

5.9.25 Marina

⊕ Ocean.

~~Rest~~

Influenza B last week. (Today is Day 10)

still coughing

Egg white salty post nasal catarrh

< morning

sneezing on waking

Nose running in stool

v. salty mucus.

5-6 mos ago

Cough - as soon as lie down. < evening

Flu > sip warm water; annoying & tickly

Severe ache

ext fatigue - lifted after 72 hrs.

Slept 3 days

High fever for 5 days.

Day 5 - took Influenzium. Rapid decline 2 days

> after 1 day.

Yellow complexion; hands & face.

Bitter taste in mouth.

2nd acute since June.

Mind is clearer

⊕ hibernate. Sleep came easy.

No sore throat (unusual)

No nasal congestion

Day 3 - sneeze profusely

> All c.

Constant tickle in throat.

Wk to gym Monday - gentle exercise 1/2 hr max.

Not pushing myself as hard.

Feel limits better

⊕ movement

⊕⊕ dancing, running, working

Have to move. If at desk all day, have to get out & move.

1 need that movement.

Ext. active; need sprints

Don't need it since flu

2 weeks break from studying → got sick.

Sickness - made me stop & switch off. I needed that.

I was so tired mentally at end of term.

I love it so much, I absorb it so well.

By end of wk 14 - at end of capacity & need to stop.

Flu helped me. This time, happy it happened.

I wasn't fighting it happened; accepting it & veg. out

Full gratefulness to walk & not be in pain.

Didn't

When I was sick, woke crying from a dream.

M^o holding me.

I need my mum; someone to know what I need without asking.
v. similar to last flu in June - Influenza A.

Feeling in chest - pulling

Really sad.

Something pulling inside

Craved M^o care; touch.

Luke avoided me (av. sick)

⊕ someone to be next to me.

Catherine v. sympathetic; gave me comfort.

Luke made me cranky

Mix of feelings.

→ Craved my M^o.; care out of love.

M^o always so calm. about effective & get things done

? pulling down in chest

- when drop A. off; worry about her so much.
- I can't shelter her from everything.

Something sucking; pulling

as if someone has a suction thing a chest & pulling me down.

Don't worry about Catherine

Anna is steady & grounded

A. is la la land; total mess; forgets things; accident prone; chaos of imagination & love for animals - bugs & plants & snakes & water, but shoe lace under (Sometimes I think I'm Argentinian) & in total different world.

Sometimes I want to shake her to wake up.

She stands out; brilliant mind but

I see how other kids look at her

I want to go & kill them;

Yelled at her - You idiot; she hunched over & was embarrassed.

I worry she's so switched off from the real world.

Luke says it's my fault for protecting her

I see it's just her

I worry & that sick feeling happens.

I pray to god to protect her

Worry about her

" about Luke

→ sick feeling

When miss M^o → sick feeling

One day, M^o + F^o won't be here. → sadness takes over.
Can't go into it or will fall apart
I have to be strong for my family

Sickness keeps bringing me back to the sadness.

June - I was so sad I sobbed + sobbed.

Need to delve into it but don't want the sadness.

Don't want to delve deeper.

? suction

Empty feeling

Not a hole

Bottomless pit

V. hollow

Black

It's salty.

Something runs through it

It's not round it's long.

Something runs +

Like the drain;

~~Re~~

Slimey

Like snot down back of throat

Constantly runs

F: heart is going to be sucked out

Not in bones

1 - soft tissues

M4 pulling from sides down

Continuous

into belly button

into uterus

Starts from chest

NO suffocation

But when it gets to stomach, can't breathe

? suction

like someone presses your mouth

as if they're pressing their mouth to one yours + sucking

wraps their lips around this (chest)

It's a being that sucks it out of me

It's an entity

I feel as if it's someone that sucks it out

The seat & slinging running through,

then emptiness & fills up in sadness; so heavy I'm
about to start crying + sleep it away

take a deep breath

comes in waves

v. wavy feeling

Pottery online

I'm 3 I broke a mug

Told D° - I'm glad you told me + helped me
clean up

I just had my 1st baby. I can't cope.

I called my f°. 'I'm glad you told me'

You know how to be a good m°

(W)

he said that to me, b.

being a parent is about a listening ear + safe
place to land

Realised we never had meaningful conversations

1. my parents. I've made lots of mistakes

We don't talk

Worry that one day I won't be able to talk to them
about accepting everyone for who they are + not trying
to be someone else to be liked

Moments when I'm sick, I saw the ~~late~~ look on Luke's
face. He was grossed out
I said 'I don't care'

Prior - always try to present myself to be liked

Suchy feeling is No - all about me being accepted
for who I am.

The way I look + behave, doesn't matter to me.
She's pure love

Black is white mouth. It's got teeth.

Fish or sea monster is mouth + teeth.

It's long

Like a mouth stuck to my chest.

(like demantors)

Feeling as if being snatched out

Pulls out all way from uterus + out of mouth.

Octopus.