point, you know, I know, they were trying to be nice and supportive, and cheer me up and be funny, but at the same time, it's like, no, but this is a real problem for me. And that's not funny. You know, and there were definitely certain there are some points with where that happened. You know, and obviously, I didn't, you know, I didn't get upset with them or anything like that. But, you know, it was, um, it was hard to face that I was actually having a problem with that, you know,



Katy Weber 11:32

yeah. And I think it also kind of adds more layers to that feeling of just sort of being misunderstood in this experience and feeling like, is this? Is this in my head? Is this as bad as I think it is? Is this is there's, you know, am I overblowing this or I



Marcy Solis 11:47

think that's a better? I think that's a better description of it, to be honest. That's what it was. Yeah. And



Katy Weber 11:53

yeah, and then so now I look back at my own, I was diagnosed with PPD and PPA. PPA with both my kids I was put on medication, it helped. You know, it helps get me through the day. And it helped me sort of cope. But like you had it, like with your experience, like it certainly didn't help me with the overwhelming the chronic overwhelm and exhaustion. Oh, my God, it was so bad. Yeah. And, and now and so now realizing that so much of that postpartum depression was because of this undiagnosed ADHD. And I now look at all of that and look at the depression throughout my life as like you said, like, it's that's the symptom of the ADHD. And I think the medical community treats the symptom. You know, there are a lot of times Yeah, yeah, exactly. Yeah. I mean, yeah. It's just another instance where I'm like, Yeah, like, if I had known. It would have been a lot easier.



Marcy Solis 12:54

Yep. Yeah. Yeah. If I had any of the tools I have now, it probably, it probably would have been miles easier. No,



Katy Weber 13:03

yeah. I don't know. It's fascinating to me, when I talked to people who were dying women who were diagnosed even before having babies, and they're like, it's not really easier now. But I think it depends on the person too, I would think, you know, and one, one thing I'd like was how you sort of shifted to focusing on the positives, you know, like, really like, how parenting is possible. It's not all miserable. You know, we like again, it's sort of like, we like to joke about how miserable it can be. But at the end of the day, like, it's a really wonderful experience. And oh, yeah, these are all the reasons why and that it is possible, and you're not doomed. Yeah. Okay, so so just backtracking a little bit. What, in terms of

your childhood, looking back, what are some indicators? You look back at now? And you were like, Oh, my God. Yes. That was that was clearly the ADHD?



13:59

Um,



Marcy Solis 14:00

honestly, there's so much I probably, I probably should have made a list realistically. But it was a lot of just my teachers being like, you know, you're so talented. You just need to try a little harder. When in my head, I'm like, I'm trying my best. Like, I don't understand. Looking back at things like vocabulary tests, and especially math tests. I would put down the answers to stuff I would think I did it all right, when I was doing the test and everything like that, and then I'd look at it later. And I'd be like, why did I write this? I know this is wrong. Like, it was like it was written by somebody else. I didn't even recognize that I didn't register that I was the one that wrote that. It was almost like I was looking at somebody else's tests. And it was so it was jarring. And looking back on it. I'm like that's that's gotta be it. Because Like I, I had such a hard time focusing during tests, because any little thing would be like an instant distraction clocks, the clocks are terrible for me, I can hear my daughter's clock, two rooms away. And any tests I ever took, if I was in a room with one of those big old school clocks, it was like, a drum in my head. And it's just, it was so distracting. Yeah, because it was the only it was the only noise in the room, it was the only thing my brain, you know, would zero in on. And I don't know what it is. But that was always, you know, getting the report cards back and just, you know, having sections of like, D, C, D, A, D. D, and it's just like, hold on a minute, obviously, I'm doing okay, in this subject, why can't I do these other subjects, you know, and it was very looking on it. Now I see that the areas that I tend to, to excel in are the areas that, you know, I tend to to like, stuff like science and biology, and I was really good at that stuff. Things that I found kind of difficult, because of dyslexia, you know, reading sometimes was a little bit difficult, still difficult for me to be honest. And then, just like the math and everything like that, just looking at my workbooks. And there was there was so much stuff, just a lot of notes from teachers, why can't you do this? Right? And, you know, a lot of commentary of like, this is really simple. And it's like, not for me, like, I don't know what to tell you, you know, you know, the teaching techniques are a little bit different now. The way that they teach math now is just,



Katy Weber 16:57

nope,

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Marcy Solis 16:58

I don't I do not understand that one bit. It's, it's even more confusing than it is down the



Katy Weber 17:05

process so much. And I think it's extra irritating for somebody with ADHD to know how many more steps they brought into something that seems otherwise like, intuitive, you know, like, that's the thing. Yeah, there's me about the new math is the fact that I'm like, Look, just like you need to get to a point where this becomes like, you know, like, autopilot, you know, yeah. So the fact that they're making you pick apart all of these different, you know, ideas and having to do them over and over. And there's so much repetition.

