

Bianca

Low fe.

always tired - need naps.

Hayfever

Migraines

Hormonal flushes.

anxiety

bad gall bladder.

Migraines - stress me. Jordan. Hazel London
Can't mother; 3 kids - 12, 6, 4 ASD; non-verbal.
Puts me out + therapy 3x per week

Jordan: diff F.
Youngest 2 - their F around it needed.

Pressure of unknown of future; him &

No family support.

1st - left when Jordan 2yo.

2nd - on & off in their F.

Onset - when Jordan 2yo.

1st sign - overwhelming nausea, then pain in neck.
then shocking headache.

Prominent

Sore breast

ext. tiredness

Diarrhea

emotional; cry easily

Then migraine

< events; overthink - what will kids wear; how
will they be; triggers migraine

Starts Neck → temples & back of eyes & bridge of nose
tight > manage; tightly; s: pressure

nausea < loud noises; voice; light; screens.

④ curl up in ball.

occ. vomit → releases something

so quick from neck to whole head. s: heavy; throbbing;

> pressure, nose.

④ cry

analgesia don't work.

Mag sulph occ. works.

Day before menses & ovulation

Menses. 28 days regular; bleed 4-5 days.

1st 2 days heavy then nothing

Sensitive to ovulation; notice everything.

Anxiety about being pregnant

Boys dad in my life. Parent well but different.
Has' maori things I don't agree on.

av. drinking, so prefer to not be around him

I'm B + W. in London - have to be

Put up in a lot in past relationships.

Natural + healthy or rather be on our

Feels like I'm over stimulated ~~for~~
Everything feels foggy + can't think

I need to shut off + hide

> after migraine + then great week.

Cycle
controls my

< stress + events

Over stimulated all the time. Since London's ASD Dx
Constantly worrying → everything feels a lot.

If have a lot going on at once, overwhelming

Had bad OCB - exercise, cleanliness all controlled by
day

Since kids - can't control anything so don't

Perfect or terrible

Clean light switches

or don't no where to start so don't start.

Nothing in control

OCB - 16 - started in diet

- bulimia + eating disorders

M' moved to QLD → moved in to b/f.

→ cleanliness

av. anyone touch me or kiss me.

Then cared for friend in major trauma
& got better by itself as focused on friend

after kids - feel I can't do it.

Didn't like myself

Parents separated when I was a baby

M^o had partner - toxic

F^o every w/e - nice memories

Stubborn teenager.

Age 16

Left school 14 → Beauty college. Did well; job at
15 f/t; loved work.

Sister

Moved to QLD in M^o then back to Syd.

Commented Prewitt to kind friend

Own salon in Chatswood 18yrs.

Had Jordan + work 3 days/week

Hazel

" "

London - pandemic hit

Kids not vaccinated

Brought up natural an. Covid var.

→ shut salon; my baby. But connections in
chairs gone;

→ home salon.

Just do red light therapy

Work 6 days/week 6am to 7pm.

London always in me.

Traumatic birth; cord around neck + bleed in eyes

Quick

Shocked

Perfect baby; slept; didn't cry or babble.

3yrs + not talking + realised something wrong

Big meltdowns - overwhelmed me

hater: to come; breathes through

Dx - cried for weeks; so scared; didn't know what that meant.

Had

Feel isolated; can't go shopping without
Triggers he - tight; can't breathe;
'Please god help me'

Can't visit people + going to parks.

Then had to move out of that.

Feel better making him feel better, rather than what I want to do.

S topped yelling shouting at kids

I know he's so sensitive

He picks up on how I'm feeling. Have to regulate self for him

Say no to everything so think people don't understand.

Jealous / envy

Connection is him + way he looks at me.

Helped me grow up + love self.

addictive personality - party + drink + wrong people
- my secret name for 7 yrs.

⊕ Cocaine → feel I don't have to think; escape
could be stronger; not cry; less needy + reliant
Now so w/ AOD + ~~just~~ fear of others who are into it;
that I'd be tempted if available

In end, made me paranoid - so overwhelmed.

M^o - drug addiction; psychosis → hospital.

M^o bro - x 2 suicide

M^o half brother.

F^o bro - x 2 "

S^o - no AOD; strong

I feel so much → escape to drugs.

Extra sensitive - even as child

- tone of voice; have I done something
- trust issues
- overthink messages.

Heart hurts - a physical pain when feel things.

Try to be so calm in kids

Tight feeling if kids not helping

Over apologise if yell at kids → wake in PMK + pain in chest; hurt + sweetly

Feel things on sub-conscious level. + worry.

Over think if feel haven't given kids enough love.

From 21 - bought own flat.

When Sep. - gave some to J's F°.

Now out of market too long; meant so much to me.

Born home.

No control over anything but my health + kids' happiness.

Fear as kid

Not having a real family; someone will get me.
Hurt

v. clinging as g/friend.

Being a M° so hard for me. Jordan 3/5 2 early.

3). Sent home → didn't know what to do.

Struck home in J. No one taught me what to do.

as child - had to wake M° + wash my clothes.

Run to school at 5°

Over do it for kids

Fear turning into M°.

M^o constantly telling me she's leaving (only support)

S^o 1 yr older -

Resent her for leaving husband - like M^o did.
Feel I have no one.

F^o always there for me. Talk daily.

Work consumes me. Try to be positive.

Sleep

v. good if had good day.

Bad if not
wake unrefreshed; instant overwhelm.

Dreams

M^e, S^o, M^o & F^o walking; had to climb a wall to get to ~~them~~

Man grabbed my leg & put me in his car
F: couldn't hear me

Fear: Kidnapped

↳ being grabbed.

R: needy; yelling & not heard; alone.
Wake in a panic.

Sleep walked. M^o screamed so loud I'd go back to bed.

Nice dreams.

M^o & Babies playing in their beds - before born.
Me carrying them.

Reality dreams.

S^o driving & doing drugs & crashed into car.

F: not taking notice of her kids.

People cheating on me; betrayal; so scared I'd be hurt; panic; R: big mind, yelling, crying; while the

Instant reaction i. bad news; hang up

Can't deal i. emotions → escape - ASD; drive

Now say nothing & hang up. i go silent

No low

Switch off completely

But such a big communicator, has to come out even if I don't want it to.

Can't hide emotions

Forgive quickly

Can't hold it in.

overwhelmed

Generals.

[Don't supportive,
but when have migraine, think I'm making it up.]

Hormonal flushes

i. anxiety & night; i. sweet & anxiety

Hayfever

Really sens. eyes. Itchy - dry.

S: dust in sinuses

Sneeze for hours - ~~whole~~ weeks

→ clarify the sinuses

HA

No allergies

? Spring ? pollen.

hayfever - whole of pregnancy. - clear discharge nose;
itchy eyes & throat.

Veg. as kids. ? don't absorb Fe
from lack of meat
Now eat meat.