Sometimes Bad Shit Happens

I hope one day to get to a comfortable place where disaster is not the first thing I think of.

May 9, 2018 By Amanda Hayes

Sorry, I've been slacking on the blog posts of late. You're probably wondering what's been going on! Well, in all honesty I can say not a lot. And it's good!

And I apologise too for the title of this post. It is the only title I could think of where it put my point across well. If you didn't realise it already then my language is occasionally fruity but it's honest.

I did manage to finally go away. I took a break to Switzerland for a few days. (Check out a few more photos from the trip on my blog.) It's nice to finally have a plan that sticks!

Today is a pretty important day for me. It's scan day. I'll have my CT scan with contrast to see what's left… Or worst case, if there's more. I'm not really thinking about it to be honest. It's like Pandora's box if I flip that lid. I'll get round to the worry and sleepless nights on the lead up to results day. There's a word in the cancer community that I hear a fair bit.

Scanxiety.

I fucking hate that word.

The anxiety of a scan.

It can be a range of things. Anxiety of the scan itself, the preparation of it or just the results. If you're going through this yourself you're guaranteed to experience scanxiety at some point. You're a bloody tough nut if you don't!

For me, the scan, the needles, the waiting, it's fine. It's a process. I can quite easily shut my emotions off for this part and just go with it. There's nothing more I can do so I just kick back and let the medical staff do their work. I'm just another number in their day, and that's the sad part. How many people they see each day doing pretty much the same thing.

You know, if there's one thing I've learnt from all this its how to get a good game face. And I don't mean for the treatment itself or the cancer. Some days you do have to fake it to get by but I don't mean that.

I'm different these days. Aside from the obvious why I'm different… I mean it in ordinary scenarios

in life. And I find that fucking annoying.

But people don't realise I'm different because I still act the same, unless I talk to them about it. It's all about my game face. I act the same but inside my world is crumbling.

You're probably thinking that these scenarios are extreme or that maybe I should avoid putting myself in these situations. That's probably what I would have said before this because I wouldn't have understood. But I can't. Sometimes they just creep up on you like "ah ah ah! Don't get too comfortable with life! I'm just lurking round the corner to screw your life up again!"

A lot of my internal freak outs are to do with family and death. I know… Morbid.

I've always been rational but now I'm thinking of situations where something bad is going to happen or if it's a real internal meltdown someone's going to die.

You're probably worried about my mental health right now. Honestly it's fine. I talk about this to my close ones. They know about my lockdowns. They probably don't realise how often I have to do it but they can't hold my hand all the time. As I said… It's a process and something I have to deal with in my new life. I don't need a therapist as much as you may disagree with me.

It just pisses me off that I'm now thinking of shit I've never had to think of before. I could probably resolve this a lot quicker by going and talking to my doctor but I don't need another pill to pop. It's intruding my life but it's not stopping me from living it.

It's crazy how your mind can fuck you up at times… I actually thought as I stepped on that plane to Switzerland: this plane is going to crash. Not: finally, I'm going on holiday! I've never been worried of crashing planes before. That pisses me off. It tarnishes all exciting experiences for me now. I hope one day to get to a comfortable place where disaster is not the first thing I think of.

I guess my worries are because I've had cancer doesn't mean that I'm immune to other bad situations occurring. Bad things happen in life and there is shit I can do to stop it.

Fucking scanxiety… Yeah that's not all I've got!

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