

Jess Keogh: The trouble with relaxation

📅 Thu, 8/26 1:39PM ⌚ 54:15

SUMMARY KEYWORDS

adhd, feel, eating, people, symptoms, diagnosed, thought, feeling, diet, idea, hyper, diagnosis, brain, binge, happening, struggle, hear, focused, organized, life

SPEAKERS

Jess Keogh, Katy Weber



Jess Keogh 00:00

Are you excited? Are you nervous? I'm so excited. I'm so excited. I keep holding myself back from messaging you things that pop up like,



00:08

Oh my god, Katie,



Jess Keogh 00:09

this happened does this mean?



Katy Weber 00:13

Right? I feel like I'm your midwife, your midwife. Totally, totally alone, like boundaries, just boundaries. Okay, so full disclosure, before we get started. Jess is a body positive counselor and coach and I interviewed her along with my co host, Melissa secundario. On my other podcast, hello, body. And so we had started following each other, I guess, like, you know, leading up to that interview. And I, you know, as I started posting more and more on my Instagram account about ADHD just was like liking all of my Instagram posts about AD. And I had said to all this, I was like, I think we need to chat about this. And, and

so when we did finally Connect, I think we basically, I think it's safe to say we live on opposite sides of the planet, but we are basically the same person, is that correct? 100%. And also the introversion stuff that you post as well. I'm like, yeah, that's me. Right? Yeah. So after we recorded the the Hello, body podcast, I said, just I have to get you on to my women and age women and ADHD podcast, because I want to hear all about this kind of real time discovery that you've been going through, because this is all fairly new to you. Yeah. I mean, it's still fairly new to me. I joke about the fact that like, I've only been diagnosed for six months in human years, but like in ADHD years, six months is like the equivalent of a decade, given how much you research. So 100% Yeah, right. Yeah, yeah. So it is amazing. Like, once those connections start happening, and once those light bulbs start going off, you just like, you go into hyperspeed. And then you're like, do I have ADHD? Like, yeah, this is clearly a sign that you have a hyper focused,



Jess Keogh 02:14

absolutely. And you don't want to like I don't want to over identify with that be like, Oh, that's me. That's me. It just makes so much sense. Like, it's just like, everything's falling into place. Yeah,



Katy Weber 02:26

I know. And there is that fear. I think a lot of the women I talked to sort of had that feeling of kind of like, you know, maybe I'm making too much out of this. Maybe I'm looking for an answer. But at the same time, like, it really feels like all of these seemingly random anomaly anomalies in your life can be traced back to this one explanation. And it is, like, it's overwhelming. It's



Jess Keogh 02:51

so overwhelming. And it's like, wow, like, maybe it isn't just because I can't be a proper adult. And like a keep my room clean. Like, maybe there's something there. Particularly since I'm constantly trying to be neat and tidy. And it just doesn't work. I just myself. Yeah, right. Yeah.



Katy Weber 03:11

Okay, so. So let's just get started with what I like to ask all of my guests at the very beginning, which is kind of what first made you start to think that you had ADHD. And where are you in this diagnosis journey?



Jess Keogh 03:27

Sure. So look, until recently, I didn't really know much about ADHD. So you know, even after completing a whole psych degree and studying and working in mental health for years, I'm only just grasping what ADHD actually is. I always connected ADHD with you know, visions of a young child to generally a boy if I'm going to stereotype who couldn't sit still and who had difficulties concentrating and talking in class and disrupting people. So I guess the short answer is that I've only recently had a very strong inkling that my symptoms were ADHD that have been previously diagnosed as depression. And and most recently, you know, a potential bipolar two diagnosis. I did speak with my psychiatrist about two years ago about the potential of me having ADHD and he actually suggested that I try medication because he sort of identified with the things that I was telling him as well. You know, but we will but we were tossing up between is this ADHD or is this sort of like a rapid cycling bipolar two disorder? What's going on? And he's like, well, let's just give ADHD medication a try. And I got cold feet and I sort of didn't want to do it. I don't know why I just I didn't want me to change. You know, I didn't want to lose my spark or, or I don't know, I don't know what I was afraid of. I just didn't want my ups and my impulsivity and hyper focus and all that. Cuz I, you know, in most of the pot, it's quite enjoyable and productive.



Katy Weber 05:06

And I used to think it was like it was the only thing I had going for. I didn't want to dole that. Says I felt Yeah, I was terrified. I mean, I was terrified of medication because I thought it was kind of I was thought I was gonna feel like I'd be on cocaine, you know, like, that's kind of how I assumed it would be a you know, a stimulant would be and I was like, that is one thing I do not need



Jess Keogh 05:27

exactly, it. That's exactly right. And yeah, I didn't want that part of me to go because exactly, I was like, I really like that part of me. So I just stuck with my medication that was an antidepressant, which, which has been helping me with any of the down periods I've had really, really well. So I just kind of left it and I tried to manage my way through the symptoms, which you know, is you know, I'm really quite impulsive, as I've said, was really, really hard to relax. I hate relaxing, but I have to force myself to relax. You know, that relationship sensitivity which thanks to you, and I forget he was talking to about rejection sensitive dysphoria, but I relate to that a lot. You know, boredom can become really painful for me like it's actually painful. I hate it so much. You know, that lack of organization despite constant I'm constantly trying different organization systems. I'm

constantly doing a new to do these store new diary or a new planning system, and just chopping and changing to try and find something that works but I get it's fun for a few days and then I'm like, Oh, this is boring. I'll just drop it and then I you know, chaos again, and you know, starting hobbies with Viggo, you know, starting I remember, I started surfing and I'm like, I can't wait, I'm going to be a surfer. And then you just drop it like a hot potato when it's, you know, becomes a bit boring or you don't really resonate with it as much as you thought you would. Do. You've already spent, you know, hundreds of dollars. Oh, yeah, I bought a wetsuit. I bought it. I bought the proper wetsuit because it was winter. I got a problem born I was just ridiculous. Um, and I guess you know, my favorite, favorite symptom that I'm identifying with is that hyperfocus which allows me to be really productive in a sea of like my disorganisation. If that makes sense.



