

16.10.24 Mon.

Slept alot
Trying to learn not to overthink.

Talked to m. + partner.

Talk to you helped.

Need to learn not to hold on; to say no + take time to decompress.

Being better rested has helped.

Ben was angry in IT person + worried about me, which was nice.

I feel really different at m.

GP prescribed O.T.C. Serenoid (for sleep)

→ sleeping deeply like I never have.

Quiet w/e.

Didn't leave house; in the garden; what I needed.

→ head used to be so over full; constantly aware of pressure of work; now able to be present; feel lighter + happier; easier to make decisions

Youngest going to QLD for Xmas

able to tolerate stress better.

? Stay on track

Didn't like not being in control at work.

1st time I lost my composure + not be able to regain it.

Big deterrent

Got to listen to myself more

Take breaks if I need to.

Schedule in more breaks; give self.

Got to be realistic in workload + no support at home.

Need to adapt to my age.

Habit of pushing on

Learning to look after self better

Oldat ran at 5yo had whooping cough
Drs said NAD.

Slept + couldn't wake him → ED.

→ on alert since; always listening out
Not learnt to relax.

Booked holiday on property for 7 days. Going to take
time out from humans.

work situation a circuit breaker

Recognising trigger move.

Visceral reaction to colleague D/V. Move away.

Have to have enough quiet to hear the disturbance.

Have to listen to my gut.

EDS - tense in body - not time for action; needs to
able to be an observer of exp. + not take it on.