Taucha Post: Yoga and Post-it® Notes

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SPEAKERS

Taucha Post, Katy Weber

Katy Weber  00:00

So I have, gosh, where do I want to start? Because I feel like I have so many different questions for you. But I will start with what how I usually start with guests, which is, you know, asking you about your own personal diagnosis. You were diagnosed three years ago, right?

Taucha Post  00:14

Yeah, yeah, something around that. I'm 35 now. Yeah, so a little like three and a half years ago. Yep.

Katy Weber  00:19

Okay. And kind of what led up to you thinking you had ADHD? And what led up to the diagnosis itself?

Taucha Post  00:29

Yeah. Um, so for like pretty much my entire childhood. I felt a little off like I felt like things were like different for me than for other people, but I could never pinpoint it but I just had like my whole childhood thinking like, everything's harder because like, I did not do well in school for such a long time. And I didn't start doing well in school until pretty much I gave up any other facet of a whole complete life. Friend, you know, all I did was study that is all I did. And so and that's the only time I started doing well in school and I couldn't really like like, watching my peers like be able to balance like having friends having a social life and doing well in school just baffled me. I did not get it, like it was like this huge mystery. And, but I had no idea other than, like, I had no idea what could possibly be wrong. So but I just had like this, this vague feeling of different this. And then I started you know, I went through university and grad school and started working. And I got, um, I guess the only way I could make sense of like my life because I always felt down but I had good grades. The only way I could make fun of making sense of it and reconcile with it was that I was just a dumb person who worked really hard. Like I thought I overcame my stupidity by by working hard, like that's the only way I could make sense of like the patterns I had seen. So I went to work, it was tough, really hard to keep up. Really the boring admin stuff like scheduling my appointments with my clients, getting to those appointments on time, keeping up with my notes, all the boring stuff was really really hard. And again, nobody else
seemed to have that much difficulty with it. And I thought initially it was just that I was a new clinician, but then the clinical stuff got easy like seeing the clients preparing for appointments, then you know, getting good conclusions, blah, blah, blah, and good recommendations, but all the admin stuff stayed hard. And I had an assistant who worked with me, her name is Sarah and she’s a very, very good friend of mine. And she had worked with other speech therapists before me and had made comments to me about weird things that I did that she’d never seen anybody else do. Um, and so so um, I know like kind of put back on my radar that Yeah, okay, like I’m I’m not I’m not really quite normal like they’re still I got back to like that I’m, something’s different about me, but I don’t know what feeling. And then, you know, CBC Radio, of course, because you’re Canadian. And we had a there was a show the current playing this one day on my way to work on their interviewing there. It was just an episode on women in ADHD and about why women with ADHD get diagnosed later and usually what circumstances are usually diagnosed in which is usually that their son is going through the process getting diagnosed, and they’re like, Oh, sounds like me. And so I was listening to this episode, and I was like, Oh my God, this woman sounds exactly like me. Like she was a journalist. She had a good career she’d always done well and work but always felt like she kind of had to hide like her struggles. And she just kind of described like, what goes on in her head and all this kind of stuff. And then I was like, this sounds like me, this is crazy. This I had never ever considered ADHD at before that point I just had like this different this feeling so at issue was the first time that I came across, in my mind, but I thought that maybe I was just I was just making it up in my head for like an excuse. Like, I just wanted a reason, like a way to explain why stuff was hard, or why I’m lazy or why I’m stupid. Like, I just wanted something outside of me to make sense of it. And but then I was going to an appointment with my colleague, Sarah, the my assistant, and she’s like, Hey, did you listen to the current yesterday? And I was like, yeah, and she’s like, that sounded a lot like you. I was like, Fuck, totally right. So that was like such a liberating feeling because like, it was, I like I was like, it felt really nice to have somebody who has like no, no agenda, no other reason to look for an explanation other than She observed objective Lee observed my behavior and noticed the similarities between somebody else with a diagnosed problem. You know, like I wasn’t making this up. It wasn’t a scapegoat. I wasn’t looking for excuses. This is somebody else who has no. You know, like no food, like, she had no, no reason, no agenda behind just telling me what she thought. And that was really, really nice to hear.

Katy Weber 05:27

I think the nice thing about that, too, is the fact that we so often get met with like, Well, everybody does that. Or, you know, that’s totally so relatable. So here’s somebody who was close to you who didn’t say, wow, I related to that she thought of you.