Katy Weber 07:23

Yeah, absolutely. I mean, it really it felt it feels like that. Those are the moments when I am on fire. Yeah. And and I'm so interested when I hear women who were either diagnosed or were convinced that they had bipolar two, because that is what I thought I had as well. Because you go through that pendulum swing, with such intensity from hyperfocus to then the depression and lethargy and that sort of feeling of like, just like absolute piece of shits.



Jess Keogh 07:56

Absolutely, absolutely. And I think you, I forget who you're talking to. I've listened to you. I've actually binged all your podcasts. It's difficult. But you're speaking to someone about what was its depression due to lack of stimulation or something. And I was like, Oh, I so get that. I so I so hear that. Like, when I'm not stimulated. And when I'm bored, I'm depressed. Like, it's just, it's so interesting hearing all these things. And you go from like, zero to 102. It's not like, it's not like, you're sort of like, Oh, I'm



Katy Weber 08:31

mildly depressed, or I'm mildly bored. You go to like, Oh, my God, I can't stand like when you eat when you were like, I hate relaxing. I'm like, Yeah, exactly. Like, Who says that? Yeah, it's really fascinating. Why that it like, why relax, relaxation is so difficult and stressful, I think is interesting. Yeah, it is



Jess Keogh 08:52

relaxation is stressful. And that's the opposite of what it should be. But I guess, I guess

what really opened my eyes, was speaking to my colleague at work. So he asked me what I was doing after work. And I said, I'm going to go home, and I'm going to try and relax because I hate relaxing, but I need to force myself to do it. And he sort of sarcastically said, I have no idea what that feels like. And he sort of shared with me his late diagnosis of ADHD only a year prior and how it completely changed his life. And we got talking about symptoms, and I was like, Oh, my God, this guy's May, you know, he's describing my situation. And then Katie, I must say, you know, a whole heap of what you were posting on Instagram, as you said before, was really resonating with me. And I was just like, I didn't even know these symptoms. Were ADHD related. I had no idea. Yeah, so but I guess, when you talk about the hyperfocus, that that was my sort of that I thought because I could hyper focus and I could really excel at things and get things done when I wanted to when and when I was interested. I thought When I didn't have ADHD, you know, I excelled at uni because I loved the content so much. And I got so absorbed in it. But you know, I'd sit there for hours studying or working on assignments not going to the bathroom forgetting to eat. ignoring my family, because I was just so focused, and just so in the moment, but then on the other hand, subjects like statistics, which I had to do for psychology, I just couldn't do it. And I just, it would make me so tired. And I'd get so upset because it was like, there was this deficit that I wasn't interested in it and my brain just could not organize the learning it had to do around that subject. So



Katy Weber 10:46

yeah. And and when I recently went back to look at my report cards, it I mean, it was so funny, like, do you know the my report cards were either D's and F's or a plus, you know, like, I got an A plus every semester in French. And the French teacher was always like, man, like, wonderful job. And because the end, and the other thing was fascinating to me was the absences. Like in high school, you know, my geography class that I always failed. I had like 35 absences per semester, and then French, I had no absence. It's just like, it's really like a light switch, you know, you're either like so on, or just like, Nope, can't do it.



Jess Keogh 11:29

Exactly. It's so interesting. I was the same with school with with high school, I found my HSA because I like one subject at school, and that was English, and I got to high distinction. And then the rest, I was like, not hate it failed, just couldn't do it.



Katy Weber 11:46

And I think that that is, you know, I've just learned so much about why we beat up on

ourselves, because we sort of have, you know, not only are people telling us our whole lives, just do it, just do it, just study more and just figure it out. Yeah, but I think we also in our younger years, or even as adults, we don't necessarily know what is going to be interesting and what isn't. And so I feel like there's that sense of, of disconnection to where it's like, well, why can't I do statistics? You know, like, I should be. I'm a smart person. Like, that's the thing. The other thing too, which is sort of like, well, I'm a smart person, why didn't I know this? Why can't I figure this out? Like you even said, like, I you know, you have all these advanced psych degrees? Like, how did I not know this? How did this never occurred to me until now? And there's that sense of, of just like constant confusion as to who you are and why you're such this puzzle?



Jess Keogh 12:42

Absolutely. Absolutely. And when you try and figure it out, it's like there's a block there that you just can't get past it. Sorry. It's so bizarre.



Katy Weber 12:53

So where so I'm sorry, where are you in your diagnosis journey? Have you been officially diagnosed? Are you still white?



Jess Keogh 12:59

So yes, long story short. I've just discovered all this stuff about myself. So I've got an appointment with my psychiatrist in a couple of weeks. And I'm going to talk to him about this revelation. And you know, next steps and maybe trying medication, or maybe seeing what options I have. Yeah, I'm yeah, I'm not sure. Obviously what he'll say, but you know, I'll go from there.



