

25.9.24 Naomi.

Rtn to Kellyville on Monday - under new 4
apologised for the mix up (ent admission
Kids all had whooping cough - 30
Having all 4 kids at w/e

Low expectations

past 4 days - not sleeping.

was sleeping ++

Uncure why.

Have been showering + eating daily

No s in mood. Fluctuating; moments of intense sadness.
Hermit; disconnected from everyone.

4 wt 20 hypo thyroid

⊕ exercise but no motivation to leave house

Only just started to shower + do teeth daily

D/c going for a walk.

Frustrated w myself for not exercising.

Used to being active

Nervous

Lucas struggling - behavioural issues at school;

→ linked me w health nurse → US4D clinic for Rx

→ Lucas + Kate - want them to get counselling.

→ (w me)

→ want me to explain to them what's happening for me.

Kids accepted under DV Victim Services.

Abigail + Theodore - had them last week. Ad so much;
talking so well. Was really good.

Love having them but hates it as have to give them back.

I also know I'm not ok to look after them.

Now AVO in place I could keep them & he'd not be able to

Mary and their Dad if he can take this for 1 week of holidays.

He wants to have more time in them.

I told him I'm struggling in MH

He's agreed to support.

A lot of positives.

Written to-do lists

Used to do yoga & feel so good.

Good to talk about things.

Plenty of time to pack & get ready

Will go see them today & have a chat in them.

Tell them what's going on. I'm nervous. Don't

want them to take on responsibility. I think I need to be honest in them.