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História

Duda, the shy girl

História de: [Maria Eduarda](#)

Autor: [Raquel ALS Venera](#)

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Sinopse

Story of Maria Eduarda, she was a 23-year-old girl when she gave the interview. Youngest daughter of a small family, she tells how she was always surrounded by parental care and affection. In 2017 she was diagnosed with Sclerosis. At the time she was finishing a gastronomy course and planned to follow the profession, but was restricted because of the heat and the heavy routine of the kitchen. She was able to cope with the anxiety that unfolded in the face of frustration with the impossibility of her career, deepened in self-knowledge, reflected within herself and decided for a new career in the field of gastronomic enterprise management. Duda, as she is known, described herself as shy and, in this introspection, builds her life with the disease, shares dreams with her boyfriend, welcomes possibilities for adaptations in life.

Tags

- [Multiple Sclerosis](#)
- [work](#)
- [gastronomy](#)

História completa

Known as Duda, Maria Eduarda Abdala José is the youngest daughter of a working-class couple from Whirlpool, former Multibras. Her father was an engineer, of Lebanese descent in the interior of Paraná, and her mother, of Italian origin, worked in PR, in the countryside of Santa Catarina. The small family was raised in a building in the industrial region of Joinville. Duda and her sister had day-to-day maternal care in a playful routine, school, and with a two-and-a-half-year age difference, the disagreements were constant during childhood and adolescence. The mother left work when her older sister was born, but then became involved in music and became a musician and a violin teacher. Duda was a shy girl at school, hard working with her tasks, but she doesn't remember her parents demanding her results. Seeing her sister attending school made her desire early to be in this place, but always had difficulties relating with resourcefulness and her mother accompanied her in the early days of education. She remembers the lovingness of her parents, he at work, in the provision of the family and always protecting his daughters, and her, prosecuting the function of education, of the domestic routine. She describes herself as fragile as a child, with ease for viral illnesses and allergies and recognizes herself as a daughter who has given much work because of it. She had a social life with the kids in the building, she remembers playing ball, skating, but she also played with sister's Barbies. Duda described herself as a quiet young woman with a taste for study but she had difficulties interacting with people. The parents controlled a lot and only started to leave her be, after she was eighteen. But what she liked best was being among friends with a guitar and a good conversation. After high school, she became involved with music at an Art Major School and musical activities with friends, performances, meetings, rock band events was what attracted her most. She only had a few boyfriends, a more negative experience involving jealousy, but one that lasted for a short time. At the time of the interview, she talked about a righteous five-year-old boyfriend that she has future life plans together and a complicity in life. Throughout the narrative of her life, shyness is a hallmark of her story. Fear of presenting projects at school, fear of making mistakes and a mother who went to school to mediate this difficulty. She sees herself as insecure, but considers that she has already changed a lot and made progress. Can't understand where so much demand comes from, she says, "I don't remember my mother demanding things from me, I don't remember that, because I was always picky on myself, and I don't remember my mother asking me to do school chores, or do something like that, I can't remember that, I've tried it but it never came to mind". The insecurity to make friends seems to belong to the domain of the unknown, the novelty. After crossing this barrier, Duda says she is an easy, malleable friend who, after all, that everyone likes to have around. At puberty, when she had her period, she felt she didn't want to grow up, but she says her mother never gave much scope for existential "dramas," and at another time when her parents moved to the United States, she lived very close to her uncle and grandmother and it was the moment that he really felt that she had grown up. She had to deal with life, college, and with self-demand she was stressed a lot. When the time came to choose an undergraduate degree, she says that her paternal reference in the kitchen made sense in her choice. The partnership in the affinity for cooking led her to choose Gastronomy and says: "I met a movement that caught my attention, which is Slow Food, values ??a healthier, cleaner diet, this issue caught my attention and I wanted to study in college". But at the end of the course Multiple Sclerosis came and plans changed. I was writing her undergraduate thesis and internship and it was a lot of stress when it appeared. She tells how

she felt half her body different, as if she were falling to one side. She called her parents for her mother's labyrinthitis symptoms and went to the hospital with her boyfriend. It was a Saturday, she had a wedding party to go to, but first she decided to go to the emergency room to measure the pressure. She recounts moments of uncertainty and distrust awaiting medical procedures. But after exams came the news of the hospitalization and beginning of treatment, and the loss of strength. During the six days of hospitalization many things happened: the doctor's words like "isolated clinical syndrome" didn't explain much. But it was during a resonance that the technician said: what you have is a sclerosis. Faced with fright and lack of information, when she returned to the room and went to research about what was Multiple Sclerosis. She says she was terrified, and the information that came from actress Claudia Rodrigues and then found a lot of information about a single outbreak and so reassured herself. But new information led to new anxieties and in the face of so many uncertainties, the diagnosis came at the same time as the presentation of her undergraduate thesis. At the same time the whole family assemble. The parents came from the United States, uncle, grandmother nearby were all very worried. After finishing the course, beginning treatment she took a trip with her family. The care of her family, which Duda narrated throughout her life, intensified at that moment, sparing her from the hassle of the legal pathways to get Fingolimod medicine. At this point she was bothered when the family talked about the treatment as if they were not talking about her. It was winter in the United States and she felt very well, but without her visa she returned to Brazil with plans to graduate and work in the gastronomy field. However, the plans did not work because, in the summer, he discovered that heat was an enemy. The heat of the kitchen, the weight of the pans made her career plans unfeasible. It was a moment of great frustration that unfolded into an anxiety condition, with prescription of antidepressants, that she denied. She chose another path and sought therapies to treat anxiety and career decisions. He opted for oriental therapy and chose to analyze and reflect on her emotions and behaviors. In her words: "What does this mean in Chinese medicine, what does it mean emotionally, then, everyone that surrounded me at the time of my activities was worried about understanding of... Oh, does it have to do with her emotions? What influences, what doesn't, so I've always had a lot of support from the people around me, professionals like that, so I've always been more to this side of thinking, like, oh, this isn't just physical, this is emotional, which is me." She tried other possibilities of work, but related to management, but either due to lack of experience or the reality of the enterprise, nothing had worked. Always reflecting on herself, she decided to go back to school and invest in another field of work - the Administrative. Her memories are fraught with caring for her parents, and their willpower and honesty were remarkable for her and she says, "They came from nothing, literally out of nothing, they had nothing and everything they built was from... a lot of respect and a lot of honesty, so I carry this with me you know? whenever I do something I do with these two ... Two thoughts, always do what is right, you know?" With these influences, she plans a possible future still in the field of food: "I see myself working with food more in the administrative part, having a company, having a business, and I see myself further teaching, is something I want to do, and I see myself doing it, before I didn't see myself like this, so ... so real, so ... so fitting ... Now I can see myself.