

16/10/25 Sandy

Massive pain
Not had pain like this for months.

Strategy seminar Wed. in city - hard chairs. By 12.30
lost feeling in leg then five sensateers in vapour etc.
so upset as had been coming away down as pain killer.
I'm so angry

I was doing so well & I'm in pain again
Got home & took an endone

Pushed through & took 1/2
but yesterday took 1/2 in no relief & had to take oxycontin
which makes me angry & go off (side effect).

as of 9.8 mg/day of endone.

Still taking morphine & paracetamol p.m.

ESTher pressing me to come off it.

Prior, I was having a really good week; was tolerating the pain.

Gaining weight - 109.2 kg.

I feel so disgusted in my body.

Not eating huge amounts

Got insulin resistance.

Don't know how to beat it

Pain started in the chair; when burning started, knew that
was it.

I was angry in people for demeaning country staff
laughed at me about my feedback.

I just stood ground & told them; I was mortally.

But pain was getting worse.

I was told that manager

Disconnected leadership team.

F: I plan to drive change.

I'm just speaking out.

→ sense of connection; nobody better than anybody
else.

we're bottom of pile; but we bring

appreciate what others do.

strengthen + improve the org.

Annual family picnic for staff.

Look at each other's hearts; recognise the humanity

of each other + really connect + each other

Understand what each of us are going through.

Really look at each other.

There's again. I'm the oldest - 70 next year.

Younger staff ignore me

Need people to appreciate

Free level of maturity

Undercurrent of bit shy + back stabbing

want managers to see how challenging the job is; that

there's no shame

that we're valuable. Instead of being ignored

Recognised as being valued. ; they see the burden of
our jobs.

I do like the job, but not going to pretend

? connection is pain

S: burning up inside

HG: fits closed

Not

Deep disappointment as job was so good + positive

(since moved teams)

I would have been good in the care manager role.

Not like specialist service issues

Sleep - better than it was

< before full moon.

Nightmares - some dreams; not really bad ones

F: at work + asked - as if

Shames embarrassment. How did I get to work in a

clothes

I just don't do things like this; nowhere to hide;
colleagues come.

They'd see my body.

Asked me to present at the induction they
want to link me to nursing team.