M

Marcy Solis 17:37

That's, I think it's so weird, because I learned best when I get thrown into the mix. Like, I'll learn really fast if I just get thrown into something. But if you make me do something, like over and over, and over and over, I just get bored. I don't actually learn anything. I just get bored. Yeah. And that. And that's interesting that you make that point that how they break it down now and just make you do the parts over and over. Because that to me, I think that's it. I think it would just make me like, I have to do this again. I'm obviously not getting it the first time around. Why would I get it the second time around now? You're just wasting my time. Right?



Katy Weber 18:15

It really is. Yeah, I don't remember I don't remember having struggling with math until I got to high school. And but I struggled with everything in high school because by the time I was in high school, I was like, I wasn't even going to classes I was so I was so focused on social, you know? Yeah. And so I just, you know, I really struggled in middle school. But by the time I was in high school, I was just like, I had kind of labeled myself, the slacker. And I was like, you know, I had internalized that to such a degree that I didn't I did poorly and everything that's on me in college. Yeah, same. You know, I finally, I got to the point where all of my friends went to university. I graduated high school just barely, because I think my teachers felt sorry for me, and they didn't give me apps. They gave me DS, and so I couldn't get into university. And then I was like, Well, now what? So then I went back, I redid my I grew up in Canada, so you don't have to take sh T's or anything. You're just like,

based on your rights. Yeah, right. So I just like went back and I redid my senior year and got all 90s because that was the motivation, which was like, I you know, suddenly I was sort of like, Oh, I have to do this one thing if I want to ever go to university. So now I'm going to everything else is going to fall apart, like fall away. And I'm going to focus on this one task, which is to do well in school, and then I could write but everything else had to suffer. And right yeah,



Marcy Solis 19:39

yeah. Oh, that's that's such a mood. It's just like, if I really want to focus on something, I'm going to do it, but nothing else is going to get done. Right. That is Yeah.



Katy Weber 19:49

And I think that's what's so frustrating about parenting when when they're little to that idea that like you have to let go of so many other things in order to yeah be apparent, and it feels like everyone, like you said, it feels like all of these other people are somehow managing to do all of these different elements. And I can only do this one thing. And if I, if I, you know, and that means that everything else is gonna have to suffer. Now, it's like, you know, the advice, would you have babies where they're like sleep when the baby sleeps? Right, if it was only that easy, I know what exactly, it's like, it's so hard, because you're thinking about all of the things that you have to get done in this one tiny window of time, because when they're awake, you're completely focused on that one child. Right? Like, you have to Qt trial time, right?



20:38

Yeah. No, it's



Marcy Solis 20:39

exactly. It's like, I'll just sleep when the baby sleeps. Yeah. But the problem is, is that I'm going to take that two hours when I might sleep, and I'm going to prepare everything that the baby is going to need when they wake up. Because it's just Yeah, no, you got to get the milk done. You gotta get this done. You got to clean this. You gotta change the sheets. You know, it's just, nope. That's just doesn't work for some of us. Yeah, yeah,



Katy Weber 21:04

that's true. And I, you know, it's interesting. Like, I never thought about how I lost my train of thought, sorry. Okay. All the time. I think, you know, talking about sleep deprivation with babies, too. I think that's another thing. I've looked back and realized how much sleep deprivation affected my parenting and my emotional regulation. And so I think a lot of Yeah, a lot of my own postpartum depression, I think is related to my inability to emotionally regulate. And so I really related to when you were talking about sort of, like, rage and rage towards your children, which is another thing that I think is very lonely, because who wants to talk about a note, nobody wants to talk about that. It's so mired in shame, right? We want to feel like every moment of parenting is supposed to be wonderful. And we're supposed to be so grateful and appreciate all of it. And I remember like the thing that got me to go with my first child, the thing that got me to go and actually get medication, what post anti depressants was I like, I had a bunch of dishes on the shelf broke in my kitchen and the cabinet where all the pots and pans were and my daughter was napping. And so I'm like, tiptoeing around everywhere. And this is in this like tiny apartment in Brooklyn, the pots and pans all crash out into the onto the floor. Oh, and they were so loud. And I just like fell into tears. Like, I just fell on the floor crying. Because I was anticipating my daughter waking up and that was going to ruin my day. And like just all of it, you know, you just a part of my cat. My wonderful cat comes up and she's just starts like, nudging her face because she's a cat and cats are the best. And she started nudging me and I was holding a sock for whatever reason. I don't know why. But I was so annoyed. That cat had come in my face, you know? Because I yeah, I realize now how much sensory issues I have around my face. Yeah, same. Like, it's weird to find that out. And so I took my sock and I hit my cat sock, I just was like, get away. And that was the moment where I sort of switch went off where I was like, that is not okay, that is not. And so I had no and I was like, I need help. And I'm great. You know, I'm grateful that that switch did go off, you know, but I think like so much of my own depression is is rooted in the inability to regulate my emotions because of sleep deprivation. Yeah, no, I



