

5.4.24.

Kim Rogers.

B. day tomorrow - 66yrs.

Meeting friends for dinner tonight

Harder to exercise & do weights as need to
Body shape changing & harder to keep in shape.

Not helping my mental health.

~~Not~~ Not sure how to deal w. it.

Get tired after workout.

vag. prolapse & bladder repair Dec. 23 → set back.

I'm always thinking about aging & < when I see how
I look in mirror.

Since early '30s - bad veins → cover up.

Had sclerotherapy - injected saline > but came back

→ Hide legs
Used to get swollen feet & ankles. Not for past
10yrs.

Still get hot flushes.

Went to the beach (homework) & walked for 8km.
(w/OD Hongong). Had a lovely day. Left at 4pm.
F. good.

Made myself do it.

4 kids - 3 girls & a boy.

- Will see them all tomorrow.

Male friend - see him Sundays

& afternoons for an hour.

I'm hard to live w. I'm OCD.

- Never want to re-marry.

Lived by self for long time.

Everything gets to me.

J. kids - frustrated w. their mess.

Wish I wasn't like that. Didn't used to be

- past 6yrs. after got J. kids.

I love all my kids & J. kids.

Just can't get past my worries

→ anxious as it bothers me so much.

Brain is always going.

Thoughts & often jump subjects.
Even if my clients - annoyed if other people
don't do things properly.

I feel bad (guilt) - I don't like myself.

I can't switch off worrying about unimportant
things.

F: (irritation) pd. off

Did 2 tarot courses + reading crystal books.

Wear crystals ++

(+ something)

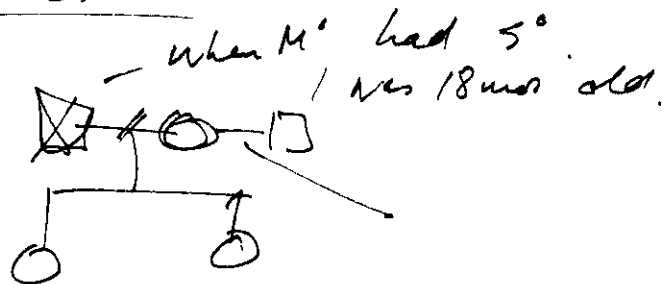
(+) lavender - calming; trying to calm myself down.

Gets me when people don't obey rules
too extreme. Tell people off if do wrong thing on
roads.

< living by myself.

ex. husband wants me back. - No. He stuffed it.

Family hx



M^o - schizophrenia - untreated

M^o used to be all about her. I didn't treat
step f^o well. Put her down, as couldn't work.

→ M^o had to go to work.

Step f^o bought me a nice bracelet in silver.

I think M^o took it.

I felt really bad.

16 - found out he was step f^r

He died 2005.

They divorced before then.

15 - Worked at Cinemas in city (in holidays)

Picky. But people not doing the right thing.

When kids growing up, I wasn't so picky.
or. When people make work for me.

I always have so much work to do.

'How dare they
so hard trying to fit everything in
[sigh]

heavy; weighed down.

Depresses me; on point of crying.

Tell kids I love them