

7.2.25 Melissa

Meeting w. solicitor

- best outcome to ask for 2 yrs. At end of that, buy him out or sell house - scary, but gets kids through school.

F: stressed + sad.

M^o could help me once shes' in the pension.

Biggest thing - av. rent.

Next challenge - if have to downsize, what will happen to M^o. Guilt about that

Considering the kids, animals + M^o.

Then super + car.

Getting along really well. But don't want settlement to impact that.

Body tension

Back to work

S: tight + sore

Headaches - had been better but < last few weeks.

B on squeezed

MG fingers clenched; tense + tight

Sad week. School friend died. Cardiac event

Worried for student who moved schools (we were close that she'd be sent back to Uzbekistan).

F^o - unable to get truck because 2^o cardiac issues

Lots on my mind + uni

Overwhelming casino - one thing settles + something else comes up. - no break. Always at my limit
Never get to relax + have peace.

Walking helps.

Take mental breaks

Making time for myself.

Feeling more comfortable & kids going to Craig.

Good for them & me.