

X is for Anxiety Medication

A List

- Purchase Plane Tickets
- Reserve Lodging
- Renew Passports
- Finalize Childcare
- Secure ride to airport
- Buy train tickets
- Buy laptop sleeve
- Buy external drive
- Finalize Cat Care
- Secure ride from airport
- Get a physical
- Create packing list
- Come to terms with SUPER LONG TRIP AWAY FROM MY BABIES

That's the important list. There's all kinds of other little things (create list of vegetarian restaurants in the cities we'll be staying in, learn some key German and Dutch phrases, narrow down museums and other sites we'd like to see, buy a calling card, make sure both grandparents have working webcams, etc.) and when I think about all these things together, my heart starts pounding.

Pile onto that the Mine Collapses, Oil Spills, Volcanoes (and possible canceled flights), and politics in general and I start to wonder why I don't drink more. Then I remember I'm saving for the SUPER LONG TRIP AWAY FROM MY BABIES and can't afford any little extras.

Let's talk about the SUPER LONG TRIP AWAY FROM MY BABIES. When Matt booked the tickets, I didn't pay attention to the dates so much because, y'know, "YAY! TICKETS!" Then I sprung the dates on my boss who barely talked to me for the rest of the week because if she did, she'd freak out from the stress of having me out, another co-worker out and then another co-worker going on maternity leave two weeks after I get back. Then I put in the time off request and saw how many hours (working hours. 104.) I'll be away from the office and now I don't talk about my trip at work too much. Never in front of my boss.

- Work Guilt

Now that we have the dates, it's time to let the grandparents know that they'll be watching our kids for 19 days (456 hrs) with a few days break in between when they switch shifts. MIL thought we were leaving the 24th. I'm not sure where that date came from but she was off by, oh TEN DAYS. On the plus side, her knee surgery seems to be completely healed and it'll be summer still so the kids can play outside most of the time. Oh, MY mom? She's working 40+ hours/wk and has her own kids at home and will now be taking our kids on the weekends. Plus side: my sisters will be helping a lot. Plus side for everyone: The kids adore all their grandparents and their grandparents adore them. We'll see how much that changes after 19 days of seeing each other 24 hours a day.

- Childcare Guilt

Our poor cats will be alone for 19 days. We're going to see if FIL can swing by on his way from the Park and Ride every day to make sure they have water and food and give them cuddles but...ok, I'm tearing up right now. Our kitties are social. They love cuddling with us at night, whether we're watching a movie

on the couch, or I'm playing on my laptop in bed, they're right next to us. Both cats decide 5am is the best time to lay on top of me, and I love it. I really hope they'll be ok and not hate us completely when we get back.

Pet Guilt

My babies. My babies, who really are still babies in many ways, will not be home for 19 days. Both sets of grandparents will have keys to our house and I'm going to ask them to bring the kids by a few times to see their kitties and not forget their home. As I listed above, we're going to make sure everyone has a working webcam and set up chat times so in many ways we're much luckier than traveling parents of years past. One thing that hasn't changed because of technology: something terrible can happen on either end of the ocean. I won't list all the many horrible things my mind has concocted that could happen while we're away from the kids but there is one thought I have to get out even if typing it brings it closer to reality (kinda like saying it out loud makes it more possible). If something DOES happen to us, Jonas is too young to remember his mommy and daddy. This thought occurred to me yesterday while I was making waffles and the kids were playing in the kitchen. Jonas is very much a Mama's Boy. If something happens, years from now he won't even remember the mama he's so attached to now. Jaden, she will remember both her parents and she'll have that grief weighing on her for the rest of her life.

I can't think about something happening to the kids while we're off playing in Europe. I just can't.

Baby Guilt

The reality of how many days 19 really is has hit me hard over the last few days. Nearly enough to take the excitement and joy out of the trip Matt and I have waited our entire relationship for. I've got a few months to get over it and a few things to keep my mind busy (Throw two birthday parties Co-host a baby shower) in that time. I really hope I can get over it because...well, it would suck to not be able to enjoy my honeymoon.

In the off chance I'm still freaking out in July, anyone know where I can score some anxiety pills for the flight?