Katy Weber 13:25

Are you worried that he's gonna say, No,



Jess Keogh 13:28

I'm kind of I'm worried a little bit because it would explain so many things that I actually genuinely struggle with, like things that just make life really difficult, like my lack of organization. Like, all the things that I try really hard at, that I just can't get, like, keeping the house tidy, so my husband doesn't get annoyed at me.



Katy Weber 13:56

Yeah, that's a huge thing. Yeah.



Jess Keogh 14:00

And why is it so hard? You know, I absolutely love having a neat house. And neat and tidy organized says, I love it. But I just I'm so bad at it. I just can't do it.



Katy Weber 14:10

Well, you're bad at it. Because it's a boring, terrible job. Like why is that something that you feel like you even need to be good at? That's the other thing I think like as women, we have this enormous amount of pressure to be homemakers. And then if you take one minute to objectively look at what this task is, you're like, Of course I'm terrible at this is not bringing me towards my goals. I do not want to be right. But yeah, I read an article recently about how important it is for the ADHD brain to have minimalism and tidiness in the home and like why we all love Marie Kondo. Yeah. And and there's that disconnect, like, I just need to throw everything out and start fresh and like when I was younger in my 20s, I moved, I moved every two years and it was great. I loved purging. I loved getting rid of everything and always hated on hacking. Well now like as I'm older, we have kids and we're more settled. We've lived in this house now for 10 years, and it is driving me bonkers. Like thinking about the attic and thinking about the clutter and what and I'm, I'm so overwhelmed. I don't and like I keep saying to my husband, I'm like, I just want to get a dumpster and just throw everything out and start fresh. Yeah, we should do that. I want to live in a trailer basically, like I want to like that's my dream is to is to just like get a tidy house and have one coffee mug and just like keep keep moving. Oh, style, that would be cycled. That would be. Anyway, we're Oh, so Yeah, I was gonna ask you about the whole doctor visit because I personally like when I was having my, my intake appointment. Like I brought all of these tests and all of these self assessments and I want, like came armed with all this paperwork, because I was terrified that she was gonna say no, this isn't this isn't what you have. And then something that I felt so keenly, like, this was everything. This explained everything. And if it wasn't ADHD, I was I didn't know what I was going to do. And, and so I showed up, like, just absolute and I also was worried I was going to forget everything. I'm worried about happening. Yeah. And so I showed up with all this paperwork. And I like was like, Yeah, I just want you to know that these tests. I did these tests. I did, like so earnestly trying to explain everything to her. And she was basically like, You had me at hello, like, look at you, with your tests? Of course you have. But I made her say it out loud, too. That was the other thing I made. Before I left the office, I said, you have to tell me out loud, that I have ADHD and what type it is. Because if you don't, and

it's just sort of assumed I'm going to leave here thinking I've misconstrued or I misunderstood, like, it's so important for us to like have that labeling and to have that diagnosis that definite that definite answer. Right. But yet at the same time, I don't think a doctor's diagnosis is really the end all like I don't think that's the beginning of your journey. I think your own diagnosis is really the beginning of your journey. Because you start you identify with it so strongly that then you start to think, okay, now, what do I do? You know, do I want medication? Do I not what's working? what's not working? Oh, look at all of these things that I sort of already intuitively do anyway. You know, like, the I feel like I say this all the time. But I feel like the the diagnosis is is half of the treatment, you know? Yes. Yes. Absolutely. Yeah. Like I hear so many. So many of my guests say like, Oh, I'm not officially diagnosed. Is that okay? And I'm just like, Girl, you know? Yeah, I know. Right? And I'm diagnosed. Yeah, and I feel like that is so unfortunate. And yet so obvious as to why people with ADHD feel like they need to get that diagnosis. And because we have so little self trust, but at the same time, like we, we know ourselves so well, that by the time we get to the doctor's office with all of our paperwork, like, it's so clear, yeah, exactly, exactly.



Jess Keogh 18:25

So no, I definitely hear that I'm like, Oh, I'm nervous for my appointment. Because I'm like, What if he says, No, you're just really disorganized? Or you really



Katy Weber 18:35

are everybody. This is every I mean, that's the thing with motherhood, too. Oh, all mothers struggle, you know, like that feeling of like, oh, you're, you're exaggerating this, and it's really not that bad. And I think that's something that so many of us dealt with, especially mothers who were mis diagnosed with depression, or not even I don't know, if it's a misdiagnosis. But you know, for so many of us who were treated with depression and anxiety from from postpartum and that feeling again of like, Is it really that bad? Or am I just overinflating it and Exactly. Am I even struggling? You know, Is this normal for all that



Jess Keogh 19:10

questioning and as you say that the lack of trust because, you know, we change our mind on things and drop things like a hot potato, so it's like, his future Jess going to feel this way, you know, is, do I trust myself too? It's, it's, it's so it's so interesting. How we asked,



Katy Weber 19:32

absolutely, and I love, you know, the idea of like, present present just a future just I talk that way all the time with my kids and my husband about like, you know, and I wonder, like, I feel that very fragmented that way too. Because it's like, Am I setting myself up for success or as tomorrow me going to be really angry with what I have chosen to do with my time right now. But again, that feeling of like, I don't trust myself and I yeah, like you Like my, my interests and my direction could change on a dime. And I have no idea what's going to spark it or why or how I'm going to pivot but



Jess Keogh 20:09

yeah, exactly, exactly. It's so interesting. Even things like social organizing social plans and stuff is like, Oh, yeah, let's do this. Let's do this tomorrow. We'll meet up then. And then tomorrow comes in future, Jess is like, why did I make? I actually hate doing things?



