

13.8.24

Silvana Virzi

Back to work. F/T

A bit nervous going back

Missed out on a lot → nervous about future.

Nervous going out to people. Scary.

" people don't like me.

? Fear

- not being alone

Company gives me comfort.

I've been so independent in past.

How do I start a conversation?

What are you assuming of me?

v. attached to my best friend.

Leaving school (18mos ago)

Think a lot about future.

What will I be like? What will happen?

Will I find a house? have kids?

Scared of losing family

Tuesday Tape - really hard.

I'd missed 2 weeks of Tape. Everyone asking what happened. Missed a lot. Made mistakes; couldn't multi task.

Then work 4 days - full day.

It was full on, but I want to be pushed but can't be pushed.

? Recovery

I'm understanding more

Want to the gym a couple of times

Get funny losing people on social media.

Feel compelled to respond to everything → overwhelming.

Don't get invited to things anymore if want me to go.

Event coming up - planned for some time but now a party on same day.

Sick g.f. - on my mind

Getting more headaches.

< if over thinking

Can just get dizzy

M<sup>o</sup> helping me to prioritise my worries

Scale - 6/10 but happier

I can definitely see I'm improving

- just being more open.

- talk to my family a lot.

0 ————— 8-9 ————— 10 Normal.  
Unwell Now

Improving

Thought from - 5:45.

Sat. at work - got overwhelmed at work.

On verge of panic. Took a break, reconnected

to myself. The one time I broke down.

Last time that happened, I had to leave work.

Colleagues comfort me too much.

- feels nice but I want them to realise I'm

O.K. - I want to be left alone

World skills comp. at work. I've been asked to  
consider doing. Exciting but scary. 25.06.24.

Sleep - fell asleep naturally the other night  
Getting better.