

24. 3.25 Rebecca Valade.

Tired

Not sleeping

No coffee - 1-2 per week.

Taking Mg

Herbal mood tablets.

Went out to kids Thurs night

Struggling w/ migraines + photo sensitivity

No botox for a while

v. proud of youngest, who wasn't adjusting to new school.

Has made a new friend. Teachers saying she's doing well.

Older daughter - also doing well. Doing dancing

Trying to plan day w/ short activities

D/L plan re future occupation. Has been thinking about it: career roles, pathology collection.

Previous employer made me feel  
feel small + incompetent.

Driving to + from jobs but in my own world

D/L is rehab provider - they don't believe I'm ready yet. as migraines or pain come on w/ no notice.

I'm not in control.

I get angry at myself; at my old boss.

Old boss - wanted to be in control.

What impact will it have on my ability

I was a yes person. Always came up to work even on days off. Even tho loved my days off.

When I'm ready, I want to be really ready as my work ethic is full on. They took advantage of me.

~~2015~~

When put on light duty, I asked for help, she made me feel incompetent

When I'm required to do something, ask if it's what I want to do it really well.

Loved cleaning & kept me fit & active & did it like my own.

Took pride in my work.

Want to do the job right; do my role well.

Don't want to sound like a warden

⊕ sense of control about my day.

I'd be a soft, loving carer.

Not like my boss.

? work bullying

R: like a child at school; no voice,

F: scolded

Hated being there.

panic

In office, in boss's sc. When he was there, I had no security (stood up for me)

? child

Made me feel like a 15yo apprentice

F: on edge; anxious

In office role for (light duties)

Making the climb to the fall

Boss a control freak.

Hurt shoulder → light duties but put back on cleaning → << 'killed me' → & pain - GPs raised  
She wanted me to break the rules of D's. <sup>light duties.</sup>

She wanted it her way.

Frustrating

Condescending

Gas lit me constantly

Knew I meant nothing to her as an employee

I meant nothing. despite extra dedication to work.  
Struggled to comprehend how she treated me just because I had an injury

Everyone failed me that I relied on.  
Just like a daughter's school.

Let down of promise.