Taucha Post 05:41

Yeah, yeah. She wasn’t just like, Oh, yeah. Isn’t it like, I feel like that sometimes. Like, she was like, that was you. That was you? Like, yeah, but even so it took, I mean, even after that, I think it took me like, another three or four years before I actually got diagnosed. Because I think, I think I was again, sorry, I did start looking into it a little bit more like eventually, I like read a book. And I listened to same podcasts. And I was like, yeah, this really does sound like me. But then I’d go through phases where I was like, I’d have like a good couple weeks. And I was like, then I would like, think like, Oh, those past couple of weeks, were just because I was having a hard time or because I was going through this point of transition, or because I got a new caseload. And it was just more on my plate or whatever. Like I could rationalize away things being hard before when I was doing well. And then when I was doing bad, I had no energy to do anything about it. So I didn’t know where to even begin finding professionals to get me a diagnosis I like everything about it sounded so tough, like I like having, you know, you know, like, just like so many steps. Finding the clinicians getting the money to pay the clinicians filling out the paperwork, being on the waitlist, following through with whatever appointments they forced me to go to, because you don’t really have a choice, when you see a specialist, you just need to work around whenever they say they’re going to see you. And I just like all of that was just, it just seemed like too much. Um, but it was getting to a point with my work where I was just not functioning anymore. Like
I just, like, even my like, I couldn't hide it anymore. Like before, I could always kind of like keep it under wraps. I had this like facade of confidence, this facade of capability. And underneath, I was just like, weeping, I was just a mess. Like I was just like, had this constant state of like, low grade nausea. This constant fear of being found out like I would get like, like, my boss was the kindest person ever. But if he like asked to see me in his office, I'm like, I'm done. I've been found out better pack up my desk, this is the end. And it was just like this constant state of fear. And it got to the point where my colleagues were asking me if I was okay. Like I am noticing you've been really bad lately, like, I'd be crying at my desk. Because I'd be overwhelmed from the number of notes I needed to write by couldn't find in my schedule a time where I could sit down and write them. Or I'd have like, clear my schedule, not book any appointments and be like, today's the day I catch up on notes, and then get distracted by like my filing cabinet for the entire day. Like that's the important thing to do. Like, what the hell am I doing and just beat myself up at the end of the day, because the thing I had planned to do that was causing all the stress, I still couldn't make myself do. And it was just just wearing away on me. And there were like points where my husband would he wasn't my husband at the time, my fiancé would be really worried about makes him and I work together. And he's like, you can't go to work today. You're a mess. You need to just rest. And so I'm like, This is bad. There's a lot of people who are seriously worried about me, I should probably get some help now. Like really fast. And thankfully, I had had, I had a friend who was an occupational therapist, who also thought she had ADHD. So she had been like looking around for resources. And she found this pilot project in North Van of an adult ADHD clinic. And it was paid for. It was like already, it was funded by public health. And it just had a waitlist of like two months. And I'm like, Alright, this is my chance. This is that was the only one in Canada. And it just happened to be where I lived. And I'm like, if there was ever a time where I'm actually worried, like, enough of the steps have been minimized that I can do this. It's right now. So yeah, I got my diagnosis and the rest was history. No, it was a big process.

**Katy Weber 09:54**

I know but it feels like there's so much serendipity in that whole process for you. Because like You know, I felt like you know, when you get to that point where you're like, people are worried about me, I need some I need to do something I need to take action. I can't stay where I think that's where like 99% of us get misdiagnosed with depression and anxiety and early on that route. And so I you know, I think I've been thinking so much about my own history with depression and anxiety, my own history with medication, and how much of that you know, they talk about it like it's a comorbiditity, but it's more than that, like it's, it's, it's, it's like the accumulation exactly, like you can't have one without the other. So much of it comes back to being undetected not being diagnosed. And like, you know, I've I've so often said, like, I feel like the diagnosis is the treatment for a lot of us. Yeah, in that. And not to undermine medication and all the other ways in which we really need to structure our lives around this diagnosis. And, but I feel like so much of the healing just comes from the knowledge of that diagnosis itself.

**Taucha Post 11:01**

Totally, yeah, you're totally right. Actually, I never really thought it, I think the thing is, is, is I still owe a lot to that to that episode of the current where they talked about ADHD because that's what put it on my radar, like if I had because I would have gotten to that point of like, falling apart whether I knew about that or not, but because ADHD was already on my radar, I was waiting to get a diagnosis for ADHD, I had been researching ADHD and I knew it fit me. And if I hadn't done that, I would have just gone to a psychologist or psychiatrist and gotten a diagnosis of anxiety or depression. And that would have been the end. And I'd still wonder why the heck everything's so hard. You know, like, I've got all my answers. I have depression, I have my meds. Why is this still hard? x because I would have had just one piece.

**Katy Weber 11:52**
I think there was probably a subconscious part of you when you heard that, that episode, that like realize that this is what you needed to do. It's like you saw subconsciously you saw the solution. And that's when it started to everything started to break down because you weren't taking action. You know what I mean? Yeah,

Taucha Post  12:07

isn't the body funny like that, like, that's funny, because it's like, oh, you're not gonna take care of yourself, you're not gonna slow down, I'm gonna make you, you know, I will make you so we're breaking down now. And I will not be repaired until you get the right help. Man, I'm gonna sit here until you figure this out.

Katy Weber  12:29

So much. So much of the work I do, too, is in the is in the gut. And you know, following the gut, and I work a lot with like preteen girls, or at least I did before that I haven't done anything since the pandemic, but I was working with preteen girls about, like the importance of that, that other brain, you know that there's a brain down here, and it never lies to you this brain? It lies a lot. Yeah, you can't trust it all the time. But the brain always tells the truth. And so like, how can you tune into that brain? And so I feel like you know, a lot of the that's one of those things on this long checklist of like ways in which I kind of intuitively started coming up with hacks to deal with ADHD before I even knew what to call it, or even what it was. Yeah. And now I'm just like, Oh, my God, that voice is so strong in decision making. Yeah. And I give it the the props it deserves now. Yeah,

Taucha Post  13:18

that's awesome. Yeah, you're totally right. I think that things probably Yeah, fell apart. Because my brain has something deep down really didn't know that this was the answer. And now you need to act on this. Yeah,

Katy Weber  13:31

I totally relate to that idea of feeling like something was wrong. Throughout my Yeah, I often had said like, I think I had an undiagnosed learning disorder. And so I was often like, I related a lot to some of the dyslexia literature, which is interesting. You have dyslexia, right?

