

N Navee H. ~~Xero~~ x2 + post

31/3/25

(Dad visiting too.)
Sister + nephews over from Perth
leaving abusive relationship.

N Navee feels drained - "putting
others first" - morning meditation
(H.) + real light + exercise
+ good meals + rest.

Need to set own boundaries.
① fears judged

② "It's hard" [ARNICA] (Too hard)

feeling more aware of grief,
resentment, etc - allowing
to feel them more.

Bodywork (alignm) ③ [Senior
Phos-Pho
IGN]
helping
dizziness + headaches.

Sleep still not great - "not making
the effort" - (still on phone
quite late - asleep ± 11pm -
wakes after 2hrs

↳ restless legs
↳ toss + turn

③ → Melatonin
+ Arnica

↳ physically rested
+ mentally annoyed