

a Helmick: Unsupportive doctors and emotional regu

author:



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Synopsis

Episode 8 with Melissa Helmick.

"Just because it's common for moms to struggle, doesn't mean it's normal."

TW: Melissa and I get really vulnerable in this episode, and we discuss some pretty serious topics, including domestic violence, sexual assault, miscarriage, infertility, abortion, and PTSD. So if you're feeling like any of those topics might be difficult to listen to, then you might want to move on to another episode.

Melissa is a birth and parenthood photographer who lives in Southeastern Virginia with her husband, her 3 rambunctious children, and their dog, Lilly. She is also finishing training to be a birth, postpartum, and bereavement doula.

During our conversation, we discuss the difficulties we face when seeking a diagnosis – like when doctors aren't on your side, or when you constantly question yourself and wonder if you need help at all, and the emotional roller coaster ride of finding the right medication.

We also talk about emotional regulation in motherhood and how sleep deprivation and the noise and chaos of young children can make you feel like a failure at everything, and how to deal with that chronic overwhelm.

If you ever felt pre-diagnosis like "something is not right with me" but you couldn't put your finger on it and couldn't find the support you need, then this episode is definitely for you. Enjoy! Website: The Photographic Storyteller Instagram: @thephotographicstoryteller_

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