

20.3.24

35 Devaney Ave
Glennmore Park 2745

29 weeks pregnant so excited.
after miscarriage, had to heal
Found out early - 4 weeks. v. intuitive in body.
Tried not to get too excited
Scared to let myself be excited
Lost energy to my body
It let Calmer.

Love feeling her move
struggling as getting lots of pain
→ & ability to exercise
→ effects N+H.

Don't sleep much

Uncomfortable

Want one day to feel normal - pain free

Some days I can't move

Can't go for walks

→ physio; preg. pilates

Got to wear compression shorts

Struggling to walk

Bloods → NAD.

HR 110-147 when sitting occasionally

→ Watch not correct.

HR 80bpm in clinic

GP wants me to take anxiety med=

Anxiety & 2mos ago - thinking about time off work.

Finish work 1st April.

Will only have 7mos off if I do. Not enough time.

? Swimming

- at home - pool too cold.

Phobia of public school 20 bacterial eye infections

Fear of unknown.
Worrying about future the what ifs

Moved house. Bought new house.

Worried about finances

When I go back to work, what will that look like.

Will I have to job share?

Like having my own class.

Worried about me as stuff. So worried

I'll be responsible for this little baby

No control of the next chapter + I feel overwhelmed

I think about all of this every day.

Spirit → guilty I'm so emotional + angry.

Worry about what that does to the baby.

Gym used to help + I can't do that.

⊕ listen to metal + lift heavy weights. >>

Can't do that

Don't feel calm.

No contact re M or B

Don't think she knows.

F knows. v. excited Our relat. strange

Lost my s^x at work over something silly

angry days are less in pregnancy.

Crying days are more

- worried

- being upset for trivial things.

Just feel sad.

Sobbing as brought a ooo make the upset

she'll grow up too quickly

hold her + protect her