

Mental Health Day

Written by Gayle Nobel

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Blog-A-Thon Day 9

I've declared today a Mental Health Day! Well, maybe not so much for me, but most definitely for Kyle. I've cancelled his scheduled activities (two hours with Jamie, his home therapist and then day program). I've cancelled my scheduled activities (spin class at the gym, date with Quickbooks, my beloved accounting program, post office to mail "Breathe" book orders & lunch with a friend). I have devoted the day to nurture Kyle as best I can. I hope to do some writing (here I am, right?) and a few other little tasks in between, but Kyle is my priority.

Kyle seems to be in one of his anxiety episodes again. For those of you who know him, us, this has been an on and off issue for 15 years. Fortunately, the one he is experiencing now is very very mild compared to those of years ago. We're starting to notice a pattern. For a couple of days, he gets very energized which turns into wildness, almost frenzy, with a resistance to doing things he normally likes. Then bingo, I observe those tell-tale signs of what we used to call a "mode". When the appetite begins to go, I know my assessment is correct.

Typically, this is just something he has to snap out of on his own. As much as I would like to think I can somehow influence it, I know better. But, I also know I can create an atmosphere which is quiet, peaceful and conducive to calmness which can support him on the road back to feeling himself again.

Being my own boss is nice. It allows me to "go with the flow". First thing this morning, I made the appropriate phone calls, and decided to create an easy day for Kyle. No demands, just allow Kyle to be as he is. As I write this, he is sitting peacefully in his favorite recliner listening to Leah's CD (www.leahnobel.com) which I'm convinced could be marketed as music to soothe the anxious. Music works its way into those neural synapses like no other. Kyle can't help but sing along. It's a music thing, but maybe it's a sister thing too. When the music ends, he will probably do a few laps of nervous pacing before returning to the comfort and safety of his chair.

Having Kyle home with me takes away some of my worry. Maybe I'll even get to catch up on that mountain of laundry waiting to be folded. Or just "go with the flow" and see where that takes me.

It has been so much fun hearing from readers. Any thoughts on your experience with Mental Health Days (for you or your child), please share.

Gayle

PS If you haven't listened to the soul soothing music of [Leah Nobel](#) , search iTunes and savor a sample. I know, I know, I'm shameless but it really is good stuff. :-)

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