Katy Weber 20:30

Right, the age old question, am I an introvert or an extrovert? I have no idea.



Jess Keogh 20:34

100% because sometimes I'm like, I'm 100% an extrovert. I'm so motivated. I'm so into being around people, I get energy from it. And then other times, I'm like, I'm so drained from people, I need to just go into my room and watch Netflix for like, three weeks,



Katy Weber 20:49

right? Yeah, I know, this is why I hate personality tests in general, because I feel like personality tests are always like, would you describe yourself as highly organized? Or would you describe yourself as a chaotic mess, and I'm like, I am both at all times.



Jess Keogh 21:03

Work, I'm the most organized person at home, I'm the most disorganized person like, I just can't choose.



Katy Weber 21:11

Yeah. I when I lived alone, in my, you know, I met my husband, we moved in together when

I was 27. So I spent like, you know, five or six years, living alone. And I was incredibly tidy and organized when I lived alone. But I because I was like, you know, I knew that if I left dishes in the dish in the sink, I would never get to them. So I would like wash my dish. As soon as I used it, and put it would put it away. And I was like almost thought I had OCD because I I also would like when I would unpack from when I would move all the time I would unpack my books, and I would like have everything be alphabetized by author's last name. And I've seen people with ADHD, like you look at their bookshelf, and they have like everything color coded or, like there's ways in which we get like super hyper organized. But then when I moved in with my husband, and he started putting books, he was combining all of our books together for the first time and he was putting them on the shelf. And he was putting them like willy nilly, not even like in the same direction. Like some of the letters were facing one way and some of the letters were facing the other way. And I just like I couldn't take I don't write I was like, you feel that pain. I was like, I don't know what to do with this. I just give up and I gave you know, and I've never I'm like I will never look at the books. You know, like you just shut down.



Jess Keogh 22:34

It's so funny because you're you do you do get hung up on that sort of stuff. And then your partner's, like, how can you be hung up on this stuff? When you leave all your crap everywhere? Like,



22:46

I just can't? Yeah.



Katy Weber 22:50

But it's like you said it's like that feeling of constantly being in a state of organizing, even though or, or because we feel so chaotic. I mean, it is it's just like it's you know, like they say with kids like shoveling snow in a snowstorm. Well, no, I don't know to involve me, Australia. But like, have you heard that phrase before? Have you heard that? No more snow? shoveling snow in a snowstorm isn't like shuffling deck chairs on the Titanic shuffling probably. Yeah, probably the same idea. Right. Which basically like what's the freakin point? Yeah. You know, and, and right. And so you throw babies into the mix, and then you're just like, yeah, forget it. I can't. I can't. I'm done. I give up. Yeah, yeah, totally. Totally. So looking back at your own childhood, what are some things about growing up that you look back and think? Oh, yes, of course, that was ADHD. How did nobody? Nobody? No,



Jess Keogh 23:51

nobody? No, um, I guess, definitely my report cards. You know, a lot of them were creative, but needs to focus has potential but needs to focus easily distracted. Needs more attention to detail, that sort of stuff. So definitely that I'm also just really getting quiet. I guess not upset but just just really agitated about being bored. Like, I remember my mom saying chess you're gonna have to sometimes get used to being by yourself and and not not having things to constantly do, but I just found that So, so painful and and when I would get bored, I would feel really even as a child, I'd feel really depressed. And just really like, What's wrong with me? I I just can't stand not having stimulation. I guess that that's what it was. Yeah, yeah. So I guess the report cards the pain from boredom. More of my symptoms, I think emerge, I think they were the main things, just thinking that I couldn't do things, and having difficulty doing things, particularly things like math and just thinking I was really dumb, but then excelling in things like English, like just things just not really adding up for me. And, and because of that, I just wouldn't try. And I just be like, what's the point? I'm



Katy Weber 25:22

really bad at this, I'm



Jess Keogh 25:23

not even gonna try because there was some sort of blockage there in my brain or something that I just couldn't organize my mind to do certain things like maths. And then I guess, you know, as I've gotten older, it's been sort of the impulsivity and the hyperfocus. That sort of taken over in terms of symptoms.



Katy Weber 25:46

Yeah, I think I remember when I first took the self test, I was so surprised at the ways in which because you originally took an adult ADHD self test from attitude magazine, that was for men and women, and I didn't, I didn't score, I think I scored like a 66% or something. But there were a lot, you know, because there were a lot of questions about physical hyperactivity that I didn't relate to, like feeling jittery and stuff. But then when I took the woman, one, it was so much more about impulsive shopping or balancing the checkbook. Things like, yeah, where I was like, oh, okay, I see this now. And then they were asking things like, Do you hate the idea of spontaneously having people come over to your house? Like, Oh, yeah.



Jess Keogh 26:37

Cuz I'm the same. I'm like, I love being stimulated. But then if someone pops over unexpected, I'm like, Can this place not be happening right now? Or if my husband invites people over that all songs is coming over this afternoon? I'm like, Why? Why didn't you do?