Taucha Post  13:46

I'm not officially diagnosed. But I'm like, looking back at my report cards when I was getting diagnosed with ADHD and being a speech therapist and learning about literacy development. I'm like, Oh, this is why, like, my learning to read didn't look like any, like a typical trajectory of learning to read. And, and I have all the other things like the left and right, that's very much a dyslexia thing that struggles with left and right and any of every other aspect, but not officially, but I'm very convinced I'm dyslexic. Well, even

Katy Weber  14:15

just the regrading of paragraphs over and over again, and having a you know, so many of us struggle with the idea of like, you get through, you get to the end of the page and realize you were thinking about everything else, but what was on the page, but you were still reading it. Yeah. And that's such a common thing with ADHD. And I think, you
know, I didn’t know you know, I had such a difficult time reading and focusing, especially in university, and you know, I had that same I had that same experience where it was like, the only way I’m going to get through this and graduate is if I sit in the front row center of every single lecture, and like I devote my entire life to studying, you know, and that was the only way I could do it. So I meant to go back to that and say, I totally related to that idea of like, how can people socialize and go out and drink And then get up the next morning and go to their classes like I’ve just seen just

Taucha Post 15:03

as well as me. How do you drive me crazy?

Katy Weber 15:12

I know, right? It’s like I Why am I the only one who’s talking over God? Yeah. Oh, yeah, that’s a great way of describing when people talk about like how we have to work 10 times harder than anyone else to do the same thing. That’s what I think that’s what I think of of like, I had to, I had to give something if I really wanted to achieve, I had to give it absolutely all I had, you know, I really had to pull myself up by the bootstraps. And so those are those moments where you realize, okay well, I can do it. And that’s when you start to get down on yourself when there’s these moments of, you know, not being able to do things, and then you feel, you know, you’re like, I know that I can be productive. And so yeah, I’ve said before, like, I feel like my entire life, it was just this trajectory of laziness and failure. And I would have these brief moments where I could pull myself together to get things done, I wrote a book, you know, I’ve graduated I, when I did go back to university, I ended up on the Dean’s list, because I had no other life, except for this one thing. And, and so these moments of like, I can get my I can get my act together, but I have no idea like, what factors lead me to actually do those things. And so yeah, you know, you generally feel like your default state is laziness. Yes. And, and why? You know, so many of us have such a hard time with rest, you know, because we feel fundamentally lazy. And so I wanted to talk to you about that, because I feel like yoga is so I mean, yoga is one of those things that I discovered in university. And yeah, it was like, euphoric. And it’s been part of my life for so long. And then I got my teaching certification. I started last September. And so halfway through the certification, we ended up having to go remote, finished the last certification remote. And it was, it was interesting to me, because it just brought so much home in terms of like, my own relationship with rest, and how I had such a difficult time. being okay with it, you know, before my diagnosis, and I think now, so much of my self talk has changed. Yeah, in terms of like, why I need to rest and be like. Well, no, you’re you’re crashing, because you just spent like three straight days researching, you know, monolithic prehistoric structures in Scotland, or whatever it was, you’re hyper focusing on that data. So like, I, I feel like my relationship with rest has changed drastically since my diagnosis. So I wanted I don’t know what my question I think I want to talk to you about yoga in general. And then how, you know, what is your relationship been over the years pre and post diagnosis? How did you discover it? What is it? How did it become such a big part of your life?

Taucha Post 18:15

Well, it started so I’ve been practicing yoga for about 15 years now. I think I started when I was in my second year of university. And I was a mess. Because I, you know, like, the way I adapted in high school to get good enough grades get to university was to just work my ass off. And then in university that goes up, like tenfold. So I wasn’t eating, I wasn’t sleeping, I had lost so much weight because I just was not eating. And my and it wasn’t like an eating disorder. It was just like, I don’t have time I have shit to learn. I cannot take a break for food. It was just such a waste of time in my head to eat or sleep. And my dad. My dad was like, you should probably try yoga. You need to calm the hell down. And I was like, why yoga? Like in my because I was. My family is very my dad’s like this stoic German. And we’re like, very science based. And you know, like, we’re not touchy feely. And to me, yoga seemed like a very touchy
feely thing. So it was super weird to me that my dad would suggest this super odd, but because he suggested it, I was like, there must be something to it then because if my dad is willing to believe in touchy feely stuff, there must be something to it. So I started going, and, you know, honestly, it wasn’t it wasn’t like a huge breakthrough type. Like it was like in the basement at the University of Welsan is carpeted, weird area. It was a super weird atmosphere. It was odd, but it was actually the first time I had carved out an hour of time to myself and kept it to time to do something other than study that move my body and made me breathe. And that made a big difference in itself. And then I moved to Vancouver, and Vancouver and Canada is like the yoga capital of the country. And it was just kind of I kind of started taking yoga in Vancouver, like in just, you know, like when in Rome, like I might as well just fully dive into the West Coast stereotype. So I did and yoga over there was like, there was a lot more theory to it, there’s a lot more philosophy to it, there was a lot more emphasis on the breath, and, and, everything else. But I was still coming from a very skeptical perspective. So for the longest time, it really was just exercise. That’s all it was, to me was just exercise. And then, but I happen to be good at something like the challenging poses are imbalances and stuff, which was super fun, and nice and competence building for me, which was important because I had no confidence. I was pretty convinced I was pretty shitty at everything. And it was nice to have something that like, I thought I was good at. And then I did my time. This is a big tangent. This is not an easy answer. This is a whole tale.

