

2.12.24

Life chaotic

> distraction & activities

New VITAL app

Sleep - HR - & at times.

BP - good.

Want to see cardiologist. Saw one in 2017 - had issues

F^o had 1st MI at 42 + PGF also.
(anxiety about health)

HR & to 153 at home recently - just got up - slowly.
- no reason.

Want another Holter monitor

Hides like doesn't want anyone to know
Watch reassures me it's not me making it up.

Happens in good weeks too.

Spring cleaning - felt good.

Bad week 1/2 ago. Things that normally pick me up weren't. Passed after 4 days.

McComes in waves (like fabric in room)



all over the place.

Try to do things to help myself - new plants

Plants die from over love

Love plants & rainforest; draws me in; crave it.

Feel good if thriving

Kids to trip

- nothing planned.

< heat - overheat easily

Fabrie

1 get lost

Can't follow one line through

So much going on

The way I see the outside world

The chaos.

Jump from one line to another

No specific direction

No straight line

Sense of lost direction

No path; no destination or finish line

One has higher points

all have different...

Variation in pattern.

Some have more peaks

Different wavelengths & paths.

If had feelings

Placid

calm

Some touched 1/2 feelings

Closer together on edges

Start off more chaotic

Start race together & get a rhythm. More chaotic at start.

Can see more pattern

Beginning of something not always neat & planned

Like when looking at ECG - straight; then up & down

Conjuncted together

Can't explain thoughts at once & too much going on.

all in different direction; hard to express

Same template but each piece looks different

Ex. p. Further. If it was soft like chiffon

Making waves; fluttering soft side of it.

Water: waves, ripples; calming but draining

Can't get rhythm of it as going in diff directions

Like TV screen

Distortion

Interruption

No steady train of thought

MG - like pistons - waves up & down.

Like cardiac monitors

1. Calm & soft ripples

2. Water - waves; panic; drowning; can't breathe

3. Shk of snow screen

Can't get thought; busy.

OPP.

Straight direction; calm; keep on track.

Without chaos.

There is calm in the storm.

Doesn't have to be dead straight

Just need the balance & be steady pattern/
rhythm.

Plan - connect the girls - native
& do things together.

Aim to focus on the calm rather than
the rapidness; the calmer water.

Diagrams.