Marcy Solis 23:41

100% agree. Like, you can tell the days that I actually get sleep, because I am a lot more pleasant to be you know, I get a lot less overwhelmed easily, you know, there's definitely like a, okay, I can do one of these, I can take a breath and I can push it out and I can be let's do this instead. You know, on the days that I don't get sleep, it's just, you know what, let's go do something else for five minutes. I need to get this done. You know, and it's just, that's it. And, and I feel bad. But at the same time, it's like I've done everything I can possibly do to try and regulate my sleep better. You know, it's just the ADHD it messes with the circadian rhythm. And, you know, it doesn't matter how much melatonin I take,

I'm not going to sleep before midnight, you know, it's just, it's just the way it is. So I've got to try and, you know, stay asleep as long as I possibly can. But yeah, when my kid was a baby, like, two hours asleep two hours a week, two hours asleep two hours a week because she had colicky on top of everything else so it was just like oh my god who are you screaming what's what's the screaming for now? You know? I know I get me so wound up



Katy Weber 24:59

that it was Make it hard to take a nap p&l. And not only that I had so much anxiety with my son, my second who's nine now? I had so much anxiety that he was going to die in his sleep. And oh my god, me too. So I would lie awake, you know, I would get up, feed him and then I would just lie awake, terrified that he was going to die in his sleep, and I'm out there. What is that? The actual lazy? There's some word for that. Right?



Marcy Solis 25:25

Yeah, it's like actualization. Yeah, right? Yeah. obsessive. Yeah, I know that I know exactly what you mean, because I looked it up. Because I was like, I'm starting to get real crazy about this,



Katy Weber 25:34

right. And I got so bad that I couldn't, I couldn't even drive in the car with my husband, because I was convinced we were going to like spin out of control. And we were all going to die. And so I stopped being able to get into a car. And I was like, this is all like, all I need is like a good night's.



Marcy Solis 25:53

But this makes me feel so much better. To be honest. Like I am so so sorry. You went through that because I know exactly what that's like. But to hear it from somebody else. It makes me feel a little bit less of a wreck. Because I I absolutely had the same thing. Towards the end of my pregnancy. I refused to drive. I was like, I'm not taking responsibility for this vehicle. If we get into an accident and me or the kid or somebody else gets injured, I can't handle that amount of responsibility right now. My husband was the sweetest he was so nice brought me to all my appointments for like the last I think it was two or three months, which was like two or three appointments every month. So you know, at least he was able to take a load off on that regard. But ya know, I feel like ever I

still check on her at least once or twice a night, every night. Just cuz you know, she's old.



Katy Weber 26:48

She's seven, seven. Yeah. Yeah. Man, just crazy. I know. Yeah. It's so interesting to me how intertwined these things are. And I've been thinking a lot about kind of the importance of community too. Because I think part of that part of the diagnosis journey is like becoming self diagnosed, like identifying with with ADHD, with the memes and the comics, and the tweets and all of that, and just feeling like oh, my God, for the first time in my life I'm seen. And everything in my life makes sense. And going back over everything with this fine tooth comb. And there's that. And then there's also like, just like the need for community, I think is so strong, not only it I mean, it's a wonderful community. I think it's an incredibly like empathetic community and supportive community. And I think there's something about us that, like, really craves that. I agree. Yeah, that I've been thinking a lot about a lot about, like, where does that come from? Does that come from the fact that we have self doubt our whole lives, or the fact that we sort of feel like a square peg, so that we have that elevated sense of empathy?



Marcy Solis 28:06

I maybe it's a little bit of everything, honestly, that's really, that's very interesting to think about, because I kind of feel the same way. Like, I feel like, Hey, we're all a little bit weird in our own way. Let's, you know, let's share and let's figure things out together kind of deal. You know, right. I feel like it's a little bit of that and a little bit of just like, Hey, I do that, too. You know, and, and it's just it's a validating feeling to know that, like, You're not the only odd man out, I guess how it works. Yeah. You know?



