Dear Diary,

Today is my first day on the job at FATE and wow I am STRUGGLING.

I don’t know if it is because I smoked all day yesterday and ate too much junk food, or if it is because I am utterly depressed with my “dysthymia” depression, or if it is because I am sad about Eric’s stage 3 cancer….

It’s probably a combination of those things + feeling burnt out + feeling sad and stressed and tired.

Really, really tired.

Today is supposed to be an amazing day…

If I were in NYC I’m sure today would have gone much differently.

I don’t know how to feel…

Right now I feel like I can’t even get out of bed to be honest.

I feel like I should go work out, but I also feel like I have literally no energy to even think about getting up right now.

I feel sad.

I feel beaten down.

I’m so lost…

Writing this all down helps though…

It’s like my brain is simultaneously trying to think through every possible thing I could be doing right now and also simultaneously feeling like it is impossible to do literally anything.

Like I am supposed to be working right now, but I can’t even get myself to look at my emails or my calendar for this week -- it’s all too much. I feel like I can’t even see straight…

Is it because I am hungry? Or tired? Or depressed?

Maybe I need to listen to the meditation advice and stop trying to think through reasons for why I am feeling this way and instead just tune in to what I am feeling and observe it and be okay with it and let it pass.

Yes that helps, stopping assigning meaning or judgement to my sadness and hopelessness and pain right now.

Instead, I’ll just lay here and notice it.

I should eat some food though, I’m definitely hungry.

More soon.

Here’s to things getting better.

~ Jess

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