Katy Weber 21:23

This is really interesting to me. Because I was thinking like I’ve often said, like if I wasn’t naturally flexible, I never would have stuck with yoga, because I tend to have that relationship with things. Like I’m not immediately good at them. Oh saying yeah, I dropped them. And so I’m you know, and so so many people who are like, I’m not flexible. I don’t like yoga, and you’re like you’re actually the person who should be taking Yeah, yeah. So it’s interesting. I’ve never made that connection before of like, how important it is to feel good at things. Yes, when you have ADHD because yeah, often feel

Taucha Post 21:54

so bad. Yeah. And it was nice to feel, you know, like a natural like, I know, because now my understanding of yoga is so much deeper, I realize how inaccurate that statement is to be a natural at yoga, because there’s so many other facets, but to be good at the physical practice helped me build some confidence. And it again helped me carve time into my schedule that was really just for me. And then I did my masters on mindfulness and stuttering. So I had a case study, and I did mindfulness practices with for my master’s degree. And that was my first introduction to mindfulness in a way that broke it down in a in a in components I could understand. And that’s when I started actually taking a look at the other aspects of yoga and understanding that it isn’t just exercise, actually, that’s a very teeny tiny part of yoga. And yoga as a whole is really a whole lifestyle. And then, so I that gave me more respect for the other, like fluffier aspects of yoga that I always like rolled my eyes at before. And then I and then I started learning about ADHD. And I learned about the benefits of like, bringing your attention back to the present moment and making time for exercise and creating self awareness so that you can feel your emotions starting to bubble up before you act on them. And realizing like all of the stuff that they were talking about is like holistic, non medicinal ways to manage your ADHD. We’re also all the pieces of yoga, and Eve and then and then I decided to do my training, which then just confirmed to me all the things I have getting an inkling of all along. Because in yoga, there’s like the eight limbs of yoga. And the first two are just the first two limbs. So there’s different pathways to like a yogic life to being like enlightened as they would say, I guess, which can mean whatever to so many different people different things to different people. But the first two limbs The first is yamas, which are restraints and how to behave with others and yourself and then the yet the next one, our observances is how to have self discipline so relevant and resonated so much with ADHD like the very first fundamental one is Ahimsa, which is non harming. And the the only way you can not you need and that’s not even just not physically hurting people. It is not mentally hurting them, like not mentally hurting yourself. Like that’s, I mean, like so much of managing, like CBT cognitive behavioral therapy is about being aware of your thoughts and noticing what’s true and what’s not. And how they’re hurting you like that’s
a hint that’s non-harming. Yeah, and the, in order to observe like an order to behave kindly and patiently with people around you as to make sure that you’re also coming from a place of kindness. And Ado shares are so good at beating themselves up and we are so good at punishing ourselves so good at it, because for the longest time, we think that that’s the only way we can get our asses in gear to do freakin anything. And the only way we’ll learn any lessons, you know, like the only way I’ll learn from this is if I hold it over my head forever. So if I ever doubt that I don’t need to write this down, or I don’t need to whatever, I have this proof to show me what a mess up I am. You know, like it’s so mean. But we do it. And in yoga, like I said, like the very first thing they teach is Ahimsa, non-harming. That’s the fun, everything else is based on top of that. And then next is Satya, which is truthfulness, which is being not just not lying, but knowing who you freaking are, and showing up as the same person, no matter the context. And ADHD years, we are so good at masking, because we think we have to hide. So we think that we have so much that is not being ashamed of. And then when we hide that we’re not being truthful, that’s not Satya. So when I did my training, I was just like Mind blown after mind blowing its situations and like, this is so relevant to ADHD, and so many ridiculous ways. We need to know. Yeah, like, so that’s why, and that was only like, I did my training and from 2008 to 2009, I’m sorry, 2018, very recent, 2018 to 2019. And the whole so I was like I had my diagnosis by then I had more information about ADHD, I had more information about strategies. And then to see how at how yoga fit into all of that just blew my mind, day after day after day after day.

Katy Weber 26:47

Yeah, that the niyama that was that I related to the most was sent OSHA, because that was another that like, I had so many mind blowing moments with that one, but just in terms of, you know, contentment, being at peace with what is and accept, you know, like, just like total acceptance, which I think is so important to me in my you know, I incorporate yoga a lot with, with my clients in terms of just body acceptance, and kind of bringing yourself back to the body and just reminding yourself that there’s something below your neck, you know, even when I was talking about the gut as that other brain now, it never occurred to me before that, like, why that is so important to me is because it’s you know, maybe my brain and how it works has always kind of felt betray, you know, I felt betrayed by it. And the so this is like this one thing, that everything below the waist or everything below the neck is something that is trusting you know, that trust or is trustworthy, and it’s just all it’s doing is is trying to heal you. And, like all you know, it’s one job is to like, make you feel better, and to help them and no matter how much shit you pour on yourself, or whatever toxins you’re putting in your body or whatever you’re doing, you know, all of these ways in which you keep hate upon your body. It’s like oh, as is like, I’m just gonna keep chugging. I’m just gonna keep going. I never thought about the how important that was as a concept to me living with a brain that really just sort of feels defective. Yeah, yeah, so that was like Sentosa was one of those new yamas I was just like, felt

Taucha Post 28:28

deeply. Yes, I know. I’m going through them right now in my classes. So like, I have a book. So I’m like, every week go read. I’ve read this book, like two or three times when? Yeah, to two or three times already. I’m going through it like a fourth time. And every time I’m just like, yeah. But yeah, it’s and it’s, that’s funny, cuz like, it’s 1000. Like that wisdom is like 1000s of years old. But the themes echoed in these teachings are like in every frickin self help book I’ve ever read. And they’re talking about them. Like, they’re new ideas. And they’re not like, we just, you know, our attention with other shiny or things. I guess at that point, we kind of forgot all these important lessons.

