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Script:

Okay, so it's time to get real for a second because I've been dealing with something, and the sponsor of this episode is helping me work through it. So here goes.

Last summer, when we came back down the Dalton Highway, there were some really intense moments that sent my body into prolonged episodes of fight or flight. Not just the bus sliding off the road or the breakdown, but long stretches of relentless stress, climbing these steep, slippery hills, knowing something was wrong with the bus, and fearing with every climb that she wasn't going to make it to the top. For my poor nervous system, which was already strained, it was brutal.

So my brain did something that, in our caveman days, was great! It niftily rewired itself to treat climbing big hills or adverse road conditions as life-or-death, oh-my-god-a-tiger-is-chasing-me moments. It's often called an "amygdala hijack". Even though the bus is driving great now, the moment we hit a big hill or sloppy conditions, my body has an intense fear response before the rational side of my brain can even kick in.

So I'm working it. I can rewire my brain back, it just takes time, and it is really helpful to have support. So I've been working with a therapist through BetterHelp, who is sponsoring this episode. I took a quiz and was matched with a licensed therapist very quickly; the whole platform just made starting therapy really easy. And I'm not alone in that. Over 6 million people to date have gotten help through BetterHelp. So if you're also dealing with something, just know that you're not alone on the struggle bus, and I encourage you to consider BetterHelp. You can get 10% off your first month of therapy by clicking the link in the description, or go to betterhelp.com/artwethereyet.

It's not easy for me to share this, but if it ends up nudging just one other person to get the support they need, then it's well worth the vulnerability.
