

* (R) Sleep (fear) * 10/11 \$20 (b/b discount)
* 12-wk 25/8/25
Robin

Going to NBS - mild gen.
anxiety
but less often.

Still on best 25mg of anti-depress
→ still
traumatized from
"awfulness" of before.

* Tenterhooks PTSD - may relapse
→ build faith + trust fear.

Gen. good energy but not
motivated to move.

Also broader
— doesn't want to see
people — not social butterfly.

Not drinking @ all now :-

Been painting a lot +
contacted digital spanning
place — Confidence is building

Been eating much healthier
last 6 wks.

Continue w. leukemia + Graves
S.S. symptoms — dry

* Dry, itchy, allergy eyes > rubbing
Irritated
+ Nose. → gen. chemical sensitivity
all too strong.
? Wegetha