

Treatment History for Olivia (Liv) Bake

Appointment type: Naturopathic/Nutritional Repeat

Date: Aug 21, 2025 12:00:00 AM

Consultation Overview:

Homework - queer eye episodes - internalised homophobia when trying to cater yourself to straight people and caring more about what they think rather than about what you want, how you want to present.

Letting things happen naturally. Putting self out there to let it happen.

Insane time at uni + 30 hours this week - Thinking about tests - R1 vulnerability

Skill plan report - R2 worry (time to practice),

Increased exercise and knee playing up - physio Monday - Bad leg in 30th percentile, have good set of exercises,

Gym after semester ends

Where broken leg was - both weak - exercises important!

Painful part of leg - L2 anger (age 6, not being consistent but not putting work in to be better), L2 rage,

Its ok to be judged - R2 hopelessness, R2, R2, L2 anger

It is safe for others to judge me - R3 yearning

Other peoples judgement has no effect on me - R2 despair, L2 anger, L4 overwhelmed

Plan for next consult:

Gym for leg - judgement of others

I am not beholden to other peoples opinion

Fear of judgement

Fear of vulnerability

Appointment type: Naturopathic/Nutritional Repeat

Date: Jul 30, 2025 12:00:00 AM

Consultation Overview:

Have $\frac{3}{4}$ of work done for anatomy class. Have been able to sit and do more this morning

Got sick Friday - worked 10 hours, again Sunday, 6 hours Monday.

sleep - waking up in the night early in the week. Bed around 10:30, waking early in the morning for work.

R1, R2, R2, R1, L2,

Thinking about going on campus - R2

I can learn in person and online - R2, R1, L2

Voice box - R2

My routine works with a mix of on campus and recorded lectures - L2, L3, R1

I can put myself out there - R2,

Plan for next consult:

Fear of judgement

Fear of vulnerability

Homework - queer eye episodes

Appointment type: Naturopathic/Nutritional Repeat

Date: Jul 22, 2025 12:00:00 AM

Consultation Overview:

Working a lot over the holidays as boss away. Able to buy some stuff.

Basketball back next week. Feeling good overall but used to hoop at home which is lower.

Goal to get 75 ave and got 3x 76 and 1x70%

Want to beat those marks this semester. - Uni Wed & Thur which will help with watching recordings

R2 worry (about procrastinating, wanting support not lecture),

Procrastination - R2 despair

Watching recordings L2 resentment

embroidering own merch for WNBL team

I can finish the embroidery - R1 abandonment

I can make mistakes - R1 lost L2 indecisiveness, R1 unappreciated,

Thinking about doing exercises - R1 vulnerability

Appointment type: Naturopathic/Nutritional Repeat

Date: Jul 8, 2025 9:30:11 AM

Consultation Overview:

Reynauds flares?

Last week - stressed, on edge, felt like vision zoning in sometimes. Lots of hours of work now uni finished. Felt like was vibrating - thats how high stress feels, tingly, shaking hands helps.

Chest - R2 worry

Last week worked up about something - R1 lost (new team member's boyfriend wants to coach the team)

Thinking about another coach - R2 despair (that he would be good, not being wanted or appreciated)

Em wanting this guy to take over - R3 sadness

Betrayal - L2 anger, L4 despair,

Nicole came down for 24 hours so got to hang out

Sleep earlier

Plan for next consult:

Basketball coaching situation

Appointment type: Naturopathic/Nutritional Repeat

Date: Jun 19, 2025 3:06:48 PM

Consultation Overview:

Taha and Dalia again

Card show, Taha invited Dahlia, other friendship group going, will go separately. Not feeling good about Dahlia and being in same space as her.

Not freinds with Dahlia - told Taha, he told Dahlia, Dahlia upset about this.

