

# Oil Spill Brains

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**Abstract**—I spent February in my chest. All month, peeking through my ribcage. The back of my hand gently on my heart to feel my pulse. February, time and time again, is a month for transformations.

**Index Terms**—disenchanted, re-enchanted

ANOTHER PANIC ATTACK BUT THIS TIME I KEPT IT  
TOGETHER HELL YEAH

Leaving the concert early to have a panic attack. Space heater on high, blasting me with blankets of heat. I'm hugging myself, wrapped tightly. Futon because the bed is too big for where my mind is. Five vials of blood drawn, riding crimson waves now. In and out and in and out until I'm out for the night. Breathing and breathing some more. And like usual, tender days to follow. Food is just material and my teeth are mechanical.

## I. BREAKFAST TIME ON THE 2002 TOYOTA CAMRY

Eating yogurt on the trunk of my car, I watch the clouds before heading to campus for the day. I like the way the sky looks from right here. I'm 89 percent present. The other 11 percent is with the clouds.

## II. MOUTH LOG MOUTH LOG MOUTH LOG

### Monday 2/19

Breakfast was three eggs sunny side up, salt, pepper, two slices of toasted bread with pesto, and a glass of water from princess cup <sup>1</sup>

Hunger not present, didn't really enjoy eating it but glad I did

Egg yolk on jean jacket

Feeling very anxious this morning, holding weight in my chest and abdomen

Had second princess cup , # hydrated

Anxiety preventing me from thinking clearly, getting work done - feeling listless — hamster wheel head, knockety and spinning but going nowhere

Got the rumblies around lunch, about 1 ish, HUNGER CUES BABYYYY

Lunch , opportunistic buffet at poster session for IA event , ate until full Apple tea at Turkish cafe

Dinner was miss Saigon , very difficult night

Late night m&m mcflurry for emotional support

Anxiety and hurt manifests in the stomach and abdomen, dull body ache

### TUESDAYYYYYYY

Breakfast, not very hungry at alllll , but ate a piece of toasted

bread with cream cheese because I'm trying to be nice to my body

Also drank one princess cup of water # hydrated

Hungry around lunch , had two granola bars and princess cup of water # hydrated

Into the afternoon , another princess cup (# another one) # hydrated !!

Peeing like a villain

Apple at 3:33

CHEEZE itszz

Dinner (late , 9:30) is leftover miss Saigon with egg added (soup ish - noodles, veggies, dumplings)

Anxiety very bad , headache , tightness in body and mind

### Wednesday

Fell asleep on futon , woke up at like 1 or 2am and drank a bunch of water cause I was thirsty (thirst cue ?!!)

Breakfast was breakfast sandwich from Time market , sort of late, ate hastily with no regard for the passage of time and with an anxious fervor that can only be understood by my distant and flitting stare

By 4pm, drank 51 oz of water

Cup of chamomile tea and banana at EAC

Playing chess with friend, complete absent from the present moment and floating aimlessly around the past and the future Meditating on how to not repeatedly subject myself to the past and re-manifest grief over and over and over

Dinner with friend, they made noodles with brussel sprouts and peanut sauce (got hunger cues - the rumblies)

Discovering that i am the the only thing prohibiting me from finding peace in my mind

Beautiful moments of connection, storm and their winds temporarily stilled

Drank one jar of water

Two sticks of string cheese before bed

### THURSDAY

Therapy this morning, learning how to forgive myself and meet myself with the same kindness and compassion I show others (hard)

Rumblies, hunger cue !!!!

For breakfast, two packs of dinosaur oatmeal with oat milk - sat outside on the concrete in the sunlight to eat

Lunch was big Twix, vitamin water (20fl oz) and a brown Tootsie roll pop (field experiment today, on the mountain)

Listening to old country music with the windows down and feeling alive again

Made soup with chicken bouillon, udon noodles, and bag of steamed vegetables

Wasn't feeling super hungry, food was very hot, lots left over Heart is heavy but I saw the Moon rise over the mountains

<sup>1</sup>24 fl oz

so I think everything is going to be okay  
One princess cup of water

**Friday** (somehow)

Breakyfast was two sausage egg and cheese mcgriddles and  
princess cup of water  
Emotional burden released to dull ache with temporary bursts  
of brain heat and body fire  
Lunch - princess cup of water, nature valley granola bar, pack  
of fruit snacks.  
Dinner is slice of cheese pizza from Time, some chocolate,  
51 fl oz of water (hydration goated)  
Night out, had 3-5 PBRs (?), bottle of water, handful of  
chips, ice cream cake  
I sat on the mountain beneath the moonlight and felt immense  
peace and love and was truly present  
Beautiful night of connection and reassurance

**Saturday**

Piece of cornbread filled with corn and other magical things  
from friend  
Two bagels with cream cheese at TZF volunteering meeting  
28fl oz of Gatorade and some chips with salsa  
Playing games at the park, feeling the whimsy and joy of  
kidhood  
Also - cinnamon roll and can of lime flavored sparkling water  
Dinner is three slices of mushroom pizza from Domino's and  
a few bread stick bites  
Drank a princess cup of water  
And another princess cup of water with magic green powder

**Sunday !!! 2/25**

Hot chocolate for brekky  
Working on conference paper  
Longer chill bike ride with group  
Lunch at Pico de Gallo - fish burrito and cup of horchata  
48 fl oz of water by 3 ish  
Bag of instant rice  
Medium chocolate chip cookie dough blizzard from DQ  
Two double cheeseburgers with onions and a small fry from  
Ronald Himself  
17fl oz of Lipton peach iced tea  
The mind is an echo chamber and everyone is screaming  
17 fl oz of Perrier