Katy Weber 28:40

Yeah, exactly. I know. And I think like, I first joined Facebook, because I had a baby. And so I found that like Facebook communities, new mom communities were like everything, because I was so alone. And I was struggling so much and and sort of you know, it was that still that same idea of in the in the early days of Facebook, wherever you're like, finding people online who speak my language, but then there was always sort of that limit to have, like, has anyone else not showered in a week? You know, just me. Okay. I took it too far. I'm sorry. Yeah. And so I think that the Twitter community with the ADHD and the neurodivergent community, there's just like, the less normal the better bring it on.



29:23

Yeah, right. I



Marcy Solis 29:24

know. It's just like, it seems like the otter you are, the more interesting you are. And it's just like, really, I wonder what that stems from. Because, you know, a lot of us are like the science geeky nerds too. So we're just like, let's analyze that. Like, why does this happen? You know, and I think we kind of have like, this weird bond over that, too.



Katy Weber 29:44

That's a great point. You know, we're puzzle solvers. And yeah, we love to like, go go deep. Yeah, yeah. And, yeah, I mean, you know, that's, the whole reason I started this podcast was because I sort of I know how much I love, like intentional conversations with people who I think are cool. This is great. And so it amazes me that people are listening to them too, because I sort of like completely forget when I'm in the moment of these podcast episodes where I've like, is it interesting to other people to listen to the conversations that we're having? You know, I think I've been told it is, the whole reason I started it is because I really like listening to those types of podcasts. So that was kind of where I made that connection, where I was like, oh, like, and I also, you know, as a journalist, I'm like, I realize how much we learn about ourselves from hearing the experience of other people too. And that's, you know, and that's how much that's how I learned about ADHD was sort of listening to other people's experiences. And so a nice symbiotic relationship. So everybody listening, you're welcome. Let's talk about camp ADHD. Because I'm, I'm curious, I, I'm relatively new to Twitter, I just joined in January. I always stayed away from Twitter, because I found it so overwhelming. And yeah, it can be right. It just felt like this, like intense game of double dutch. And I never know who to follow. And there was so much happening, and I just was like, nope, so I kind of left it a long time ago. Yeah, but I like coming back into it now. Because I sort of feel like I have a specific mission. And I'm a little more like, hone down in terms of who I follow. And I'm not just like, I'm gonna follow everybody and listen to everything and do all this stuff. So but I love and I so I love the ADHD Twitter community, I also sort of feel so overwhelmed, because this is relatively new to me. I also feel like, you know, I'm 46 I feel like a bit of a Luddite. I have, like, my learning curve is so steep. And, and there is a sense of sort of this insider like squad, you know, of everybody talking to each other, and everybody commenting on each other, where I'm sort of like, how do you all know each other? And so, I'm curious about camp ADHD, how did you get involved in it? And honestly, like, how did that even come to be?



Marcy Solis 32:16

So the weird thing is, is that I just honestly started jumping into ADHD conversations. Like, when Pino was posting stuff, you know, I would, I would just reply to it. Like, Hey, I do that a lot, too. You know, like, I this is really validating, and thank you for posting it. And, you know, every once in a while, it's just little things like that, and things. And you know, and once I got diagnosed, I was already following camp ADHD through somebody else. I think it might have been Danny Donovan, because she did. She did a talk for them last year, I believe. So I was already following her. So I found them through a retweet by her I believe. And then, you know, I just kind of, I waited until the reposting stuff and I was looking and and occasionally they would retweet stuff where I was just like, Hey, you know, that's, that's really relatable. And I would just do not just reply to it casually, you know, and after a little while, just, I honestly didn't even do much of repertoire, building with them, so to speak. They just put out a tweet one day, and we're like, Hey, you know, we're looking for speakers for this year's camp ADHD. Do you have an interesting subject? And I was just like, Oh, do I. And I, you know, I emailed them. And I wrote up a nice paragraph, I pitched it like, I would have pitched you know, any other thing I would have done in it. And they were like, Hey, we love this. This isn't a subject that gets talked a lot in ADHD communities. This would be great to highlight. And, you know, would you be willing to write up a thing for us? And I was like, that was the reason I emailed Sure. Let's do it. So it's, I don't know how to say like, it kind of all fell together, like one little block after another, you know? Yeah, I found them. They just happened to put out a tweet looking for people. And I just, I guess I'm a good writer or something, because obviously they wanted me to speak so. Yeah. You know, it was a great experience. I'm super happy everyone in the discord that I've been talking to. It's been wonderful.



