

Sandy.

Wed - slept 8.30 to 5am.

Righteous indignation

Complex workplace.

Tom doesn't pull his wt

Bernie not there at all

- complained I was v. negative

- hard when in pain

She criticises everybody.

I was really disappointed; put off.

On a day when I had no pain or medⁿ of u.

I was angry crying after

→ pain + migraine

Clear that emotion causes the pain.

I've been told I hold the team together.

Decided after - 'stuff it'. Took 2 days off & took care of myself.

I was too angry to the manager Bernadette.

A lot of pressure from Esther to stop medⁿ.

Have been able to do to under 10mg.

When I slept through, wt + 400g.

Last night - bad sleep → gained 1.2kg.

11, 12, 13 - 'halved' endone.

Last w/e. - in agony. Body on fire.

Manager incident - 2 weeks ago.

→ Full moon; not sleeping well; limited sleep.

New team member - knows nothing.

- the chaos & the waste of time.

→ manager put extra work on us.

telling us how to do our job (when she doesn't know
the way etc.)

F: overwhelm.

If B. off. / carry the load.

I've moved on from incident but careful what I say now.

Wed. This week - new manager run in.

Good stuff:

Super busy, he added a careers workshop.

Manager told me the backbone of this team.

So fortunate to have you

Don't want you leaving because of missing career promotion opp' lovely to have the recognition.

~~5th. I've dropped me & sister.~~

I am in car crash. Teary

→ upset me; he's the rock.

Don - high achieve; no recognition.

Boss works the system.

1 get worked up & angry which ends up in pain.

Strong worth etimi about doing your work properly

Don't cut corners.

Stick to rules & regulations to keep people safe & give good customer service

Feel I have opp. to vent to management & they take it on board.

Dreams.

1 week ago.

Nightmares x 5

1. sleep in back to door.

I am coming into the room; thought it was a stranger
woke to a start.

2. He was in bed beside me. I could hear him breathing
- not there

3. walking up Denison st to work; dark;

F: unsafe; couldn't find phone to call in

4. in park by self in

Left phone at home

F: scared; too far to run without being
seen.

3 women in kids → move at ease.

→ decided to go to them & I felt safer.

Last night

- about Libby (B's girl)

in church B, Libby & partner there

Libby didn't want to come in me

Wasp in the bedroom; flying around. I could see it
I am unconcerned I was saying to him to kill it
F: just get it out; murder it.

thread: unsafe
unprepared
startled

? after

afraid. Is there going to be an attack.