

2022-05-15

7<sup>30</sup> Wake up. Cuddle with F. Both kids are in our bed. We linger. I've hidden the remote so they can't get stuck on TV.

8<sup>30</sup> Breakfast. We struggle with S and her excitement for her party at the hotel today. She frets. We fret. Lots to be done and no time. Kids are stuck on their phones a lot. They barely respond as we try to reach them.

9-10 Bring out summer clothes boxes for kids who want to try some on. We fight today again. I yell a lot. But at least today the window is closed and I'm less afraid the neighbors might call the police on me. I answer an email to my sister and mother in a rather irritated state.

10-13<sup>00</sup> Meditation practice and course. We breathe, I slow down. It takes me all morning to get into the right frame of mind for practicing. Finally I manage to find a way, by slowing it down immensely and radically compared to what I am used to.

13<sup>00</sup>-14<sup>00</sup> Lunch. I take myself out. Order a hummus plate. It's heavy and a bit nauseating. Disappointed.

14<sup>00</sup>-16<sup>45</sup> Second part of meditation course. The massage pays off. I feel better, more energised and confident.

17-18<sup>00</sup> At the mall for some returns, small buys. S shows me her presents at home. Lots of candy and cheap jewelry.