Katy Weber 34:27

Yeah, it was a really great experience. I'm so grateful for what a resource so am I gonna like I would my head was spinning that day. I'm sure all of our heads were spinning that day.



Marcy Solis 34:37

There was a lot of really good resources and a lot of really relatable content.



Katy Weber 34:44

Very,



Marcy Solis 34:44

very relatable content. I I'm really hoping that at some point they're gonna go back to doing you know, the in person meets once it's safer to do that, obviously, because that was their original plan with the camp to begin with, was to actually Have a physical location and a physical meetup to have these, like almost like a TED talk type deal, you know? Okay. I don't know when they'll be able to follow through with that, or if they'll be able to follow through with it. But that's my hope I'm going to keep my fingers crossed for them, you know?



Katy Weber 35:16

Yeah.



Marcy Solis 35:18

Which I think would alleviate a lot of the issues that doing it digitally brings up like you said, Yeah, no. Yeah. So I don't know where they would hold it, though. That would be interesting.



Katy Weber 35:31

I know. Right? I mean, it's grayed out. Well, and I feel like the community is so spread out with the UK. And now That's right. Because we had we had quite a few people, I think, from the UK this time around to Yeah,



Marcy Solis 35:42

yeah, that might be kind of difficult. Might have to split it up into the couple camps. UK, US and Eastern West and all that, you know, like, PAX East? No, I'm gonna miss that this year. That's gonna suck.



Katy Weber 35:59

We're going to do is that gamers? Yeah,



Marcy Solis 36:03

it's the one gaming convention that I go to that is, that is mommy's vacation, I go with my

best friend. And the two of us just kind of go buckwild for 24 hours, just, you know, buying merchandise, playing new video games, testing stuff, you know, testing out new technologies and stuff like that. It's a It's fun.



Katy Weber 36:25

It's awesome. I think that's another thing I think I liked that you touched on when it came to parenting with young kids, which was the the importance of having alone time. Yeah. And how I think that's a thing as mothers we tend to, we don't tend to prioritize, we tend to feel a lot of guilt around the need to be alone. Because again, we should be perfect mothers, and we should always want to be around our children. And we should never desire to leave the house. And I remember like the difference between Father's Day and Mother's Day in my house, because with Father's Day, it's like, we'll make you breakfast, we'll do things we're gonna play with you all day long. And Mother's Day is like nobody talked to me. I'm leaving the house. That is my gift.



Marcy Solis 37:11

Yeah, no, I feel that Exactly. That's basically what happens at my house, too. You know, up until last March, my mother's day was going out to a restaurant with my best friend, and just not coming home for the rest of the day, we would we'd wander around the mall. Or we would just we'd go to the movies, you know, something, just get out of the house. No one's will have to call me. You know. That was it. Yeah. So



Katy Weber 37:38

now, you you also mentioned that you went off of your postpartum depression, you went off your Why do I keep calling it that? You're anti depressants, after three years. And so I'm curious what, because I didn't, I was still on my I was still on postpartum antidepressants for nine years, when I finally decided to go off them. And I think, I don't think I went off of them. Because I no longer felt depressed. I went off of them. Because I felt like I just felt very, like, out of sore. Like, I felt very out of touch with my emotions. And so I had, you know, like, I had this experience where my mom passed away, and I felt so I didn't cry, like I didn't react, you know, and I and it was sort of this huge moment in my life where I'm like, I'm supposed to be reacting a certain way. And I didn't. And so that was sort of what led me to think maybe I want to come off of these to sort of rediscover who I am. Yeah. And, and I always sort of the reason why I didn't go off them for so long was because I always felt like, well, if I'm this bad with medication, imagine how bad it will be without the medication.



Marcy Solis 38:48

Yeah, I've always thought it was my ADHD meds. Right. Yeah. Yeah.



Katy Weber 38:54

So I'm curious. You know, I'm curious why people go off them, you know, especially without the ADHD diagnosis yet, what led you to what was your decision process?