Katy Weber 29:11

We just needed to be reminded over and over and over and over again. And that’s something else that I sort of feel like I’m okay with now. Now that I understand. Yeah, that’s the like, working memory and how that, how that operates and how I’m like, okay, no wonder I need to, you know, have certain like, you know, it’s kind of nice because
you can you can reread things, if you ever actually get to I know that's really hard for us to go back and reread anything, because it's not new, but like the way in which things can occur to you for the first time in such a novel way. You're sort of like, I guess everybody else knows this. But like I suddenly right now today, it's like I get it. Yeah,

Taucha Post  29:51

like it hit me. Yeah, totally. We're even like because of our memory, like even stuff that we did get before. We do have Like you said, like, we just have to relearn it. I joke with my husband. I'm like, what's so exciting? I'm discovering the same things. For the first time all the time.

Katy Weber  30:11

Short term memory man from SNL, Tom Hanks used to have this character that was called Mr. Short term memory where he just immediately forgot everything. And the best skits because he'd be like, whose wallet is this? And his friend is like, it's yours. And he's like, it is now.

Taucha Post  30:32

Anything that Tom Hanks touches? I know, right? Yeah.

Katy Weber  30:37

So now you market your you do online classes, and you sort of market them as ADHD friendly classes, which I love and what I think about, you know, when I think about, like, what I like in a yoga class, when it comes to postures, like I like to be told ahead of time, what's coming up? Yeah. And so like, when I'm teaching, like, I always, you know, I have a hard time when you're just sort of like, some teachers will kind of tell you like, as you're moving into this pose, what you're doing, and I get very confused and frustrated, and like, I lose my balance. And so I like to be told, like, okay, coming up, we're going to be doing XYZ, yeah. And I saw, I noticed, like, I do that when I'm teaching. And I get really frustrated. I'm not really frustrated me, I'm still in the flow, but like, what I like to have sequences, you know, left and right, fairly, fairly quickly, you know, like, I don't like when there's too much happening on the left side, and then we do something else. And then we don't go to the right side, you know, like, I feel like I'm very particular about flow. And, and so I'm, like, now realizing that like, Oh, I see now why I have those peculiarities, or particularities when it comes to like my flow. And so I'm what is what is ADHD friendly yoga to you?

Taucha Post  31:50

Well, to me, it like it's developing, it's becoming more, it's becoming more authentic to the original teaching of yoga, like trying to weave in more of that philosophy as it relates to people with ADHD. So I try to relate the yamas and niyamas, I also tried to put a lot of emphasis on put a lot of emphasis on, like, creating body awareness, you know, because like, we, like we're sometimes they're like, so in our head, like you said, like, we forget, there's anything from the neck down, and to draw people's attention back to the present moment, feeling things they that they're supposed to feel in their body, and also creating a space or like, you know, doing it differently is okay, like, here are some options, because like, as ADHD ears, we have to do so many things differently. And to not have shame around that. So like giving them options for poses, and using props, and using blocks, and like not making that mean anything, this is just what your body needs. And that's it, there's nothing wrong with that. And, and I tried to so like, what, what I was taught in my
yoga teacher training is to always have like a teaching, like to have a theme that's called, we call it decentering. And so I usually teach some kind of like life lesson I've learned in my journey of ADHD and relate it to a philosophical teaching of yoga, and then tell them how they're going to feel that in their body, like, you know, today is about, like, I'll tell him about a lesson I learned about being courageous, and what courage feels like in my body, and then how we're going to create courage in our body by building up to this pose, or by creating, you know, giving poses that pull into midline that make you feel stable and strong, you know, like, I try to physicalize the concepts, so they can feel them and bring them out of their head and into their body, or vice versa. So that's how I try to make the like ADHD, classic. And I relate them to struggles that we very commonly go through.

Katy Weber  34:00
Yeah, I like that. I think even with I talk a lot about breath, too, and especially the extended exhale, I think the extended exhale is like, so central to my life. It's helped me so much with my anxiety and sort of again, like, I just think I just really like geek out about the science about the extended exhale and the vagus nerve, and like how you can kind of really, like actively trick your body into thinking it's safe when it's decided something has decided that you're having an anxiety attack that you could actually be like, No, I'm at the wheel. And this is how we're gonna fix it really quickly. And so I love that and the other thing I talk a lot about is that is meditation and being in the present tense. And now I think some people with ADHD tend to exist in the past or the present or the past in the future at all times. Either. We're either we're regretful and we're ruminating and we are beating ourselves up For something that has happened, or we're having anxiety about the future, and like none of those negative emotions exist in the present tense. Yeah, it's such a like lovely, simple concept to me and I, so I feel like I go back to that a lot. Yeah, just building the present tense muscle.

Taucha Post  35:16
Yeah, yeah, we're

Katy Weber  35:17
having like, just like you would build any muscle like this is, even if you only spend a few moments here each day, it's like, each time you go back to the present tense, you're building that muscle that you can you can find that piece. Yeah, much faster the next time. Yeah, totally.

