

## MY MAD, NOT SO FAT, DIARY



*It has not been a good week and I cannot work out why as there has been nothing significant to have happened to me.*

However, I feel in a constant state of sadness and tears over the smallest of things such as the postman being a d\*ck. A rude postman used to not impact my mental wellbeing, I can shrug it off, but everything is a big deal and the steps taken to improve my mental health have gone backwards.

*I feel I am back to where I was when I first began the Next Gen GM Mental Health and Wellbeing Blog.*

It started when I spoke to the doctor who had been helpful until this phone conversation. The doctor will not see me in person and as a requirement for my medication I need to have a blood pressure test, which is something I find hard to do. I have asked to see her "in person" but this has been refused and I have to undertake this task through a machine which has made me angry.

I appreciate the doctor is doing her job but there is a lack of compassion towards me as an individual who is suffering depression and severe anxiety issues that I do not think the attitude is appropriate to deal with mental health concerns.



*On the job front there is not much to report and it is slowly eating away at me seeing my savings go down daily just so that I can live.*

Unfortunately, I am not entitled to furlough or anything else and feel this needs to change. I read daily about the number of people struggling with few options to help them financially, surely this cannot be right for individuals who have contributed thousands.

I know this blog entry is downbeat but there is little to be cheery about as I have been, like the rest of the country, locked down and unable to see my family or friends. Having my partner is great, but no person is an island but this is what I have become.

*It breaks my heart that I have not seen my best friend's son and I feel really lonely.*

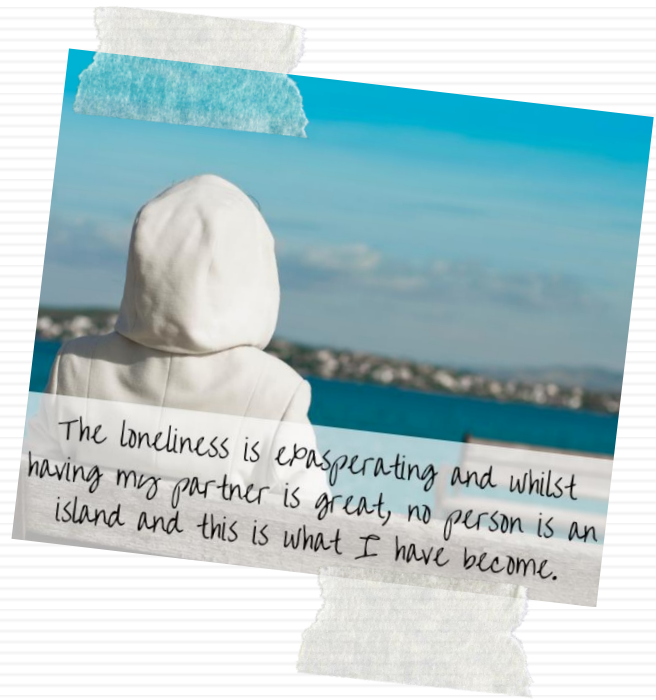
Loneliness is exasperating, I live with a partner, but I cannot wait to see other individuals and my family at Christmas.

With everything that has happened this year I see my patience going and longing for life to go back to normal.

For some there have been no changes but if you have lost a role, lost friends or family then there is a hole which you may not know how to fill.

*Until my next blog entry, keep safe and positive about life everyone.*

Salutem Mentis



**CURRENT MOOD**

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