Dahlia messaged on birthday, texting conversations, now Dahlia wants to talk about the history

Happening Wednesday, Friday is first exam, lots of pressure on this exam, very worried about it. Went

OK, assignment was better than expected, feeling better about subject

Able to positively use Do not disturb to block out situation to concentrate on study.

Met up with Taha for brunch to has out

Shouldnt have tried to let us do it ourselves - L2 stubborn

Sorry about doing this just before exam - R1 unappreciated

Taha wants Liv to reply and trying to force the issue

wanting to do things that bring joy instead of study - hard to pull self out of it.

Now tired, exams finished, nearly finished Tafe (10th July)

Not sleeping - good to get to sleep, sometimes waking to go to the bathroom.

have Reynouds so poor circulation - worse for stres

Treatment_:

Ginkgo

Appointment type: Naturopathic/Nutritional Repeat

Date: Jun 2, 2025 3:03:56 PM

Consultation Overview:

Been really sick past week, throat, chest, head, now chest and a bit of throat.

R chest - R2 worry (put back on study),

L chest - R2 indifference (like doing nothing for a bit), R3 regret (watching TV show "Bet"),

Pituitary - R3 sadness

Anxiety - L2 aggression

Thinking build up - R2 Worry (tv show)

Exams - L2 anger (pressure on self, open/closed/online/in person mix of exams) R2 worry

Appointment type: Naturopathic/Nutritional Repeat

Date: May 22, 2025 1:59:08 PM

Consultation Overview:

Slump past 5 days. Get home just havent been able to do anything. Bed 10pm, up 8am. Fine when doing classes but struggling when get home.

Can be waking up during the night.

Last week - Thursday trigger - with Em in the afternoon.

Basketball trigger -

Gab phone call R2 disappointment

Em dating someone else - L1 anxiety (role, daughter age 12) R4, R2

sitting at desk R1, R1 unappreciated

Kitchen table -R1 heartache

Getting post game headaches

Trying to exercise during the week - Feeling good on waking, morning routine, scales in M&D bathroom so go there after have left to weight self. Can then trigger feelings if numbers go up then will feel ick.

Feeling good with seeing numbers on smart watch (fitbit). Motivating.

When in slump tend to binge eat - feel this is a problem.

R2

Appointment type: Naturopathic/Nutritional Repeat

Date: May 8, 2025 4:58:21 PM

Consultation Overview:

EPA class - 40% assignment, got due date wrong. Got extension, had 48 hours to complete.

Few overwhelming moments - stared at spot on wall and breathed or went and did basketball or walked. had test on same day assignment due, had to wing it.

Another test Sunday - went well

Practical exam Tuesday - blood pressure, passed.

Yesterday - fainted in class - mid follicular phase. Dehydrated. Had lunch 12:30, left for uni 1:30, forgot drink bottle. Class 2-4pm. When bored will drink water but couldnt. Wet labs after class, looked gross and so put off, then standing for about 20min.

hit head and elbow on fall. Only out for a few seconds. Could hear, fully cognisant on waking.

Blood pressure 102/67, pulse 65.

Eaten b/f, lunch yesterday and today.

thinking about fainting - R1 insecure, L1 unsupported
neck - R1 insecure

Video content - L1 Impatient, L2 depression

Basketball for U21's - R1

Appointment type: Naturopathic/Nutritional Repeat

Date: Apr 24, 2025 3:50:04 PM

Consultation Overview:

Enjoyed time on own, making own meals, felt prepared, spent most of the grocery money

cooking when Dad's home - R2 hopelessness (know sister is the favourite, causes more clashing)
younger cousins horrible, just on their devices -

I can be myself - R2 hopelessness (not enough time to get to know me)

Doing more writing, finished draft 1 of shorter story. Did on the plane up and when had a few minutes of quiet time while away.

Was able to complete and submit 1 assignment last week.

Have 45% assignment due soon, know what to do, feel Ok about it.

Feels like havent had a week off, and had placement today, homework tomorrow so not a proper break.

