

Kimi

allergies: rhinitis - hayfever.
Not good.

Need report to get on
D.S.P. - do together
next session.

Yesterday a really hard day. Mother's Day. Cried all day.
I'm 52, & like a baby.

No interest in anything

Need colonoscopy - (pos. bowel screen) end of May
Don't have money for all specialist.

Neurosurgeon for neck

So embarrassing to not be able to pay

all becoming overwhelming. I can't cope.

% No, I could juggle things.

Can only do one thing per day.

When young had another episode, when anxiety started.
Anxiety attacks 3/day → Mt Druitt Hospital.

GP put me on Xanax, & >.

Started 2021 - after pop died, as I looked after him
as well.

Woke up one day, % overwhelmed.

If I don't feel safe, won't go.

- that I'm going to die.

Nervous; it's all coming back. % No, I was busy; had
something to do; no time to think.

Saw V, she told me I was a junkie (Xanax)

Went to S.J.O.G. & found another person.

→ never felt so low.

I knew nothing about Xanax.

Took me 2 mos to get off.

V led to 200ft. song.

When N. passed, everything broke → 4 to 100mg.

Didn't sleep well. Feel like s**

Can't look at photos of N° or unpack funeral things.

After pop died, I was sitting on the lounge. Felt cold
sensations & saw pop there smiling at me.

N + I used to talk about her going.

I can't believe it's happened - she's gone.

As a girl, I'd cry thinking about them dying.

My whole life about N + P. Never got over Pop either.

I think because they stuck up for me in life.

When she died, had to clean out the house & get rid

of everything. Felt I was invading her things.

Went to see Dr Jodie Ellis Clarke.

1st time back at Napier Hospital.

Hate it that hospital didn't call me soon enough
to be there when she died.

P H X

abscess on arm - got infected.

allergies

anaphylaxis to -

Child - bronchitis

seasonal asthma.

Diabetes - Ozempic + deaformin

Was 123 kg. Now 107 kg.

arthritis - left arm; knees

Reconstruction Rt ankle

both feet Rt elbow

at same time - 2015?

dancing in gotme boots on & went over.

ACDC cover band. Love ACDC.

Love the heavy rock. Makes me feel good.

Heavy music calms me down. Loud.

Driving makes me nervous.

a few MVA's.

N made me feel good. Played cards; went out
for lunch

She was so good at bargain shopping.

Played Bingo daily.

Come. bad. Can't sit for long or watch movies.

Like being on my own

2 close friends.

Got rid of a lot of people in my life who were toxic.

Pam - lives around corner. - 17yr age.

Jo - McGrath Hill - online. 20yr.

Don't speak to any family. M's still alive
But that relat. not good.

Love & endearing - that was Nam.

My F's -

Grew up in Mt Drmitt.

Hamberbury ^{since} 18

Population is changing = (ethnic demographics)

Magnesium for legs

Vit C, B12

THC - 2 bongs at night. Occ. in day for anxiety.
Do it to relax. Last 12 mos.

Anxiety did reflexology

G.P. is aware. Want to take medical THC.

But when I can afford it.

When younger, big pot smoker. Quit when anxiety started.

Don't like feeling stoned but helps SK.

Involuntary movements of arms & legs > on THC.
v. cautious &.

I feel like a lost little girl & I'm 52.

(Connected to lost child when 1st lived in N.

MR1 - 6-7yo

It was just better to be here.

She listened.