

18.4.24

ALLISTER CLASS 2

Back injury at work - November

→ light duties & physio

They sacked me a month ago

Quite liked the job.

Went through IME → said I should be on Comp.

Need

Lost temper w/ boss

Escorted me off site

Staff left w/ me & went to pub.

Felt useless. Can't do physical work 20 back injury

Don't see a place for me to fit in.

Fallen into a hole & can't get out.

Disc bulge? sprain

Bett

Difficulty bending & twisting

Avoiding uni

interesting - conservation

Concerned for safety.

Very elaborate plans

Mater. Coal train track - give a

hang self outside MP office

quiet escape route - gassing in garage

Climbing gls

Nangs (nitrous oxide)

Protective

- told self if I run out of money I'll do it

2 weeks money left.

Last night

Job interview - 1 in a month &

try to keep busy

Mostly sleep

Occ. get outside

appetite - up & down.

eat once a day. Meat & rice.

Parents worried.

Greens Party - convenor of meetings. Fund raiser
want me to run for Council

Need to put my name in

⊕ work for enviro non-profit

Went climbing last week. Back ok.

Plan.

x Ring uni - tomorrow

x Centrelink - ~~apply~~ apply tomorrow.
- email employer -

x Ring SJO

Danni attack at work - 2^o last job of killing rats.

Feb. holiday in Phillip Island. Loved it. Could
see myself there.

G.P. recommended S.J.O.

PLAN.

Daily routine

Regular meals - at least 2 per day.

Get up

Shower

Exercise

Sunshine

Mirtazapine

Lamotrigine

Quetiapine 150mg

ETOH

Binge