Marcy Solis 39:07

It's funny, because I remember the day that I decided that I wasn't going to take them anymore. And I don't remember my motivation to be honest. I. I think at that point, my daughter had started walking. She had started talking a little bit. She got she started getting more interactive. And I think, just overall, I felt a little bit more comfortable interacting with her. And I think now that we were starting to have these small communications, I wasn't feeling as alone. You know, she's very, she's very hyper. I'm pretty sure she's probably ADHD as well. She's talk, talk, talk, talk, talk very hyperactive. With the talking and the running and everything, so I could already see that kind of coming around. And I could already see that she was going to be very interactable with me like she was going to be very, like, here I have this, she was bringing me books, she was bringing me blocks, and I'm just putting them together and handing it back to her. So I think that interaction kind of helps me gain a little bit more of like that personable part of myself back. And I think it was just I was at a point that I was comfortable, like giving it a try going off of them and seeing how I felt. And once I was off of them, I was like, Okay, alright, I've got this, I think, you know, and I was doing okay, for quite some time, actually. And then, you know, like I said, when she turned five, you know, once she started doing some more of the heavy teasing for like, the permanent teeth and everything like that, that was one that started grading me a little bit and I was like, okay, maybe it's not depression this time, though, because she's five. And that's when I started doing more of the research. So yeah, it was, um, I wish I clearly remembered my motivation, like, the whole entire reason why I did it. I think maybe, I don't know, maybe I was just sick of taking them. I, I have a lot of memory loss for the first two years of her life. I there's like, really, maybe two weeks total that I remember. Apparently, one of my friends came over for like a week and just lived at my house for a week to help me take care of her. I don't remember any of it.



Katy Weber 41:36

Interesting.



Marcy Solis 41:37

Yeah. So I, I wish I could give you a clear answer. But no, that's fine. I



Katy Weber 41:42

mean, I'm just curious, because I put so much pressure on myself over the years with that dichotomy of like, medication is just like a vitamin. And you should think about it in terms of, you know, this is something that why do why do you have a resistance to it, if it's something that's going to help you take it and then the other side of that coin, which was like, almost like the iceberg theory, which was like, why don't I spend my time trying to figure out, like, I know, with my health coaching certification, they call it the thumbtack theory, which was like, you go to the doctor, because there's a thumbtack in your ask, your doctor will give you ibuprofen. Oh, yeah, like that. And so this idea that, like, we have to figure out where the pain is coming from. And so I always felt like, you know, I was, so that's why I sort of became obsessed with like getting off the medication and doing the real work. But it's not like I condone that behavior. You know, like, I certainly was always mired with it. And I see a lot of that now with the ADHD community in terms of like, do I need this medication? Do I not? Am I coping? Am I not? And I, you know, I'm so fascinated by like, what leads us to have that inner turmoil of like, why, you know, why do I Why am I so resistant to relying on medication in some elements of my life, but like, would pop an Advil, no problem, you know, or? Yeah, you know, why, if it's just the long term dependence on something I'm not sure. It's, I haven't quite decided I don't have the same. I didn't have the same reluctance. Well, no, that's not true. I was very, like questioning ADHD medication in the beginning again, sort of like, do I need this? Do I not? how desperate Am I as though I need to be like, completely? Like, I need to get to a level of desperation. Yeah, exactly. Well, that's true. Yeah, that's a great point, that idea of like, if it ain't broke, it's almost like counseling. You know, there's certain people who feel like therapy, you only go to therapy if you're in like deep trouble. But I'm like, No, therapy is just like a non negotiable. Yeah, no, like water. You know, right. So there's, it's, I don't know, it's fascinating to me, when it comes to I don't even know what I'm trying to say. I'm just rambling at this point. But



Marcy Solis 43:59

it's very relatable though, because I kind of felt the same. When I first got my ADHD meds I, I almost felt guilty, having to, you know, wanting to try them and wanting to see if they made a difference, you know, and once I did, it was like, night and day, and I was just like, I wish I had known that this was something that could have helped me my whole life. You know,



Katy Weber 44:21

see, I had I didn't have that experience. I was sort of like, I tried vyvanse and was like, Is this working? Is this not working? I'm not feeling a different. I mean, there was like a placebo in the beginning where I took my vyvanse. And I was like, I'm going to take gifts of before and after pictures of every room and how dirty it was, and then how clean it was. And I made this whole like GIF collaboration of me cleaning my house. The very first day on vyvanse. And I was like, look at this. Isn't this great? And then day two, I was like, I did that. Now what? Now it's not doing anything for me. Like I found the questioning. Like constantly questioning, is it helping? Is it not? What's different? What's not? What are the other factors? What are the other external factors that might be also contributing to it? It just like it was exhausting and very reminiscent of postpartum antidepressants of that same of like, there's just so many contributing factors right now, like, how are you possibly supposed to know what the causes? And so then I just kind of stopped because they were interfering with my sleep enough that I was just sort of, yeah, but but I do you know, I'm so curious. I and I'm always fascinated when people say like, they were life changing, like, what does that mean? How What to do?