Back to uni next week - L2 rage (hate uni)

Im happy with my course - L1 panic (course sucks, need to go on to do masters if want to do much with it).

Appointment type: Naturopathic/Nutritional Repeat

Date: Apr 10, 2025 3:03:41 PM

Consultation Overview:

Taking magnesium before bed, more consistently getting to bed around 10:30.

Sleeping through whole night. Waking up 7am, have to wake up this time for some activities, if dont have then will go back to sleep/laze in bed until around 9am.

Can still be a bit lethargic when getting out of bed.

Tuesday - 9am zoom call for class, do this call with a friend. Did 2 hours on assignment.

Feel can concentrate better on cognicare.

Motivation levels up and down this week. EG basket of clothes will sit on floor, without having motivation to fold and put away. Actually did this on the weekend., today did dishes, 2 hours on assignment, zoom call help session, focus improved.

Home alone Saturday to Thursday - excited about being able to cook without anyone around.

Weekend - Had to move old couches to make room for new ones. Moved to back room (used to be play room).

Have had to pack away all old sketch books, and go through all old childhood toys. overwhelming to go

through it all and think of it being thrown away. now have a box of old things in room ready to sort out

Passion, did what liked, forgot how much loved art.
struggle to do hobbies, down time - art, creative writing.

Need to add 500 words, cant get off phone.

I can finish this chapter - R2 low self esteem
I can write about the kiss - R2 lack of control

Treatment_:

Celebrate positive changes.

Plan for next consult:

Motivation, energy, sleep
Fan fiction/creative writing?
holiday

Appointment type: Naturopathic/Nutritional Repeat

Date: Apr 3, 2025 12:47:56 PM

Consultation Overview:

What love/get excited about
Thinking about end goal

BBall grand final??? good game but it was just a lot.
Not playing - R2 disgust (physio exercises)
Hyper awareness of body and body image, critical of others (and self)
physio exercises - R2 nervous (too late)
Feel "blah" when not with someone, feel lethargic

Have supplements. Starting to take them.

Appointment type: Naturopathic/Nutritional Repeat

Date: Mar 24, 2025 10:16:53 AM

Consultation Overview:

Clearing blocks around study and motivation
Went to Dua Lipa last night, exhausted today. Friend went with was so much more excited coming out of it than going in. So much fun.

What do you need to do re study? Watch videos, type up notes on One Note. Feels like takes forever, dont use same abbreviations

I want to get my degree - R3 hurting, R2 nervous (anxious about what comes next after uni - job, share house, cooking for self etc)
I deserve to get my bachelor of sports and exercise science - R2 disgust (people in the course not aligned with own ideals/values), L3 abandonment (age 18, Nicole leaving, lack of support from teaching staff

compared to school)

I want to complete my Certificate 4 in allied health assistant

Treatment_:

Is there anything about studying that you are excited about or love about studying?

Plan for next consult:

What love/get excited about

Thinking about end goal

BBall grand final???

Appointment type: Naturopathic/Nutritional Repeat

Date: Mar 17, 2025 4:32:04 PM

Consultation Overview:

BBall team coaching didnt win,season finished

own team won so are in the grand final.

havent thought much about it, just need to send thank you

Thinking about reading text book - R2 nervous,

~~Thinking about summarising notes~~

Thinking about watching videos - R4 overwhelmed, L2 unhappiness? R3 rejection

Doing test online - L4 loneliness

On campus student but so much is online. Not having friend to share the load is hard, especially when the friend used to share the load with is loving her new course.

Startign to get to know people and connecting. Sometimes feel out of depth but enjoy going anyway.

feels productive going to the classes.

Just want something to help with memory and concentration to shortcut and make things easier.

Finding 10-12 watching tv, is free time without guilt. Going to bed before midnight but its not good, and don't feel good.

Treatment_:

Space clearing mist

Cognicare

Magnesium in any form.

