

# How I Filled My Creative Cup in 2022...

... and what I list as my top three priorities of 2023

January 16, 2023 By [Megan-Claire Chase](#)

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I'M BACK!!! I took a much-needed break in 2022 from blogging regularly, and I really missed it. Though I continued to journal and post some of Megsie's Musings here and there, I missed this creative process. Thank you to those who took the time to read past posts.

I can't believe it is 2023! I've been pondering a lot about my life and all the last year's ups and downs. I often thought I would spontaneously combust from the intense emotions, stress, fear, disappointments, grief, and anger I felt daily. Then out of nowhere, these little miracles, opportunities, and joyous moments would occur and push me back up to do what I needed to do.

[@voiceboxesq](#) Just a lil PSA...[#blackwomen](#) are [#TIRED](#).

We are asking for space to [#exist](#) to just  
[#be](#)...[#mothers](#) [#sisters](#) [#daughters](#) [#aunts](#)  
[#aintiawoman](#) 🎵 [Black Woman - Emanuel](#)

I saw a TikTok by [@voiceboxesq](#) (above) last night that truly hit home and made me feel heard.

- As a Black woman, I AM TIRED.
- As a breast cancer survivor, I AM TIRED.
- As a caregiver, I AM TIRED.
- As a single woman dealing with chronic pain, I AM TIRED.
- As a professional working in way too many white spaces, I AM TIRED.
- As an American citizen, I AM TIRED.

- TIRED of being everyone's strength.
- TIRED of not having room to fully express myself.
- TIRED of always having to center whiteness.
- TIRED of the daily trauma for existing in my skin.
- TIRED of mass shootings of innocent children, Black and LGBTQIA+.
- TIRED of not feeling safe due to trigger-happy racist police and vigilantes.

I spent most of 2022 working daily on my mental and emotional health. My cutie therapist (my lovely nickname for him) challenged my automatic negative thoughts, which forced me (in a positive way) to determine if those reactive thoughts were rooted in fact or just emotion. He kept me above ground when I felt myself falling into a pit of despair. More importantly, I never had to filter my words. He always validated my feelings and then talked them through with me.

Amid the stress, anger, and trauma, I incorporated some FUN. Though I wish it were more constant, I had to start somewhere. So, I began to date Atlanta and go to events, restaurants, and places I had always wanted to go to and new ones that some local friends introduced me to. I have no problem going to places by myself. I constantly remain aware of my surroundings.

I posted a few fun videos with friends and myself on my social media, so go check them out. When I was putting these snapshots together, I realized I did way more than I thought, and my smiles were genuine.

## I FILLED MY CREATIVE CUP by doing the following:

- I recorded my professional voiceover demo in a studio with my coach in my ear (she was in NY), and the sound engineer was with me.
- I took theatre classes at the Alliance Theatre and overcame my fear of chemo brain ruining my ability to memorize and perform scenes.
- I met some cancer friends in person at some conferences, and my hair accessories did not disappoint.

- I was an Extra on a movie set that will be released next year around Christmas.
- I had fantastic patient advocacy opportunities to be on multiple podcasts and panels.
- I was featured in [Cancer Today full article](#) and [CURE magazine's full article](#).

It can feel strange and unsettling to have fun and be joyful when many things feel out of control. After all, our democracy is still in peril. There continue to be senseless deaths of people, especially Black people, LGBTQIA+ people, and innocent children, by assault weapons that have no business being legal; plus, the injustice and cruel GOP political stunts and lack of accountability by those in positions of power.

My top priorities for 2023 are the following:

1. Continue practicing the coping skills I've learned through therapy to find joy in a cruel country. The essence of me is zany and joyful.
2. Put forth an honest effort to NOT eat my stress and sad emotions away and begin taking care of this defective yet still going post-cancer and chronically pained body.
3. Not allowing imposter syndrome and fear to paralyze me from pursuing dreams of performing, whether on stage, in front of a camera, or behind a microphone.

Thank all of you for continuing to read my blog and watch my videos, for encouraging and compassionate words, and for amplifying my voice. I read every comment (positive or negative) and every social media post, and I see every retweet or repost.

Until next time,

Warrior Megsie

[This post](#) originally appeared January 1, 2023, on [Life on The Cancer Train](#). It is republished with permission.