Marcy Solis 45:39

It's funny, because that's actually what I take right now. Yeah, for my meds. And it really does like it just, it gives you my energy back, weirdly enough, I think. I think the thing is, though, is that people develop tolerances to a certain degree after a little while to some of them, and the tolerance can come on, like super fast, or super slow. Like for me, I think my body's starting to work up a little bit of a tolerance for it. Because you know, the last week or so I think kind of my brain hasn't been as organized as it usually feels like it is I do a lot of these, like, walk out of the room. Why did I walk out of the room walk back into the room. And I did that a lot before my meds. So I'm just kind of like, Hmm, maybe maybe something needs to be adjusted, or maybe I need something different. It's just, it's interesting. But yeah, my house has been cleaner than it has been in the past decade.



Katy Weber 46:39

And that's why I figure I'll just like, maybe I'll just take them on an as needed basis, when I have some sort of like, incredibly overwhelming task that I've been putting off.



Marcy Solis 46:48

That's what I've been thinking to, oddly enough, you know, I think it was Monday and Tuesday, I didn't take them just because like, I needed a day off. And actually, I hear that a

lot from people with ADHD sometimes, like, they are literally like, just take a day off from your meds and like decompress, and then, you know, go back on them or whatnot. Which is interesting to hear.



Katy Weber 47:13

Yeah, that is interesting, because I think I sort of feel like, the one thing I was looking for help with a didn't find it made a difference in was that like staying on task staying focused, like I have, you know, I have that, you know, I go sit at my computer, and I'm like, why I'm sitting here for a reason. And yet now suddenly, I'm on Twitter, and now I'm doing this and I'm on the queue, you know, and I was really hoping that medication was gonna, like, help me stay focused on task. And, you know, that was like the one thing I'm looking for. And my therapist was like, that's a really tall order, I don't know if any medication is.



Marcy Solis 47:50

So it's interesting, because I thought that it was going to do the same thing. But it turns out that for me, at least, what it actually helps me do better is task switching. Oh, I'm able, like, where I'm focused on something on my computer, if I'm working on like a piece of artwork or commission or something like that, I'm actually able to stop working on it and get up and do something else, and then come back to it and pick it back up, where I left off, where previously that would have been actually physically annoying and agonizing. So, I don't know, it's really interesting. I think, the like, the thing is, it seems like so many different people have so many, like, there's different versions and or different, you know, symptoms for ADHD and there's different things, you know, the what is it the inattentive and then the hyperactive and everything like that. And I think just certain medications just work better for certain types. And then on top of that certain brain chemistries, again, you know,



Katy Weber 48:53

which is so antithetical to like what we need. Yeah, we need things to make sense and have labels and containers. Exactly. Nobody's offering that. And everybody has a different experience that I'm like, but how am I supposed to research with that? field research here? Yeah,



Marcy Solis 49:09

we are the field research in a lot of cases. You know, I think that's part of the reason why

the community is so huge, too. It's just like, you have so many people who seem similar on the surface, maybe even take similar or same meds, but then get completely different results. Right. Yeah. You know, so I think having the community and having them all in the community helps with that, too.



Katy Weber 49:35

Right. And then you throw in something like hormone theory and estrogen and it's like, we make everything so complicated. Now, I have to think about whether it's my time of the month and like, you know, I'm just like, I can't I'm not, I can't like not.



Marcy Solis 49:52

Yep, no, that's part of the reason why I didn't take my meds on Monday and Tuesday, too, because I was just my brain was just, it was just coming out of my ear. like, Nope, I'm This is not the time that I should be taking this right now. You know, everything was just getting all messed up and yeah, it sucks, like, and then if your hormones are out of balance to begin with, for whatever reason, one way or the other, that's gonna completely change the whatnot, you know, and I know



Katy Weber 50:19

and then, you know, not only that, but I just sort of feel like maybe it's hormones is sort of the maybe you know, it's just like such a cop out in some ways. You know, it's like perimenopause, there's like, so wait, there's a 10 year period in your life, that may or may not be the answer for pretty much every weird question you have about your body.



50:42

No, it really doesn't. It's a really,



Katy Weber 50:46

that's like, How many times did I go to the doctor? And they were like, let's test your thyroid. And I'm like, God, it's not my thyroid. Oh, God. I don't know, maybe it is.



Marcy Solis 50:56

So many thyroid tests. So many blood tests. So many, like just oh my god, I think at one point in time, I had something like 15 blood tests?