Katy Weber 26:52

Right? I think it has a lot to do with, like, masking, you know, and this idea that you can kind of, you have this public persona of being together. And if somebody finds out that you're a hot mess, yeah, then then that would be disastrous. Like, I feel like we all kind of have this feeling like we don't quite know how we're holding it all together, but we just holding it all together. And so whenever you throw something into the mix, if it's a baby, or you know, something, like you get into a fender bender or something, and then all of a sudden, you're just like, No, I can't handle it, like you feel like you are, you know, at the very, very top of your cup, and any kind of bump the waters gonna start to overflow. Yes, that's right. That's like, you know, having somebody come over and then having your house may be a disaster, or your toilets disgusting or whatever, you know, you're just like, Oh, my God, that's the end of the world. Yeah, exactly. In my mind, I remember my doctor asking me to about traffic. She was like, uh, you know, because I was like, I'm not hyperactive. I don't know what you're talking about. And then she asked me like, what, you know, how do you feel when you're stuck in traffic? And I'm like, I want to read the steering wheel out of the dashboard. I realize like, Oh, right, like, rage is actually a form of hyper activity. If you and kind of like a, it's almost like a combination of hyperactivity and impulsivity in a way. Right? So yeah, I was like, Yeah, I've got a little bit of that quick to rage ish. Boys at that time when I was a kid. Yeah, fine. What are some moments in your life where you feel like, looking back, you think you know that your symptoms were strongest? Or, you know, because I know, for so many of us, it was like, Yeah, I pretty much managed and then I had a baby and everything fell apart.



Jess Keogh 28:50

That's interesting, actually, because I feel like ever since having children, I feel like my symptoms have become more at the forefront. So one example that really sticks out to me, which is I actually thought this was a symptom of bipolar. One day, I used to have these big ideas, or I still have these big ideas. And and you know, one day I decided I'd come off maternity leave, or I'd gone back to work and I decided I want to take over my boss's business. So back in another lifetime, I worked in public relations, and I was an account director in a small agency, which I loved. And I had a been my bond. And I was

like, I want my own business. And I wanted them in there. And you know, my colleague who's who's now one of my best friends, and I decided, you know, we could do this, we could run this business together, it'd be amazing. We do our own hours. we'd run it the way we wanted. So at the time, my boss was actually a little bit complacent sent about her business. So it wasn't a completely far out ID. She sort of kept talking about how she was kind of over it was thinking of shutting it down. So I was like, Yes, I'm doing this, I'm gonna make this business mine. So, mind you, I was also working part time, I was working part time for her. I was studying psych full time. And I had a baby that was like, what, four months. So I where this business was gonna fit in. I'm not sure it just was. I was gonna make it work so so the night that I had this big epiphany, I was gonna take over the business, I couldn't sleep. I got up at 4am because I wasn't sleeping and I started texting my family, I was gonna do these. I walked to my parents house who were about an hour's walk away to tell them because it was too early to call them. It was actually like, it was like that scene in Silver Linings Playbook where Bradley Cooper has a revelation and he wakes up his parents in the middle of the night. It was hilarious. But, but they used to those sorts of antics, or it was okay. And then and then for the rest of the weekend, I put together my pitch, I did a big keynote presentation. I hyper focused the whole weekend on that. It was awesome. The pitch was awesome. The presentation was awesome. Monday morning came and my friend was like Jess, do you think we should just think about this a little bit more. And I was like, No, this is happening today. The thought of putting that off was painful to me. Like there is no way I'm putting this off. We're doing it right now. And we did the presentation and my boss was like, um, can I think about this? And eventually she said no, that she wanted to keep the business and and then I dropped it like a hot potato is like Okay, cool. Next ID you know, what was that? But I guess you know, there's there's other smaller signs, like, I've got probably, literally 100 books on my Kindle that I've started that I haven't finished, you know, I'm always doing courses. I'm, I'm doing my post grad site studies at the moment, but I'm also finishing my intuitive eating certification and studying another course in weight management psychology and trying to do another boost of business course. Like it's just I've always got things on the go. And there's always one relatively big thing happening. And if there isn't something happening, I need something to be happening.



Katy Weber 32:10

Yeah. I know, it's dizzying when you think about all of the different, you know, not only just like the different careers that we've had over the years. But also that's it Yeah, that's a like, I feel like I am always in the middle of getting some sort of certification, or, you know, or, like, you know, last week, I was like, you know, I hired this business coach who's helping me really just sort of stay on point. And like, her job is to remind me to just do one thing, you know, just do one thing, and everything else gets to go on this list. And like, you know, I

had to call her last week and be like, so I accidentally made a merge site this week. Oh, my God, you find those t shirts and stuff. I know. And I just was like, I just kind of fell down on this. I had this idea. And I was like, I can't not run with it. Like, I have to do it. And then you know, whatever happens happens. And I emerged at the end and was like, Oh, no, now I have to tell my business coach that I spent all this time doing this.



Jess Keogh 33:16

But I that is awesome. And bait are reckon that's where all the good ideas come from when you just go, Oh, this is my idea. I'm gonna push through it. I'm gonna say it to the end. And then if it's if it's crap, then cool. We'll move on to the next one. Like, we don't have those attachments to ideas like other people do. Like, you won't



Katy Weber 33:33

have to bring point. Right? Yeah, we just we're just throwing shit against the wall. And whatever sticks. Definitely. That's true. And you know, the one thing good thing about having grit like, that is like you said, like, if it doesn't work out, you just move on whatever, right? Like I I don't dwell on anything. I don't dwell on relationships. I don't like I I can ruminate for weeks about something. But like, I don't dwell there's a difference. You know what I mean? Yes, definitely. Now, and I think that move on quickly. Yeah. Yeah, I know. And it's such an emotional roller coaster because like, we talked about this, and it's like, yes, like, you know, we're talking about this. I'm like, yeah, this is the superpower part of ADHD. And I understand why people are always talking about how it's a superpower and I love it. I love everything about it. And then you're like, oh, but then there's the grief. And then there's how much I struggle yet. What do I do with all that?



