

⊗ B blocks ⊗ Yoga + Breath. Anxiety / Elderly Chair
Jan C. 24/3/25

Feel as if energy 60% of what
should be — physically
— poor ^{short term recall / names.} memory w.

Sleepy — sleepy after lunch
if c just nap. ^{I'm OK.}

⊗ + B12-complex. [ARN]

Watercolours shown in popup artists.

~~Relaxed~~ Eased a little but not much.

5-6 hrs sleep then woken by
in chest "jittery" feel — (4-5am) — behind
sternum (not deeper) — vibration

Shortness of breath during day,
— can't get enough air in
needs to breathe deeper.

Sometimes lightheaded — occasional
[Anxiety?] come/go quickly

BP — "erratic" (126/86) 147/77 135/
→ [range?] J.

Ringing in ears — gen. faint
some times increases short-term.

Get pretty good (masade?)
→ occasional reflux