Taucha Post  35:33
Yeah. Oh, you said something that like triggered something. Something I wanted to say. Now, I don't remember to was.

Katy Weber  35:43
What was it about the it wasn't about breath?

Taucha Post  35:45
Or was it about I think it was? Oh, I think I think it was just I was I was read? Oh, yeah, we both are, it's fine. It's kind
of what we do. But it was, I think, when you said like, 80 issues, we spent a lot of time in the future, or the past. And I feel like we also spend a lot of time in other people's business, you know, like, you know, like thinking about like, what other people how other people are interpreting the things that we do and how they misinterpreted this, and, you know, like we're in other people's heads, not even just ours, we're trying to jump in other people's and that causes so much distress to.

**Katy Weber  36:18**

I think that goes back to just generally feeling so misunderstood through life. And back to what we were saying earlier about, like feeling like you, you somehow need to manage how people are relating to you are reacting to you, because it just always feels like something is going wrong.

**Taucha Post  36:35**

Totally. Or you have to explain because like, you know, like, because we you know, I was late for things all the time still am I just have fewer places to be because of COVID. Now, so I'm never like, always exactly where I need to be. But before before all of this, like I was late all the time. And I see so many things on like, people would post things on Facebook, I don't like names, I guess like somebody who's late doesn't respect your time. They don't respect you as a person, like shit like that all the time. And because I had because pre diagnosis, I had no other explanation as to why I was late all the time. I started internalizing that I started thinking like, maybe I just don't care about anybody, like, and I've heard, you know, like, people were like, people say that, to me, you don't care about anybody, but you. And I would feel like deep down. That's not true. Cuz I hated being late. And I was embarrassed by being late. And I was ashamed when I was late. But I mean, if I really cared when I be there on time, it's not that hard. So I heard. So I internalized that a lot. And before my diagnosis, I had no explanation for it at all.

**Katy Weber  37:43**

I do the same, I often felt that way when it came to conversations, because I, you know, I also struggle with feeling like a terrible friend with anyone who is not immediately in front of me, or like in my life on a regular basis. And so, and I really, really value one on one conversation, but I also knew that like I tend to talk about myself as a way to relate to whatever is happening. And and I think a lot of us have struggle with feeling like Why do I always talk about myself? Why am I always bringing this back to myself? Because you do you see people on these issues, you do see those comments where it's like, oh, this person talks about themselves all the time, and they're so self centered. And so, yeah, I did feel like am I? Am I self centered? Am I do I just find myself so interesting that I have to interrupt people all the time. And I'm like, no, it's like, it's the journey. It's the conversation and exploration. That is so amazing. And yeah, get excited about everything.

**Taucha Post  38:43**

I'm trying to show you that. I totally understand where you're coming from. I'm trying to empathize. Oh, yeah, I got that too. But I remember my very first boyfriend, he had a close friend who made a comment to him about me who said, this was like my early 20s. And his his friend was like, Tasha really talks about herself a lot. And he told me that, and it killed me. Like it just, I spent so much time caring about other people. And to hear someone say that, oh, like it killed me. And now and it's still gotten to the point like now ever since then. Whenever I'm at a party, and whenever, especially if I'm at a party where I'm meeting a lot of people for the first time, I become hyper aware of how much turn taking I am taking up to the point sometimes where it interrupts me being able to follow what they're saying.
Because I'm like, make sure you take a turn make sure make sure that you give them a turn, make sure that you don't interrupt, interrupt, you know, and I'm just trying to be a decent person who doesn't just talk about herself all the time. And now it gets to a point where I have like this, this coping strategy, I guess of like when I feel my turn has been too long. I'll say anyway, we were talking about you say This, boys do that now. I never traced it back to that guy who told my boyfriend that I talked about myself a lot. It left a mark.

Katy Weber 40:11

Yeah. Wow. That's interesting. I know, I have the same issue with these with these interviews, because I feel you know, the whole reason I started this podcast was an excuse to have intentional conversations with people I find interesting. Like, it's totally selfish. Yeah. That part, I will admit is selfish. And then I just put it out there, and I hope it I hope people listen. But you know, I am very conscious of, you know, this is their interview. This is their moment, I am asking questions, I have the journalist, why am I still talking about by university?

Taucha Post 40:46

I did the same. I do the same. I think so many ADHD years do because I think at some point, we’ve all been kind of accused of like, being self-centered, in one way or another, whether it's not whether it's about our punctuality, or, you know, like the environment that we share with other people that we’re not keeping tidy, or, or the amount of conversation we dominate, I think we've been accused of that. Definitely. And there’s

Katy Weber 41:09

no scent, and there’s a sense that there is appropriate behavior. And we don’t naturally come by that. And so we have to, like put all of our energy, and we have to really be like, Okay, this is, this is a situation where I need to act appropriately. It’s not a safe place, like home. So I have to put all of my mental energy into like being socially appropriate. And I think that’s why this Yeah, the conversation of masking is so interesting, too, because it's so wide ranging in terms of how people mask and, and I know, it’s also sensitive in terms of some of the serious masking that happens in like the autistic community. And the you know, there's this whole, this whole sense of like, ADHD ears are co opting terminology. And I don’t know how I feel about that. But

Taucha Post 41:55

I don’t have an idea. Yeah, I don’t really know much about that. I’ll have to look more into that. But

