

22.4.24

MELISSA JOHNSTON

end Feb - on 1st day uni.

Recently separated, v. tough. He won't communicate
+ gone straight to getting lawyer
House, mortgage
Kids - 10 + 16.

Studying + teaching BA - need to do it for myself.
Work - teachers aid - Riverstone.

→ up + down for a while, but not expected.

Bought house 6yr ago (bigger)
Been asking him for years to help or communicate
Has Dx AD MD as child. Re. Dx recently + back on med =
Moods < since

Hard to do everything.

Just built m. a granny flat on the property.

Animals to care for
Every time phone rings, feel sick - what now?

One day - talk civilly

Next day - he's horrible.

He keeps doing mind about keeping house + stable
for kids

Don't think I can finance the house

Car - in his name. Trying to t/f it to me.

m. just moved in

Parents separated 2yr ago.

Worried if we have to sell house

Will I find somewhere to rent?

Constant stress.

Been stressed for years as get no help from him + he
→ relieved.

Usually strong,

I'm the one everyone comes to for help.

But too much for me.

Want to get through this - be settled.

Supports

Mum

Colleagues

Employment - annual contract - uncertainty

Love my work.

? affect

1 like structure + organisation → horrible for me

Sleep

eating - feel sick all the time

Dealt w. v. stressful situations before

Covid lockdown

- injury, low work + treated badly.

Son - 4R7 - ADHD + ASD } home schooling
→ 1
daughter - 4R1

1 had to work at night + be treated badly.

Then both grandparents (paternal) died
since then, not able to cope in things.

But this is worst.

Feeling

Sick, upset

HQ chest - bad feeling - anxiety; heart racing;
feel sick

Kids

OK

Lacey - sleeping in me since difficulty going to sleep

APR - yelling + screaming at me since separation.

~~Was~~ → living in his parents

Left me in all the expenses.

I'm left to deal in all utilities + kids expenses.

Will be better in the long run to separate.

? WAYS OF COPING.

- x Postponing the worries.
- x Grieve - allow self to

Frustrates me. I don't want to cry.

Med^u

injury - shoulder (left) - pinched nerve neck, set
left side. (5yr ago)

Insurance cut me off → lawyer dealing w. that.

Tests - can't find anything wrong.

Nerve pain down arm.

Injectoins - Cortisone - help for a while.

Endep - years - initially for nerve pain.
muscle relaxant - Norflex

Gabapentin - for nerve pain.

New G.P. - ~~no~~ med =

for

PCOS - hospital for Marina on Friday

O.C.P. for yrs

Pain + heavy menses

Had rod before sun beam.

O.C.D. - since little. - counted things; obsessive worrying;

v. anxious person.

Dx anx. + dep. 2020

checking
everything has to be perfect;
Clean: 100% perfect.
high standards.

Fam. Hx

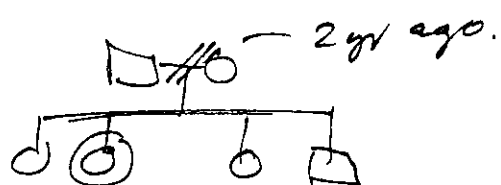
F. O.C.D.; anxiety

? bro had tics (not Dx).

Therapy for OCD when had son.

< when stressed + out of control.

Nº 1 - don't talk about things; not close.



Can't trust siblings to talk to.

F. not helpful.

He + Craig work together. He's heard his side

Helping

Uni work

- but am I good enough?

Getting through to-do list.

Work a distraction.

Uncertainty.

Certainty

x Kids - most important in my life

x Mum

x Animals - 2 dogs, cat

x uni. course

Child care - Cart 3 + Dip

Then petrol station at night after kid

course to work as teacher's aid

Inclusive Ed BA.

Self. care

- time in kids

- walks

- reading

- nails

(need to make more time)

- good diet - from scratch.

(picky in food; things in texture)