

3. 7. 29

Rebecca Valades

Coffea - 1st 2 nights - ready for sleep.

A few nights had to take it in middle of night.
3am waking

Plan - put - drops - only take pm.

Stress

- eruptions on cheeks + forehead

Insurance care worker - new one - not assertive + payments
tardy. Pain Dr not able to get info from them
→ I have to chase it up.

Vertigo playing up
? 20 lack of sleep + exhaustion.
Migraines been ok.

Can't drive - anxiety to get kids to school.

1st episode when child a toddler
as if drunk; don't have the control.

Still not letting kids have freedom, but not putting them
in either.

Nephew had panic attack in front of me.

F: triggered; sad + scared for him; petrified for him
Took it v. personally.

Grew up in Doll; single M.

Nephew - so tall + so delicate; takes things to heart. He has shell
I want him to grow strength to deal in basic things.

I want to protect my son from the dangers he will face as a
man.

Educate my kids ++ about risks

Rainforest

Sheltered

Want to be not seen

in own realm + space.

not drawing attⁿ to self

Happy in any isolation.

My children - foliage under new 1' - acting
over them - protecting them from weather.

Saw M^o, S^o + nephew - at a distance. a bit
taller pine trees.

Nephew - foliage that invades trees; seeks
refuge. He's independent but not; in the
protection of S^o + M^o. but likes his personal space.

No problem sharing the root system
of gigantic plant

But his support + nurturing + sharing nutrients
sharing in closeness to them.

Me + kids - part of same root system. But I share
the nutrients but they don't take

Still have independence but feel I don't...

Trees that fight over what goes - under

1' - the are giving