Dear Diary,

What a time to be alive.

I’m just going to brain dump for a few minutes because I have to leave my office hours soon. There’s nothing in particular I needed to get down today, but I felt the need to at least write *something*.

I was feeling weirdly stressed all of last week. Sophie (my yoga teacher) told me that it might have been due to Mercury being in retrograde. It was weird because last week I actually didn’t have that many things that I needed to do, but I felt so STRESSED the whole week, even though I spent a significant amount of time binging Netflix (Love is Blind) and the Bachelor.

This week I am trying to spend less time watching things, and more time reading. I can already tell a difference in my general approach to how I am feeling and my thoughts during the day, though I don’t know if I can necessarily attribute that feeling to anything in particular. It’s kind of like how during my YTT I just woke up and one day I started tasting this metal-like taste in my mouth that can only be described as hydration in a taste, and from that point forward I could tell that my body was happy and healthy.

It was similar this week. I woke up yesterday and I felt much better than I did all last week. My acne was going down on my face, my almost-cold-sore was going away, my skin felt tight, and my gums felt hydrated. My body felt less bloated too. I think that stress plays a *HUGE* role in the way that I am feeling and thinking, even if that stress isn’t necessarily coming from anywhere. It’s kind of an interesting thought.

How do I get myself to not be stressed when I am stressing over nothing at times?

I am really still diving deep into my health. I just bought a water flosser today after having a not-fun experience at the dentist this morning. They were understaffed and tough with my gums and I thought that insurance wasn’t going to cover the x-rays for a moment and just overall it wasn’t enjoyable. But, it did make me want to dive into dental hygiene much more so at least there’s that!

Other big things right now:

* I’m moving! Well rooms that is… my dreams all last night surrounded my room change because I had been thinking about it so much before falling asleep. I am *really really* excited to have a big room to myself! I know that it will be a bit of a price increase, ($150/month) but honestly it is SO worth it and I am really excited to be able to make it my own :). Plus, I think it is kind of solidifying in my mind the fact that I do really want to be here for the summer. Also, it’s the perfect situation because if Christian moves in next week, he is only subletting until July possibly, so if I am having reservations about the room, I can just move back out when he moves!
* Matt and I are getting in deep…. We spent 22 hours together in a row last weekend and I stayed over at his place. We stayed up almost all night talking and hanging out. Also…. **I didn’t sleep with him**. There’s something about him that I just don’t know how to describe. He is also a non-exclusive kind of person (which is so fucking amazing!) and he just really, really gets me. It’s weird because with him I feel *so* comfortable, as if we are already best friends. Actually, he asked me a question last week that had my mind spinning - he asked if he was like anyone I had been with before. Because if I was, then I should be assessing the cycle that I might be putting myself in. I told him he wasn’t like anyone I had been with before. After thinking for a while though, I did realize that he reminds me a *lot* of Maxwell… I don’t know if that is good or bad though. I don’t think I’ll tell Matt that either, at least not for a while.

We did kiss! He was an okay kisser. Parts of it were great and parts of it I’ll have to get him to improve on so we kiss in the same way. Honestly there is just **so** much chemistry and connection with him. I feel like I want him to be a best-friend figure who I also feel comfortable being physical with. I don’t think I want to be in a relationship with him. It has nothing to do with him, but more to do with the fact that I am realizing more and more that I just really still can’t be in a relationship yet. I’m not ready. The thought freaks me out and makes me want to sabotage whatever relationship I am in.

I am very intrigued to see how this goes. It is really clear that he is incredibly into me, but that isn't’t a bad thing. I fucking love his authenticity and openness. It’s a breath of fresh air.

Honestly Kyle and Matt are almost **completely** different people in terms of their personalities in every way…

I prefer to spend time with Matt. But as of right now at least, I feel more physically compatible with Kyle.

We shall see where this crazy life takes us…

More soon,

Jess

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