Katy Weber 42:00

well, I had, I had made a post about masking and I ended up taking it down because I was like, I don’t really I'm just talking out of I don't know what I felt like I was like, I felt like masking, it was something that I related to. And I sort of saw these moments in myself. But I also realized that this is like a big research topic that I have no idea what I'm talking about. And you know, I also have ADHD, so I tend to think I'm an expert in things after researching for an hour. Yeah. So but it is, you know, thinking about, like, I think at the crux of it is really that idea of like, what is that there's a sense of what is appropriate and a sense that like, we don't necessarily naturally do that. And so we really have to be mindful and like, concentrate.
Yeah. And that takes so much energy, like so much cognitive load. Yeah,

I mean, I yeah, I have a tendency to like burst into laughter at incredibly inappropriate times, like funerals. Or, you know, if my kids like, you know, if my kid injures himself or herself, like in the playground, my nervous reaction is to laugh. And I, you know, and for a long time, I just thought it was a psychopath. realize that there was any sort of neurological reason for this.

Yeah. It’s funny, like how, like, before we had the explanation of ADHD, how we made sense of the world we’re in or how we make sense of ourselves in the world that we’re in, right, just like, yeah, like, Oh, I must be a psychopath. Oh, I must not care about anybody. Oh, I must just what was my I must be just a stupid person who works hard.

And then you’re like, why do we have such self esteem issues?

Oh, my God, like, Why? Why do I respect myself at all? let myself go to bed. Why did you some time? You know, yeah, totally. Why is this an issue?

Yeah. All right. So so you do tap yoga classes? And you can How can somebody sign up for your classes? How can somebody find more about you or reach out to you in the world?

Yeah, I have a website, ADHD, yoga.ca, or ADHD, yoga, calm, they’re legally the same place. I have an online membership. I have a huge library of classes. And I also am building a tiny little library of little mini classes for specific like ADHD issues like digestion and sleep and things like that. And then I teach live classes as well. Yeah, so you can find me at all. And I also teach private classes if you want to chat with me, or if you want to have like a more specific, customized class. So my website is ADHD yoga.ca. And if you want to just find me as a person, you can find me on Instagram at ADHD dot yoga. You’ll find me there doing weird stuff, I guess.

weird stuff with stickies?
Taucha Post  44:49
Yeah. Like my post it notes. Classically. Yeah. Yeah. That came out of not knowing how to use Canva. That was the day where I tried to learn in Canada had a meltdown and that never again. Go back to paper.

Katy Weber  45:04
Oh, I love that because I feel like I feel like people with ADHD have a deep connection to post it notes. Totally. That's totally Yeah, it's like there's you know, there's multi layers to using the post it note and you should own that.

Taucha Post  45:18
Yeah. Oh, I totally did. I'm like, oh, cuz, you know what I went to, I went to counseling. So many of us do, and this is with my diagnosis, but I wasn't going for it. Like the person I was with didn't have a an ADHD background. She didn't understand it, really. And I explained to her at her first appointment that I have ADHD and explain to her what that meant to me. And she's like, Well, have you tried using post it notes? Like, are you kidding me? Like, course I have. And of course, my entire apartment is plastered in them. Yes, I've used post it notes. But that's like, that's kind of the joke. Just like, just like ADHD and like our distractibility with like getting distracted by the squirrel, like the squirrel joke is like this kind of joke. This ongoing joke the ADHD community has, I feel like post it notes at the same deal. I think you're totally right. I think you're right. That's why I kept them. That's why they're there. So right.

Katy Weber  46:13
It's for those of us who were who decided we wanted to stop writing on our hands.

Taucha Post  46:19

Katy Weber  46:28
Like, you know, you're an adult when you've transferred from writing on your hand to using post it notes. Yeah.

Taucha Post  46:33
Portable paper. Yes, that will stick to things. Yeah, totally. That's the transition.

Katy Weber  46:40
But that reminds me, the one thing I do have, which is like a fairly new question that I want to incorporate into these episodes is the number four if you would could rename ADHD to something else. What would you call it? Did you have something expected?
Taucha Post  46:52
I had a couple I was like really thinking about it. Because I was like, do I just want like, I was really thinking about it. So one is creativity, surplus disorder. Just an abundance of tangents and creativity and every direction, I felt like that really captured it. Creativity surplus disorder. The other one just to be more accurate in terms of like that to counter like the taboos that so many women especially have to like, have to dress or encounter when trying to get a diagnosis. Like we're not diagnosed often because we're not hyperactive. That's everybody's picture in their head is that hyperactive little boy who's jumping around and most of us don't have that. And there's an and there's the misconception that it's just really about attention. We don't have a deficit, we have a, we have inconsistency. Like we have plenty. It's just in many directions. And it shows up at unpredictable times. So and then emotion like there's no like emotional regulation isn't in the definition at all. And it's such an important piece. So what I came up with was emotion and executive functioning disorder. It is nothing fancy, but it'd be EFT. Okay. And I thought that captured it that was more like clinically accurate, but it's not very fun. But I felt like that would get rid of some of the taboos that are not the taboos, the misunderstandings that come with a DD or ADHD.

Katy Weber  48:23
Well, ad D is just so so on Google. I don't know why anybody came up with that acronym to begin with. The only reason I'm like very pro ADHD is just because it's easier to Google.

Taucha Post  48:35
It's easier to Google Yeah, to that. The thing I don't like about the ADHD is that it makes like the hyperactivity part, like it makes it sound like that's a necessary piece. And it's not.