Jess Keogh 34:32

It's so true. It's so true. And just the contrast between your productive self and your switched on self. And then the other self that's, that is a bit disorganized and that can't figure some things out. Like there's just that disconnect between the two selves that I find hard. It's a it's a bit of a roller coaster,



Katy Weber 34:55

and also, not only that, but then realizing that the The excitement, the thrill is in creating things. And so once they are created once they are completed, you're no longer interested in Avon, right? Oh my god. Right. And it's so frustrating because I just sort of made this

connection recently, where I'm like, No wonder we all have such terrible self esteem. We don't take any time to appreciate anything we've done, because that is not exciting to us. It's the it's the chase, and the creation. That is exciting. But then the minute it's done, and somebody is like, you did a good job, and you're like, yeah, yeah, whatever. You're moving on.



Jess Keogh 35:35

You've just and you've just spoken to my thoughts. Like, that is so true. You've hit the nail on the head with that, I will do something and my one of my best friends will go, oh, my goodness, that's awesome. I'm like, yeah, next thing, whatever. Right. We recently sold our house, and everyone's like, Oh, that's amazing. I'm like, Here corner, we're gonna buy one. It's like, I don't care. What's the next thing?



Katy Weber 35:59

And it's the same. Yeah, I think it's the same thing with just general compliments. You know, like, somebody can tell me, I'm a good mom over and over and over again, I'm not going to believe them. until I figure out like, I think I'm a good mom. But I, you know, it's like something about people's compliments mean nothing to me. There's just like, this mental block. That's actually really interesting. Yeah. And so I'm curious if it's the fact that like, feeling accomplished, it's, you know, I think it's the fact that To be honest, it's more exciting to be depressed, like, it's, it's more exciting to be what's the word like, angsty?



Jess Keogh 36:41

You know, and then it's not exciting to us to be fulfilled. So, it's, yeah, it's just that stimulation, whether it's slot, whether it's good, or whether it's bad, it's that stimulation for us. That is rewarding, I guess.



Katy Weber 36:59

So I also want to talk to you about dieting, because, you know, we've we've, we share so much in our work about our own history with dieting, and body image. And I feel like I again, like had so many light bulbs, about, about diet, you know, and then all or nothing mentality and, and why I did what I did over the years, and why diets appeal so much. Yes. to you to our brains. Yeah. And that idea of like, oh, my goodness, my whole life is out of control. The one thing that's going to fix everything is if I start weighing and tracking and counting, and, you know, working on losing weight and all of that stuff. And so I'm curious

now looking back with an ADHD lens, you know, what, how do you feel about your own history with your body image and kind of what revelations are you?



Jess Keogh 37:50

I feel like? I feel like a lot of it could be explained by this. I feel like I was, I can't actually remember when I wasn't on a diet or a diet plan, or something where I would write something out or track my food or have some sort of control over what I was doing with my body. because it gave me that sense of control in in so much chaos, I think. I also think, because I did struggle a lot with bingeing a lot. And I, I'm wondering if that was because I couldn't handle boredom, you know, and things like eating in the car and things like that when you're driving. You know, I used to do that a lot. Because I can't be in the car. This is so freakin boring. I can't just be in the car. What else can I be doing? And now I listen to podcasts and do things like I don't know I want to drink as much water as I can or whatever. There always has to be some goal while I'm doing something. But eating and that I guess the dopamine rush you get from bingeing and that I think that explains a lot of that as well and that I needed to be stimulated and and I couldn't just be sitting there driving. I had to be getting a huge hit of dopamine somewhere. Does that make sense?



Katy Weber 39:12

Oh, absolutely. Yeah, when I'm when I'm long distance driving by myself, I always have to have usually I'll buy the biggest bag of baby carrots I can find and, and a couple bags of popcorn because I need to constantly be eating and I need to constantly be crunching. And I sort of always thought it was like to keep me focused, you know, to keep me awake and focused on the road. But if I had anything more substantial, like I would get so like my stomach would hurt so I was like I need to find something that's empty enough that I can continue eating it throughout this six hour car ride without feeling like I'm gonna puke.



Jess Keogh 39:47

That's so interesting. That's so funny because I went through a stage I've had many stages where I where I was like I'm gonna do in Australia we have this thing called crunch and sip the kids at recess at Sort of morning tea where they have to bring vegetables or fruit to school. And they, there's a set time for them to edit to increase their nutrients. So I was like, I'm going to do crunch and sipping my coffee, I'm just going to vegetables, I'm just going to hate vegetables to keep me from getting bored. And that lasted literally a day. And then I dropped.



