Dear diary,

I can’t stop thinking about Kyle. It’s really weird. It might just be the fact that I am feeling incapable of focusing at all today in general and this is my mind’s way of procrastinating.. Or it might mean that I am falling for this boy in some way.

It probably has something to do with the fact that I am just craving human touch in general. I realized that whenever I am falling asleep, I usually have a “go-to” visualization that brings me peace or makes me happy at that point in my life to calm my brain before drifting into unconsciousness. Sometimes these can be scenarios that I play in my head, and they usually involve people that I am crushing on.

Recently though, no matter who is in my visualization, I have been having the same one pop into my head; it’s very simple:

I imagine me gently hugging someone and squeezing them close and holding on to them, while they hold on to me. I can feel their soft clothing underneath my skin. I can feel their warm hands firmly grasping me. I can feel the life in their body as their chest and stomach raise and lower. I can smell the sweet scent coming from their hair. And we just stay there. Hugging. Holding each other. Feeling the life coming from one another’s bodies.

That has been somewhat of a mental happy place for me lately. I think it is probably an indication that my body is craving human contact in some physical form. This doesn’t have to be sexual in any way. I actually haven’t been craving sex. But I have been craving *connection*. And I think I am getting that with Kyle.

It feels really nice.

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You know, I’ve got to say that I’m really proud of how I’ve been treating myself lately. Ever since my birthday and my last breath of love session, I have had a different mentality with my health. I have been taking life a little bit less seriously. I’ve been craving treating myself well, especially when it comes to eating and to waking up with mental clarity (not smoking all the time). For the first time in a while, I feel less like I am doing this out of obligation and more like I am doing it out of a *want* to treat myself in the ways that I deserve.

I’ve been enjoying connecting socially with others. I’ve been working on being present; especially with my roommates and people in my department - and my family.

Of course I have hours and days and even weeks where I might go through a harder time. Even today I’ve been feeling somewhat angsty and completely incapable of concentrating (probably because I haven’t given myself a true mental rest in a bit… I’m debating if I should even try to get anything done today). But I’m recognizing more and more that uncomfortable emotions are just a part of life. As I treat myself better and better they will come up less and less - but they will never disappear entirely.

Because of this, it’s really important for me to come up with healthy mechanisms to work through these emotions. I’ve been going to yoga and playing music as of late, or just taking mental breaks from work to let my brain recharge.

I signed up for dance class today. I’ll be doing it twice a week next semester.

It’s contemporary modern dance - which I think is going to be such an incredible experience.

After going to the intro contemporary class with Mikhaila earlier this week, I remembered how freeing it feels to dance and allow my body to move in the ways that it naturally wants to.

I think that taking this class on a regular basis next semester will allow me to heal with my body and work through my emotions, as well as *feel* and *express* with my physical form.

I am **so excited**.

I’m excited to see Morgan when I go home for break. Part of me is nervous - as is the case with anyone I haven’t spent much time with in a while - but in general I’m just really excited that she and I are rekindling our friendship again. It feels *good*.

I’ve been keeping up with Clauds and I’ve been keeping up with Sam (of course) and Yeng too. I feel like I am doing a really good job of keeping important people in my life and checking in with those who I am closest to on a regular basis. It makes me feel full.

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I’m TAing for 2201 next semester. I’m **so excited**. I’ll have my own class of ~50 students that I’ll teach every week for Lab. And I’ll be the *only* TA for the entire class.

I guess they put a lot of trust in me as a teacher and a coder. It makes me feel really good. I’m learning to love teaching more and more with each passing week.

It’s funny how time sometimes simultaneously goes by in the blink of an eye and can also be painstakingly slow.

This is why I practice patience. To be here and present, and to *love* the present, just as it is.

I would love to hug someone right now, for a long long time.

~ Jess

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