

6.3.25

Took R yesterday

Last 2 weeks not great - depressive

Got out of it yesterday.

Decided to look after myself better

- did exercise
- ate food - better food
- tried to do more

Poor sleep - last 3 nights

(Migraine last week for whole day!)

Not been to school

Rtn today.

Nice to see class mates today.

Want to go every day.

More brain fog - last week. 1/2 migraine

Head more clear yesterday

< today: not able to concentrate

→ R doing well. WAIT.

Body dysphoria

Long more hair lately. worried about that.

Been to GP for blood test. → low Fe.

Wt mines a few years ago. but not a problem now.

Contract myself
Rtn (Claws) closing

WISE 1 - ^{male} metal sculpture of person.

He's in some discomfort.

Arching back

Back of torso

Reaching back behind him.

S: back of neck

Strain

WISE 2 - ~~TREE~~ ~~strangler~~ WOMAN 1

Trying to push something away

Distracted look

Cloth on head flying back.

Trying to push the wind

Could be mid. action.

Trying to reach for something

A loved one died + pushing through a crowd to get to them.

Exp.

Distracted + sad

Visiting into one single thing.

Re: just trying to get somewhere. Pushing through out of the way. Struggling

Stressed

Desperate

State of panic

S: something gripping

Pain in torso

Sense of rush + needing to get to loved one.

H.G: hands clawed pulling back

Head feels tight

Tight S in muscles; sense of dread.

Opp.

H.G. open out; letting go; feeling free; light.