Permission given to discuss supplements with Samantha Bake (Mum)

Plan for next consult:

Clearing blocks around study and motivation

Appointment type: Naturopathic/Nutritional Repeat

Date: Mar 13, 2025 1:31:22 PM

Consultation Overview:

Feeling into emotions - feel like its blocked off. Didnt do journalling exercise.

Otherwise have had a good fortnight
Have taken time off work and slept in today. R2

Yesterday - coached Bball 16/17 year olds. Player previous seasons have showed up, this season not so much. Only 4 girls showed up at training, consistent group.

Aleshia felt like she wasn't being praised enough. She is quite anxious, popular girl, has changed schools a few times.

Does silly things sometimes despite being a core part of the team. Not able to be part of the team at times.

Triggering to potential for having coaching being taken away

It is good for me to coach bball this year L1

~~Own coach leaving this year~~

Co-coaching own team next year - R1 hate

Thinking about friends talking back - R2 despair

its ok if Aleshia doesnt like me - R2

~~I am safe if Aleshia doesnt like me~~

Plan for next consult:

Motivation for uni work

Appointment type: Naturopathic/Nutritional Repeat

Date: Feb 27, 2025 1:27:43 PM

Consultation Overview:

Journalling task? Yes. Found the process tried to make it logical and organised
"why afraid to feel" found music highlighted and featured more than expected.

Don't mind opening up with people but don't really notice positive things in life. More conscious of good times rather than always dwelling on

Want to talk to Dad about feelings and emotions but he avoids the conversations. Doesn't appreciate the nuances or deeper need for relationship/conversations.

Sensitivities and vulnerabilities of topics with Dad are challenging to balance and it creates a withdrawal "soft"

"bit arse"

LGBQI rights, trans rights

"better not to feel, not to have emotions".

Being at home - R1 heartache, R2 hopelessness

walking in and Dad in kitchen - R2 worry, R2 nervous (no space for her in kitchen)

Judgement - R1 vulnerability

Acceptance - R2 worry

Placement starting tomorrow every Fri for next 17 weeks, lots of online content coming up for TAFE

Uni packed into 2 days.

Water intake

Only getting "me" time 10-12 end up doom scrolling on phone at that time.

Treatment_:

Judgement and acceptance journaling

Plan for next consult:

commitment issues - challenge of those close leaving (eg favourite character in book/tv show).

Appointment type: Naturopathic/Nutritional Repeat

Date: Feb 13, 2025 2:30:44 PM

Consultation Overview:

How was trip away - eye opening, irritated by Dahlia when drunk.

Feel sense of responsibility

Jealous - Taha and Dahlia's relationship - R1 vulnerability

I am not responsible for my friends - r1 insecure

I am not responsible for how my friends treat their other friends - L1 dread

Hard to feel emotions

Emotional connection with Laura - R1 overexcited

How feel feelings

Body image

Comfortable in self - not

I dont need to be perfect

Its ok not to be perfect

Im allowed to not be perfect

Its ok to fail -

I am motivated to make changes to my diet

What other people think doesnt matter -

Its ok to be me -

Can't take a day off and relax -

Appointment type: Naturopathic/Nutritional Repeat

Date: Feb 3, 2025 1:04:17 PM

Consultation Overview:

Couple of days after session felt really good, saw more motivation around exercise.

When purchased joggers then had 2 weeks mental health issues around body image. Journalled it out.

Felt better for getting out on paper, was having period at that time. Started week prior to period.

Now using Flo to track period.

Normally would just feel a bit unmotivated and a bit shitty, tired. This time felt more acute anxiety.

Really judgemental. - R3 rejection. R2 lack of control,

Mood swinging - feel really shit one moment then hear great song and be dancing around and feeling really good.

