

13.01.25

Rebecca

Platened.

Hurdles - insurance

IME - late Oct. (Neurosurgan)

→ didn't support claim. My specialist contradicted that

→ anxiety as still need physio

Pain killers → zombie. + can't function - not taking full dose.
(gabapentin)

Want to merge physical + MH workers' comp claims

- not OK; saying ~~that~~ separate issues.

→ stressed

Using Rx to

Sleep - struggling in

Mood - period of being v. stoppy, snappy

Migraines - been v. bad. Stiffness + tension in Rt neck.

Neurosurgeon - said injury of neck - 2yr standing - told me
can't operate + unlikely to recover (28.11.24)
Numb since then.



Low mood.

Autopilot; going through motions
shut off.

Youngest starting high school - expensive.

YR 7; YR 12?

Oldest graduated last year.

- ? trade. Anxious about him choosing electrician +
anxiety about election.

> a bit as in his F?

Bitter sweet.

Didn't go away

Regret it

4 anxiety about going + relieved when fell through

No outings

Isolating self etc

Did fire works - Parramatta NYE.

Next day - felt sick - like Covid
(No one else had it & ate same food)
Couldn't stand up straight - 3 days. (back pain 2° lots of walking).
Migraines <

Pain - knees set. to brace strap.

⊕ walking >

Rt eye twitching
Restless legs.

Tree

Acorn - portal to something new
Roots - troubles, hard things that can pull you down,
rooted into society
allowing the light to centre you to flourish into
fresh new beginning
coming out of bad times.
a lot going on upstairs
blue down below,
possible that not everything will be perfect, but
radiating light outside radiating from within is
keeping safe -
protecting from negative influences

New Year vision.

I do want to reach up - reach out & recover.

No plan, but have hope

I have the support & reached out for the support.

Disregard the message from needing support to I have the support

Support helps me to let go.

1st small step to reaching up & out

Have a new person I allowed into my life. ~~lost~~
Closed out a lot of other friends. She's v. positive &
spiritual. Need to find the time to do activities
with her.