

Tracy and Iain **Emotional and psychological support**

Tracy

MND has broken me. I never imagined it could happen to me. I keep asking myself why me and what have I done to deserve this?

Iain

Yeah. Don't know. It's difficult really. It's – never saw this coming. Don't know what to say really. It's, I don't know. I can say it's just changed everything. Literally everything. And so fast, you know, we're just three years this month now into this, and it's just changed everything. Everything we knew, everything we did. Yeah. Life changing.

Tracy has had from our local hospice, she has yeah, she's had what's the word they use? There's a psychologist, isn't there? Yeah, she had, they were really good. Yeah, really good.

They offered it to me, but I think it's a typical man thing. It's like I don't think I'd be talking to a stranger, I'll be fine. That's what friends are for.

Tracy

Emily talked to me about mindfulness and imagery to distract my sad thoughts and how I have still lots I can offer.

Iain

Yeah, I think Tracy was feeling that she was useless and couldn't do anything now, which is why you're here doing this. This today. Yes. That's a help, isn't it? I think when you've been in the job that she did, you know, teaching, then all of a sudden you're not. She felt like a bit of a bit of a loose part, didn't you?

Tracy

I'm trying now to get involved with my previous school to raise awareness of MND, and that is because of Emily talking to me about what I can still offer.

Iain

Emily was the first person actually, when I was talking to her together, that actually got me to actually tell Tracy how I felt about sadness, and actually that it's heartbreaking, you know, seeing what's going through us.

We didn't speak to each other about it. It was just like, this has happened, you know? Tracy was like, "Yeah, fine." We're really not fine. You know, it's impossible to be fine. So that was great. Yeah. She's got a way with words, the way she asks you things, Emily. Very clever. Yeah. You do need some help. Yeah, but I was very, when it all started –

Tracy

She talked to me about strategies to cope with sad days.

Iain

Yeah, right. When it all started, I was very, "I don't need any help. I can do this on my own." It doesn't take long before actually you're thinking maybe I can't do this on my own. And the further it goes and the faster as well as she went downhill, yeah.

It's alright being the big man and being brave, I don't need any help. You know, I don't need people coming around here and helping me. We don't need any care. Why would I do that? We're not the sort of people that would rely on the state to supply us with carers and help. Don't need that. – You really do. Yeah, you really do need that.

I don't know how she did it. She just started. She just has a way of talking to you, the psychologist. And it's just like you end up saying stuff that you never think, you know, that you need to say or even think about saying.

And all of a sudden it's like, whoa, where did that come from? But we've listened to what Tracy's saying to her back and it's like, I never knew that. I never knew you felt like that. Or yeah, going together was yeah, a big help. Well, I say going sat here and do it all, all online. So we're. Yeah, Yeah.

Because when it, when it was first said, I'll be fine. Well, I said you do it, I'll be fine. And to be fair, even after the first one, I was like, that was a waste of time, but I thought I'll do another one. Then the second one was like, yeah, get that. And on the third one, it was like, oh, my day, I'm just a wreck now. So why have you got me to say that?

Tracy

It was her way of questioning that got us to open up.

Iain

Yeah. Because you don't want to appear weak because you're all time thinking you've got to be strong, because there's no point of, you know, crying and things like that. You know, what's that going to gain? I'll go and do my emotional stuff on my own.

You don't realise that you need to see a psychologist. I mean, it's not like a 'psychologist psychology'. It's just someone just chatting to you differently and you don't realise that you need it until actually you start answering the questions that they put to you. And it's like, well, actually, yeah, now you've made me think about that. So yeah, just go ahead and give it a try.

Tracy

I think that she gave me a scenario of leaves drifting down a river and I could put my negative thoughts on them and they would float away. So I tried it and it does work sometimes when I'm very emotional.

Iain

No, I must admit, when, when we were first talking about that, I was thinking, what am I listening to here? And yeah, so I've never tried that. Yeah. I couldn't get my head round things like that. Yeah, my brain doesn't work like that, really. But it worked for Tracy, you know, because to be fair when she, I guess that was, I think the first week that we spoke to her. And I think after it I was like, what on earth was all that about?

But actually, when you sit and think about it, and Tracy always thinks about it a lot more than I do, because she has a lot more time to think about things than I do. Whereas I'm so busy doing stuff that I think it actually made more sense to you than it did to me. So, and she does, obviously. Well, she does usually. I've just found out she does.