Thinking about relationship - R2 rejected (worried about what others think),

Being out and seeing friendship group - R3 crying (challenge with Dahlia and her opinion)

See friendship group, start chatting - R2 - nervous

Going on a trip for friends birthday on Sunday - Tuesday and seeing Thursday hti sweek too. Best friend can't come so just going to be Neo, Dahlia, ivy and 2 other friends of Neos.

Treatment_:

Tell 1 person about new friend - lunch tomorrow??

Plan for next consult:

How was trip away

Body image

Comfortable in self - not

I dont need to be perfect

Its ok not to be perfect

Im allowed to not be perfect

Its ok to fail -

I am motivated to make changes to my diet

What other people think doesnt matter -

Its ok to be me -

Can't take a day off and relax -

Appointment type: Naturopathic/Nutritional Repeat

Date: Jan 9, 2025 2:03:36 PM

Consultation Overview:

Thinking about things but cant do it - R2

I am ok even if I dont acheive what I wanted to - sadnessR3

~~I am safe even if I dont achieve what I wanted to~~

I am allowed to achieve - nervous R2, R2 hopelessness

~~Its ok to achieve what I want to~~

~~I am good enough~~

I am allowed to be good enough - R2 nervous

~~I am ready to be good enough~~

I am allowed to be me - R2 criticism, R2

I dont need to be perfect

Its ok not to be perfect

Im allowed to not be perfect

Its ok to fail -

I am motivated to make changes to my diet

What other people think doesnt matter -

Its ok to be me -

Can't take a day off and relax -

Treatment_:

livbake08@gmail.com

Appointment type: Naturopathic/Nutritional Repeat

Date: Dec 19, 2024 2:54:58 PM

Consultation Overview:

went to Luna park with high school friends - Neo, Ivy, Dahlia couldnt go. Nicole came along. was good to begin with . Then found out about Dahlia's concerns with her boyfriend.

Didnt enjoy schoolies together - L1

Found out they were talking trash behind Liv's back.

Was able to talk to Ivy about it and give own point of view.

Forced to come out before ready to really talk. label self when wasnt comfortable with

Fear of being wrong

I am not cutting myself off without trying

Sense of identity

I want to be me - R1

~~It is good to be me~~

I am allowed to be myself - R1

I am ready to be myself - R2

Others can be wrong about me - R, L

Back at tafe mid Jan, then uni in March.

Have been moving body regularly, good breakfast but then it all fell through after 10 days

Going to bed late, so getting up late and eating 2 meals close together. Feeling guilty about that.

Plan for next consult:

It doesnt matter that I dont know what my future holds

I am safe even though I havent decided on my future

I deserve to be loved

I love my self

I can love myself

I can draw

I can draw for myself

It is safe for me to draw

It is good for me to draw for my own enjoyment

I want to be me - R1

~~It is good to be me~~

I am allowed to be myself

I am ready to be myself

It doesnt matter that I dont know what my future holds

I am safe even though I havent decided on my future

I deserve to be loved

I love my self

I can love myself

I am good enough
I am allowed to be good enough
I am ready to be good enough
Its ok not to be perfect
I dont need to be perfect
Im allowed to not be perfect

Study stress, burn out
Year 11 and 12 stressors,
I am safe
My body is safe
I feel safe
I am calm

Its ok not to be able to concentrate sometimes
Im safe even if I cant concentrate
I am allowed to lack concentration
I am ready to concentrate
I am ready to study
I am good at what I do
Adrenaline
Cortisol
Its ok not to be recognised for my achievements
Knowing I have done my best is good enough
My best is good enough
Good enough is good enough

Appointment type: Naturopathic/Nutritional Repeat

Date: Dec 2, 2024 2:16:46 PM

Consultation Overview:

Water, flower essences, study ability since last session.

Got all TAFE work done, still took ages to do it but feel like maybe need to change from physical notes.