Katy Weber 51:05

Yeah. Oh, yeah. I feel that No, man.



Marcy Solis 51:09

And no answers on top of that, either. So it's like, well, oops. I guess at least they got a record for stuff in case they want to look for anything later. But



Katy Weber 51:20

so one thing I've been asking my guests, I don't know, if he prepared, it's fine. If you didn't, but if you I've been asking if you could rename ADHD because I know that those little those that acronym is so problematic for so many people. What would you call it? Or what would you rename it?



Marcy Solis 51:36

So I was I was thinking about this, okay, cuz I remember to look at my email last night, and I was thinking about it some. And I think, personally, what I would do is I would probably, I probably remove the H for starters. So make it add, but I would change it to attention direction disorder. Love that, because it's not so much a problem that we can't pay attention. So it's, it's more like, we don't have the wheel, we don't have control of the wheel, the car is going but we can't steer where it's heading. Or a lot of times, at least, you know, we might be able to grab it and slow it down a little bit, you know, we might be able to put the brake on, we might be able to give it a little turn. But you know, at the end of the day, there's just something there that I think for a lot of ADHD years. Like you just you can't make that full turn, and you can't redirect it exactly where it needs to go, you know, put something next next to something else that you remember to do the thing. If it's not in front of you, suddenly you forget it exists. Right. You know, it's a lot of directional. I think it's I personally for me, at least it I feel like it's more directional, you know,



Katy Weber 53:03

yeah, that's a great way. Unfortunately, it's not as Google a bolt, it's to be a DD. So I feel

like we need another letter in there somewhere. But yeah, I mean, hyperactivity. That's a great point, because I know so many women, myself included, it was recommended to me and my first reaction was, I'm not hyperactive. I've never been hyperactive. I can spend days on the couch staring out the window at the right time, right? Yeah, me too. And it was, it was only through my testing and diagnosis when I was sort of realizing, you know, like, my doctor was asking me about things like distractible thoughts. And then she was sort of making all those connections in terms of impulsivity and distractibility. And she was asking me questions like, Do you hate traffic? And I was like, with a passion. And I was like, Oh, these are the different manifestations of hyperactivity, you know, that. It wasn't Yeah, really kind of understood that hyperactivity manifests itself internally in the brain in all of these different ways, especially for women. That I was able to kind of embrace the hyper the age in ADHD. And that's the point



Marcy Solis 54:12

I hadn't really thought about that. Actually, now that I'm thinking about it. There's probably a few ways that I could, I could categorize myself as hyperactive, but it's all



Katy Weber 54:21

Yeah, man. And I heard Uh, yeah, I feel like I've encountered a lot of women who like can totally relate to the inattentive, but have that sort of difficulty really embodying the age and then I talked to them and I'm like, girl, you're all over the place. You're the Scarlet h on your on your chest. But, but I do feel like you know, it is so misunderstood and misused, misrepresented, and I think it would probably do well to get rid of it. I just not sure what is the better way to kind of talk about distractibility and, and the connection between distractibility and impulsive And, and RSD and like all of these ways, the, you know waking up in the middle of the night wondering where your passport is, or you know all of those



55:11

that's relatable



Katy Weber 55:14

or lying awake wondering if your baby is dead, you know, like, like, I think there's so many ways in which they all fall under that same umbrella. Yeah, that's I don't know what that word is. I don't know, maybe dysphoria. dysphoria. I know, we hear you know, we'd sort of throw that word around a lot, but something to think about. Yeah, it's interesting. All right.

Well, I I thank you so much for your time. I really appreciated and enjoyed getting to hear more about you and your experience.



Marcy Solis 55:48

Same that this was wonderful. I'm glad that I was able to come on and I'm, you know, there was a lot of really validating and relatable information in here. So it's, it's always wonderful to talk to other people with ADHD Honestly,



Katy Weber 56:03

I know, right? Yeah. No, it's I find it endlessly fascinating. Oh, yeah, definitely. So where can people find you if they want to follow you on Twitter? You're I know you're a great account because you're a wonderful ADHD advocate, but I know that you're also like, you know, if you want to have people work with you and your business, how can they find you?



Marcy Solis 56:27

So I did. I was good. And I actually made a new pinned post just before we got going. Oh, I saw that. Okay, so the pin post has any commission information. I do freelance artwork basically for you know if you need icons for Twitter, or twitch or Discord. I do like little emojis. I have a lot of people who are Twitch streamers who are clients that come back to me for



Katy Weber 56:54

that is so cool. I love that