

5+6  
Low Oct

Jan Clem

~~Yoga~~ link.  
3/6/25

Anxiety gen. Ok.

"Jittery" sensation under sternum  
(sleep) — lessened by 1/2 but still  
when wakes @ night.

Ring in ears — minimal.

Bladder — urinate every hr dur-  
day — 4 hrs @ night. Some  
leakage. → travel.

[N.S + bladder]

Started yoga 1/wk.

sharp while seated horse.  
(L = hip sore + Arthritis knees + hips)

Digestion reflux < stress but  
well mgt.

Energy bit better but nap after lunch.

↳ Sleep (only light  
after wee)  
8-9 hr usually.

but not since husband's  
death

~~Children's~~ book to finish.