Holidays coming up : R3 hurting (Nicole going home, health kick) age 17, L2 unhappiness
fruit - R4 unworthy (change)
See friend - L2 unhappiness

I can relax - R2 low self-esteem (Lazy)
I am relaxed - R2 nervous (thinking)

I can sit and draw - R3 rejection, R2 worry (not good enough)

Treatment_:

gratitude practice
how going with daily/weekly health kick.

Plan for next consult:

I can draw
I can draw for myself
It is safe for me to draw
It is good for me to draw for my own enjoyment

I want to be me
It is good to be me
I am allowed to be myself
I am ready to be myself
It doesnt matter that I dont know what my future holds
I am safe even though I havent decided on my future
I deserve to be loved
I love my self
I can love myself

I am good enough
I am allowed to be good enough
I am ready to be good enough
Its ok not to be perfect
I dont need to be perfect
Im allowed to not be perfect

Study stress, burn out
Year 11 and 12 stressors,
I am safe
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Adrenaline
Cortisol
Its ok not to be recognised for my achievements
Knowing I have done my best is good enough
My best is good enough
Good enough is good enough

Appointment type: Naturopathic/Nutritional Repeat

Date: Nov 21, 2024 3:00:39 PM

Consultation Overview:

Dads opinion on sexuality - R2

Dont want to admit who I am - R1, R2

I am safe- L2

I feel safe - R3

Tafe - R2, R3

Thinking about process of studying

It is good to be me -L1

COVID stress, burn out

Year 11 and 12 stressors,

My body is safe

I am relaxed

I am calm

~~I want to be me~~

~~I am allowed to be myself~~

~~I am ready to be myself~~

It doesnt matter that I dont know what my future holds

I am safe even though I havent decided on my future

I deserve to be loved

I love my self

I can love myself

Its ok not to be perfect

I dont need to be perfect

Im allowed to not be perfect

Its ok not to be able to concentrate sometimes

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I am ready to concentrate

I am ready to study

I am good at what I do

Adrenaline

Cortisol

Its ok not to be recognised for my achievements

Knowing I have done my best is good enough

My best is good enough

Good enough is good enough

Treatment_:

Flower essences

Plan for next consult:

Water, flower essences, study ability since last session.

Study stress, burn out

Year 11 and 12 stressors,

I am safe

My body is safe

I feel safe

I am relaxed
I am calm
It is good to be me
I want to be me
I am allowed to be myself
I am ready to be myself
It doesnt matter that I dont know what my future holds
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I deserve to be loved
I love my self
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I am ready to concentrate
I am ready to study
I am good at what I do
Adrenaline
Cortisol
Its ok not to be recognised for my achievements
Knowing I have done my best is good enough
My best is good enough
Good enough is good enough

Appointment type: Naturopathic/Nutritional Initial

Date: Nov 7, 2024 2:10:15 PM

Next Actions:

COVID stress, burn out
Year 11 and 12 stressors,
I am safe
My body is safe
I feel safe
I am relaxed
I am calm
It is good to be me
I want to be me
I am allowed to be myself
I am ready to be myself
It doesnt matter that I dont know what my future holds
I am safe even though I havent decided on my future
I deserve to be loved
I love my self
I can love myself
Its ok not to be perfect
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I am allowed to lack concentration
I am ready to concentrate
I am ready to study
I am good at what I do

Adrenaline

Cortisol

Its ok not to be recognised for my achievements
Knowing I have done my best is good enough
My best is good enough
Good enough is good enough

Medical History:

No major illness as a child.
Infected fingernail grade 2
Nothing recurring.
Play a lot of sport so injuries to elbow, ankle, fractured tibia

Current Medications and Supplements:

Steroid cream

Mum has medicated for gut health.

Mental/Emotional:

Finished exams Monday so hoping stress will reduce now.
TAFE keeps going until end December.

Mental health through teen years - feel have blocked it out a bit.

Friendship group imploded in year 11 - people who didnt care about left. Best friend joined school in year 11 and supported through VCE.