Katy Weber 40:21

But it is interesting to looking at it through this new lens and looking at dopamine and how food and dopamine how what that plays in our lives, especially as dieters because I always felt like bingeing was a symptom of the deprivation of dieting. Right? Yeah. And that was sort of what I believed that was what I taught my clients and I still do to a certain degree. But I also realize I'm also much more in tune with kind of like, what when am I eating and why, like, I noticed, since we've been doing so much remote learning that like, as soon as I get off of a call or a zoom call or anything that's like really socially intense, I immediately go eat food. And I was like, that's right. Well, I was like, No, I think it's really calming. I mean, I think that is, you know, food is a really simple, easy way to boost your dopamine and get that calming feeling. And so I often wonder, because I was a nighttime Bender, that I think that there's something about food just like alcohol that you like, you're like, this is a great way for me to calm down my brain. Yeah, but then at the same time, because you're a dieter. Yeah, if you start eating food, and you know, you shouldn't, then your brain starts getting ramped up with all the guilt and shame. And then it just becomes like, you're on this hamster wheel of like, I'm trying to calm myself down. So I'm going to eat more. Yeah, there's sort of like that reptilian part of you that wants to calm yourself down. And then there's the diet part of you that's like, this is a terrible thing to do. I'm getting all worked up over it. So I don't know what I think anymore. Honestly, I have no idea because I feel like the concept of binge eating, especially since I know I now know how common it is for women who have ADHD. And I feel like there are so many factors at work. I mean, you think about just the inattentive ness with which we write. So I've really had to reevaluate intuitive eating. And, and sort of what I've struggled with, with intuitive eating, because I've really have struggled in in secret for all of these years as being a body positive being haze, really sort of, you know, politically and philosophically, really, really aligning with anti diet philosophies, but at the same time, always feeling like I was a failure at intuitive eating because I can't tune into my hunger and fullness in a way that like, I still felt like I was doing it badly, you know, and I realized, you know, that's sort of the catch 22 with intuitive eating, you can't do it. Yeah, yeah. Yeah. But I also sort of felt like I wasn't happy. And that was something that I really struggled with for a long time, which was like, I'm, I feel like I've supposedly found this freedom. I wrote a book about freedom. Yeah, but I feel free. And, and so like, I just feel like this diagnosis has thrown everything up in the air. And they're like, I'm, I'm reevaluating so much, but I'm especially reevaluating, like, why do we binge eat? Like, what is that the dopamine? Is it stimulation? Is it all of the above? Is it deprivation? Is it all like, there's, I don't frickin know, like, there's too many factors.



Jess Keogh 43:46

I feel like, I feel like if you're dieting, you have got that deprivation and you are going to be in jail. That's just what's going to happen, because that's what happens with restriction that's gonna happen. But then I think as you say, there's a lot more other things at play. Like, for me, I would the propensity for me to binge will be huge, because I'd be restricting. So that was a huge part of my life. Now, I've stopped the restricting. I wouldn't say that I would binge anymore. I would maybe ate because I'm bored though. So I wouldn't necessarily be binge eating and starting tomorrow, because that's what grew from my deprivation. It's more, I'm really bored. I need to do something. I'm going to eat something. And, you know, sometimes I catch myself and go, Oh, you're not really hungry. Just what else can we do to occupy our brain? But sometimes I'm just like, Yeah, whatever. I'll just say something. You know what I mean? Like not putting too much pressure on



Katy Weber 44:43

it. That's a really good distinction. I shouldn't even be calling it binge eating because it's true. Like I've I often say that you know, binge eating is more about how you feel while you're eating than it is wasting. And so I very quickly when I left dieting, I stopped binge eating because I no longer felt guilt and I no longer felt like I needed to wake up the next morning and start fresh. Like you said, the binge eating was not was gone in that sense of like, Oh my god, I can't stop myself I'm so out of control. I feel terrible about myself that was stopped. Yes. But there was this feeling of like, I, I like to eat beyond fullness, because I like how it feels, you know, like, there's something about eating fullness that feels good. And why does that feel good? And what is that? And, and, and then I have to unpack all of the sort of underlying societal guilt and shame with that, you know, like, and, you know, all of the messages that you receive over your life as a woman that you're sort of like, Oh, well screw that. I'm going to do it anyway. And but then, but then at the same time being like, Well, yeah, but I also feel terrible. And unpacking all of that sense of like, Okay, what am I doing? That's is this for my health? Is this for my size? You know, all of those questions that you have to ask yourself in diet recovery anyway. Now I'm like, Oh, I'm overthinking frickin everything.



Jess Keogh 46:05

Yeah. Why not? Because that's what we do. Yeah, we do. We do. We do. And it's really hard to deliver a straight answer, because there's bringing in all these factors. And it's just like, Oh,



Katy Weber 46:16

yeah. And then you did like Google ADHD, nutrition. And it's a, it's a mess. Because all of a sudden, now you're getting all of this, you know, all of this information about how your what vitamins and supplements you're supposed to take and how you're supposed to do this and avoid sugar and all this other stuff. And I'm like, you know, you don't, I don't want to get pulled into that diet mentality of like, Oh, I have to do all of these things. And I have to do 150% for nothing. Yeah, exactly. Right. really appeals to that diet or mindset



Jess Keogh 46:44

does. And I think we can also trick ourselves into going, Oh, this is a this is the sort of thing we should follow for ADHD brains. Okay, I'm going to do that, when really, it's probably because we're sort of focused on wanting to get back into that dieting mentality, because, you know, that's where our brain goes all the time. And it's hard to sort of get away from that.



