

## Coping Mechanisms



Intro: Now with Identity crisis which we already talked about before, comes what we also cannot forget the coping mechanisms. How do you deal with having an identity crisis and there are different kinds of coping mechanisms, we will not talk about all of them today, we will talk some of them? So, let's talk about coping mechanisms.

Apiyo: You do comedy also

Eddie: Yes

Apiyo: As you put it in your own words, and I love this. You are a stand-up comedian.

Eddie: Yes

Apiyo: Am not sure how the stand-up goes because you are ...umm in a wheel chair but that's probably the point of the whole thing, saying you are a stand-up comedian.

Eddie: Right. Yeah. So first of all, it's called stand-up comedy and I was not there when they invented the term was invented so ...that just what it's called. And again, that a good get way joke to open people up. Because I started out talking mostly about my disability and usually when people meet me, they sometimes expect me they are sometimes curious then they ask stupid questions and I give them stupid answers and that is how I started doing comedy. I would tell these stories to my friends and they would laugh and tell me this would be really funny if I could do this on stage.

Apiyo: Okay

Eddie: And then I tried doing that five years ago and I never stopped and so now am a comedian.

Apiyo: I have actually watched some skits of you. One can find them online and he is really amazing. He is really funny. You know. And I watched then and I couldn't help thinking a lot of people who are dealing with discrimination, who are dealing with intersectionality usually look for like I said before a safe space from all of this. Was comedy your kind of get away from all this discrimination? Do you use comedy to deal with all you have to deal with in day to day life? Is that your way of replying all of this discrimination?

Eddie: I think comedy was a way of therapy before I could afford therapy

Apiyo: oh wow..okay

Eddie: So, like I started to realise that actually talking about this stuff, in a funny way made people realise that... I realised that if I told the jokes in the right way then they would put themselves in my shoes then get what was happening to me.

Apiyo: oh wow

Eddie: So, I found this way of talking about stuff that was really really troubling but also to do that in a way that would make people laugh and understand that this shit is not okay.

Apiyo: to think about it

Eddie: Yeah for me it is a coping mechanism – humour. A lot of people I met haven't met people with disability. And so, there are a lot of misconceptions, that I have to get out of the way first.

Apiyo: Yeah, course, of course

Eddie: And I learnt that humour can be a very good way to first shock people then realise that oh no this person is actually. I underestimated this person I gotta be careful and yeah that's how you can get it going.

Apiyo: yeah, I had this feeling about you. That's why I was comfortable to come dressed like this.

Apiyo: You know in Africa we have all sorts of ways of coping with tragedy, crisis and all of that in fact we dance when a child is born, dance when you are get married, dance when you are being baptised, we dance when you are being buried actually. But am sure you have seen it maybe. Where people are actually carrying the coffin and doing a dance because it helps to make the pain a little lighter because you have a different way of expressing yourself. You know so, that always happens.

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