Christmas after year 12 in a bad spot = "good friends" from high school stopped talking. Went to schoolies and then suddenly were hanging out without. Best friend and his girlfriend broke up and she was part of the "good friends" group.
Wasnt a good time.

Some periods of not feeling good in year 11 and 12. Felt physically couldnt study or focus. Tried to talk to mum and dad they didnt understand. Couldnt do more than 10min at a time. Everything took so much longer as not able to concentrate.

Did take concentration herb mix. Dont remember if it was helpful or not as have blocked it out.

Panic monster that helped previously died in COVID. Really struggled post COVID. Years 9&10 just had no motivation through COVID when expecting school to ramp up to VCE

School came easy, Uni is so much harder - less recognition, less support,

Lots of big assessments due in past month and struggled to kick into gear to get things done.
When had a study buddy then was much easier

Set self high expectations = comparison to Mum.

Called Lazy in comparison to sister. Feel judged especially in the kitchen. Makes hard to try things.

Immune:

A lot sicker since starting uni. Used to just be school, home, basketball, work. Now uni lectures, going out a lot more, bigger variety of locations.

Vomiting - started with food poisoning in June but otherwise spent 4 of 6 weeks sick during uni break. Tues/Wed/Thur vomiting.

Had strep throat a few weeks ago leading to psoriasis.

Started on wrist and worst area is left side flank, then has spread across stomach and then over rest of body except face.

Raised red lumps that look liked chicken pox, still have a little bit of it. Better for steroid cream.

GP doesn't think is auto=immune, thinks is post-viral. Still dealing with initial flare up.

Sports and exercise science - love the hands on, this semester more science.

GIT:

Nausea - only when sick. First symptom is throat and struggling to swallow.

Daily bowel motions on waking or after breakfast

Feels complete, no pain,

Looser during period and can increase in frequency

Menstrual History:

In year 11/12 much more emotional pre menstrually. Felt that the timing invalidated emotions.

never a cryer until 3 years ago. Now feeling much more emotion, or takes less for something to really dig into those emotions.

Expecting period in next week or so.

On menarche took a few months between periods.

Did blow out to 6 weekly on occasion during VCE.

Feel like its 28-30 days, fluctuates by a few days.

Every 2nd period cramps

Acne week before or week after, goes away on period

Every 3 periods breast tenderness,

Fluid retention every period.

Water Intake:

1 litre, if dont take water to uni or out, then can be 500ml.

Have Frank Green water bottle 1 litre.

Coffee/Tea:

1 instant moccha from Coles with breakfast

If needed might have weak coffee.

Decaf tea.

Alcohol:

parties - halloween party - hard Solo x2, 2 x tequila, 5 jello shots

might have G&T with Mum and Dad. Don't drink regularly

Dont like feeling out of control

Smoker - Yes, No or Previously:

None

No drug use.

Details::

Breakfast: Toast, apple and yoghurt with muslie, weetbix, bagels

Lunch: leftovers (protein and veggies/salad). Like wrap with lettuce and a protein. If buying lunch then HSP.

Dinner: Mostly family dinner. Do go out more or have dinner with friends. Increased take away and junk food.

Work Grill'd, cafe 2 days each. Eat at work 2 nights/week.

Appointment type: 20 Min Session

Date: Oct 28, 2024 1:16:37 PM

What motivated them to book the appt:

Feel like have a lot on plate, uni, started TAFE course requiring 21 hours online plus in prac days

- Studying sports and exercise science, TAFE will give additional accreditation for allied health assistant and shortcut uni practical placement decision making process.
- committing to future and making decisions is really challenging.
- importance of decisions will drive whether using head or heart.

Been worried about friend who has been working long hours and have been really worried about him so put self back in work load to support him.

Best friend at uni is moving back home (regional)

Been really sick every other month since June. More vomiting this year than ever have before in life.

Feel like a lot going on.

ERT

- food poisoning - R3 (regret) R4 (despondent)