Katy Weber 47:05

Yeah, or just, you know, to fight the chaos like this is what is this is finally the solution to all of my problems. You know, this is how we always feel about things, we get so excited. So it's like, oh, my goodness, you know, fish oil is suddenly going to be the thing that karma figures out everything, you know, and, and living on this planet long enough to know that, okay, this is not going to be the solution to all problems. But at the same time, you know, I also like to geek out about the science of certain supplements and what they might do for my brain. Yeah. Oh, my God, it's exhausting. It is exhausting, isn't it? It's golf. Yeah, I know. And I see so many women in ADHD, Facebook groups who are struggling so much with, with dieting and body image and binge eating and desperately wanting to lose weight. And then it's like, you get 80 answers from other ADHD women and it's who are just like, Oh, well, have you tried melatonin? Oh, have you tried? You know, you have to do that, oh, you need to intermittent fast. You need to do this. And it's like, oh, I paleo or keto. That's the other one, where it's like, oh, that's gonna solve everything. And you're just like, Oh, my God, this is like, Ah, it's like, yeah, it's just so tiring and exhausting. But I also sort of feel like, it's still a puzzle to be figured out. Like, I still like I can't stay away, you know? Yeah. Great. Absolutely. As I still feel like, I'm, I'm fascinated by solving this puzzle. Yes,



Jess Keogh 48:42

yes. Yes. And I guess that's difficult when there aren't, you know, specific answers. We can't find the specific answers. So we constantly want to try and find them.



Katy Weber 48:54

Right. Yeah. Yeah. I think that that's why Yeah, that's why our personalities are so driven to solving puzzles, because nothing is more of a confusing puzzle than ourselves. Yeah, yeah, exactly. Exactly. So true. Though, I asked my guests this, but I, I asked my guests, if they could rename ADHD to something else. What would you call it? I'm not sure how, if you feel like you've got an answer for this, because I feel like it's so new for you. I do. I do. You do. Right. I'm studying for my test. I mean, we're craving for sure. Yeah.



Jess Keogh 49:32

I have come up with dynamic attention and activity spectrum, because I don't want to call it a disorder because I think that promotes stigma and that makes people shy away from getting a diagnosis. And you know, it is dynamic, and it does have to do with attention and activity, and it is a spectrum. So there's landside dynamic attention and an activity spectrum.



Katy Weber 49:56

I love that and I love the fact that you chose something And I was like, Oh, I should have known, of course, you've got a psych background. Because I think that's something that has been really eye opening to me on my own ADHD journey, which is just the connection with with all of the different neurodivergent brains and diagnoses and how much they overlap. And you know, and how I feel like I am part of this much bigger, diverse community that includes autism spectrum, and and do you know that there's like, I feel like there's so many different thinkers and we all kind of fall into this jumbled mess. Yes. But I just like that, you know, I think spectrum is such a great word for it. And I love that we all kind of are finding our place somewhere within that large spectrum.



Jess Keogh 50:51

Yes, yeah. And it looks different, I guess, for so many people. So you can't really pigeonhole what it looks like. It's different.



Katy Weber 50:59

Right? And I also, I wonder when I tell people, because I'm so open about it. Now, you know, when I tell people like, Yes, I was diagnosed with ADHD, I'm quite curious, like, what do they think that means? No, because I had so many misconceptions in the beginning.

And and so I'm always wondering, like, do they could they obviously have no idea what I'm talking about? And they don't have two hours to listen? And on and on about executive function and hyper focus and emotional regulation and RSD? Like, you know, so what are they? How are they just like, well, you don't seem hyper to me? Yeah.

 Jess Keogh 51:35

I'm so with you on that. Because obviously, I've been blabbing this to everyone. Now that I've diagnosed myself. And I'm like, What do people think? And a lot of the answers I get back is, what do you think of that? And I'm like, I don't have an hour and a half to explain to you why, believe me. Google it. And then I also think our are always think our people will think that I'm over exaggerating, or just throwing a diagnosis around, you know, I often think that, but

 Katy Weber 52:09

or the everybody has, you know, everybody's a little ADHD, it's because of our phones.

 Jess Keogh 52:14

That's what my mom says mission like, okay, everyone's a little bit like that. I'm like, No, mom, that's not it.

 Katy Weber 52:21

I know, right? Yeah. Do you think your spouse has it? Are you are you like over analyzing everybody in your life? Yes, I

 Jess Keogh 52:28

am. I am diagnosing several people. But my husband definitely does not have it, although he cannot relax at all. But yeah, I don't think he has it. Alright, so

 Katy Weber 52:39

let's talk a little bit about where people can find you. Because you do such amazing work. And I highly recommend anybody if you're, if you've gotten through this episode, go listen to just on the Hello body podcast, I will actually put a link to it, because that's another

fantastic conversation where we get into a lot more detail about what you do, which is amazing. But quickly here, like where can people find you? And yes, and reach out to you.



Jess Keogh 53:08

So probably three Instagrams the best bit, and my handles at the body positive au.



Katy Weber 53:14

I love talking with you. And



Jess Keogh 53:17

thank you so much. And thanks for opening my eyes up to this potential thing that I've been living with.



Katy Weber 53:23

It warms the cockles of my heart because like so much, I think, with so much of our own diagnosis is that feeling of like, Oh my goodness, I feel like a lot of women might be struggling with this and have no idea because I had no idea. And so there's such a huge advocacy element to wanting to spread the word and wanting to explain this in a way because nobody ever explained it to me, I didn't understand that we all seem to have the same misconceptions about it. And and once you sort of make those connections, there's that desperate feeling of like, I want to help as many people as possible. So it's very rewarding to me that I can actually talk to you and feel like I'm like your sponsor. Yeah, you are my sponsor. Definitely.