Katy Weber  48:48
I think it's not until you make the connection of where your hyperactivity is, you know, rain or your body. Exactly. And so once I started thinking about hyperactivity in terms of like, Aaron, thoughts and rumination and conversation and attentive, you know, like, what, once I started realizing that that was just like one of the many spokes in the wheel of hyperactivity, I was like, Oh, yeah, of course, I have all of those things. I just have the like, cocaine addict from the 1980s. Yeah, feeling about me.

Taucha Post  49:19
Yeah, like bouncing my leg. I came down and like playing with pens like crazy. Like, I know, but yeah, it's true. That's true. Like the hyperactivity it's like it's brain or body and I definitely now because I've always been a chatty kid. So many conversations, like if I talk to somebody on the phone, to somebody new like a new friend. Usually our first conversation on the phone ends with them being like, Wow, I've never talked to anybody on the phone for this long. You're right. That is totally a piece that is not an easily understood piece to anyone who went who who doesn't look any deeper than the name. Yeah.

Katy Weber  49:57
Yeah, it took me years of being suggested. My therapist that I had ADHD, where I was like, Yeah, I don't think that's it. Because Yeah, Greg, and you hear that over and over and over again?

Taucha Post  50:07
Yeah, totally. What? What name? Would you alternative name? Have you come up with?

Katy Weber  50:12
Oh, I haven't died. So at that point, I don't know. I just started asking the question, I'm like, you know, I'm doing research. I feel like even the term disorder, I struggle with disorder, and I know, I'm struggling with that, too. Yeah, I struggle with this. I mean, I talked about this with my therapist, cuz she's like, you have to honor the fact that this is a struggle, and that you've had to work hard. And she talks about it as the brick, you know, on my ankle. And, you know, you have to like, honor that you can't just sort of always talk about this, like, super, it's a superpower, because then you start getting into this sort of toxic positivity element, of like, there's nothing bad about this, this is wonderful. And sometimes I can be off putting, and you know, and then you can start, we've had so much self doubt. Anyway, when it comes to whether we even have it. Medication, you know, it's like being at an eye doctor where they're like, is this one clearer? Or is this one clear, and you're like, I, the first time, I gonna get the wrong glasses. You know, like, there's so much self doubt. So I think, you know, I really, I don't think of it as a disorder. But I'm also realized, I'm in like, the honeymoon phase of feeling like, Oh, my God, everything makes sense now, and I'm so happy, like, I haven't really gone back to a sense of like, Okay, how can I really deal with some of the things I haven't been able to manage? That led me to get the diagnosis in the first place? You know, because there's a lot there. I think there's another, I think there's another word that we need to come up with that encompasses all of that.

Taucha Post  51:46
I know. I know. I really thought about it for a long time. And I'm like, I don't know, like, and I was trying to think like, what is it about ADHD that I don't like? And that's why I included like in emotional regularity, and irregularity, emotional dysregulation, there we go. And executive function. Because those, like all like, I mean, attention is just one piece of executive function. And from like, why is all the attention on attention? Hmm. Like, why? Because there's so much more to it than that. But yeah, so I mean, it's not fancy. It's a pretty boring sounding thing, but I think it gets the job done. Emotion executive functioning disorder disorder. Again, I'm like, I don't know how I feel about that word. But I mean, there were definitely stages, pre diagnosis where I was in bad shape. And it felt like a disorder, for sure. And it's taken a toll, that's for sure to Yeah, stuff that you have years, we have years to sort through and make sense of after.

Katy Weber  52:51
Yeah. And I think that's why there's been such a proliferation of diagnoses this during the lockdown, because so many of our life got tossed up in the air and all the pieces fell, and all of the all of the ways in which we had been managing it, unbidden. Totally, was out the window. And suddenly this sort of light hearted, light hearted relatable memes were like, Oh, my God, I really need some help.

Taucha Post  53:16
Yeah, I mean. And the other thing is that when I was getting there, I was like, what is it about these, these diagnoses that's appealing? And I'm like, I don't know, like, this is the thing, and it's okay. But I think it's not just about that, or. It's not just about like, Oh, my God, I just have this thing.
Yes, I saw another meme. I saw it somewhere on Instagram that said, either ADHD ears need to be less relatable, or I need to make an appointment with my doctor actually, has 100% has happened to a lot of people during COVID. They would like saw notice the struggle, they couldn't avoid any more they had to face them. Yeah.

Katy Weber  53:39
I know. And I think also just in talking to so many other women about this topic, since being diagnosed, I think that that really kind of the delineation between whether you have it and whether you don’t have it kind of like you were saying with it with the current episode, you know, like, I would have felt so validated, if somebody else had said, I saw you in that, you know, yeah, we struggle so much with whether we actually have this because so many people relate to so many things about it. And and then, you know, and then there's always the response of like, Well, you know, you have ADHD, if these issues really, really affect you negatively, and then I'm like, do they affect me now? Because I don't know. And so, you know, does that mean I don't have it if I'm actually managing you know, and do I not have it if I don't feel like I need medication, you know, all these questions we ask ourselves all the time. And so I've decided that like if you if you start researching ADHD if you read a book like driven to distraction or you start listening to these podcasts, and you feel for the first time in your life, like deeply seen and validated in a way that feels like revolutionary then I'm like that's usually a tip off. Yeah, yeah habit. If you’re just sort of like Haha, I forget my keys moving on. Yeah, you know, then it's relatable. Alright, well thank you again so much for for meeting with me and chatting with me and yes delightful I had loved getting to know more about you and bags.

Taufa Post  55:05
had so much fun. Thanks so much for asking me to do this. This is great