

24.5.24 Kim Rogers.

Job agency - looking for office work.
over coming work.
applied for Centrelink

R/V

You've helped me heaps
I still suffer ans. but feeling more
comfortable about some things.

So many things do my head a
Get stressed at work & clients mess.
Didn't used to be like this. Is it because I
live by myself?

At home, clean house.

Told a kid off in Coles - as handling all the produce.
- 'germs'.

Keep getting told to calm down.

? outbursts -

Didn't used to go off at people

- trigger - people coughing without covering
- sarcastic comments - I make
- laziness.

- annoyed; so many things annoy me.

Started in 50s.

Stopped ADHD med = in march.
- mood not different since

? changed

give me pointers

understand what I say.

want to help fix it

mood: the not inevitable.

I don't feel anxious

Sleep - last night - well.

If wake, difficulty getting back to sleep.
Wake b/n 2 & 3.

perception

- Sometimes think I can see someone out of corner of my eye or hear some call

cognition

T/F - wait for my unaided eye to see it
Picture a place to remind me. If I can see it, I
can say. If I can't see it I can't say it.
Wasn't always like that.

Memory - short & long term memory difficulty.

Didn't used to have that problem.

I have a lot more I have to remember.

D/C puzzles & mind games

Sudoku & maths

word games.

Can't handle getting older
- soft flesh.

Put ~~off~~ things off

Put off gym for over a week.

& motivation as not as strong. But the only way
to get it back is to go daily.

Member of 2 gyms - hardly cancel

D/C other exercise option - walking
fixed & want to sit more.

Plan

Get routine back on track.

List things to do

schedule week & exercise.

outside work.