
















Daylio Export

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11 June 2020 - 19 June 2020

 Ok	4x	 laundry	3x	 family	2x
 meh	2x	 movies & tv	3x	 drink water	1x
 Bad	5x	 looking after my little pe...	3x	 homemade	1x
 bad sleep	5x	 walk	2x	 cooking	1x
 cleaning	3x	 Tidying	2x	 gaming	1x

19 June 2020
Friday 1:51 pm



Feeling tight chested and a bit overwhelmed with noise and touch

18 June 2020
Thursday 1:48 pm



Changed window handle in my bedroom so it has a key for the lock, hopefully that will help my intrusive thoughts about the kids falling out of the window because they can no longer open it. I've put the key on a hook above the window so I shouldn't freak out about if there's a fire

17 June 2020
Wednesday 8:24 pm



Took a break from cleaning today, caught up with the washing and watched a few movies with popcorn with the kids in between them all trying to kill each other. I think they need their space from each other now

16 June 2020
Tuesday 8:22 pm



Spent the day decluttering the house.. I need tidy/clean space to feel calm in.. at the moment I'm tackling keeping on top of the housework when the kids and partner are at home constantly

15 June 2020
Monday 10:52 pm



 laundry •  bad sleep •  walk •  Tidying •  cleaning

Today I've felt abit better, I've tidied the house as mess makes it hard for me to relax. I've had music on low and kept the kids calm, loud noises stress me out. We took the dog for a walk along the beach which was nice.

14 June 2020
Sunday 8:04 pm



 looking after my little people •  walk •  family •  cleaning

Took the kids out for a walk today, first time since their school went into lockdown. I freaked out. Felt out of control, out of my comfort zone and just needed to make sure they were safe. Very on edge the whole time

but the kids had a good day out, nice change of scenery instead of being stuck in the garden. We even managed to see some of the zoo animals through the fence. I'm hoping they remember the good parts of the day and not the parts where I'm freaking out.

13 June 2020
Saturday 8:30 pm



MEH

🛌 bad sleep

Moods slightly better.. feeling less agitated.. still very tight chested and feel as if something bass going to happen

12 June 2020
Friday 8:08 pm



BAD

👨👩👧👦 looking after my little people • 📺 movies & tv

Watching a movie with my babies, enjoying the peace and quiet but still extremely tight chested

12 June 2020
Friday 1:35 pm



BAD

🥤 drink water • 🛌 bad sleep • 🧺 laundry • 🧹 Tidying • 🏠 homemade • 🧽 cleaning

Still very tight chested and racing thoughts

11 June 2020
Thursday 8:00 pm



BAD

🧺 laundry • 🛌 bad sleep • 🍳 cooking • 📺 movies & tv • 👨👩👧👦 looking after my little people

Feeling very tight chested and anxious for no reason

11 June 2020
Thursday 3:21 pm



BAD

🎮 gaming • 📺 movies & tv • 🛌 bad sleep • 👨👩👧👦 family