

28.4.24 Caitlin

Anxiety; fixate on things

Had to go to sister & got anxious about it.
anxiety - something would be said.

Don't get on well.

Find things to worry about.

No patience. Snap easily

Switch quickly

A few months.

Son's picking up on it & snapping too.

Youngest started solids. 4mo. Has reading
Early to get teeth & eat.

Sleep - good. Thinking slot again. - M.N. → Sam.

Boston sleeps through. But lately, waking 2hrly
In day, he doesn't sleep under or me.

Boston doesn't like the car.

Thoughts - anything that could go wrong.

So got engaged → what am I doing in my life?

Have to get a job soon

Not working not great for me; my refuge
→ anxiety; starting at new places.

Could get job in legal aid in reception.

work from home 3 days per week.

Did want to do disability, but tried tape & not
good at online learning. Don't have the
confidence to go to tape.

Mom & Steven. F & Daniel help me out.

Mood: not as happy as have been. Not miserable.

The thinking is exhausting.

I don't have any me time.

Do want to start walking.

Once Jackson back at school, will walk daily

Y/C mother's group. will try.

No friends

On P+C at school. - thoroughly enjoy that.
In holiday, did kids' activity
1/m 27 - other mums are 40.

Tackson - I had PND.

DIc time out for a break

Getting Daniel to take him for 2 hrs.