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Subject:

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I have had a very bad year. The slightest stress and I immediately stop sleeping and become incredibly anxious. Things are still not back to normal for me. I now have an injury which they say is stress related and even with all the PT and drugs to combat i still have pain and numbness down my right side and it's been nearly 2 months.

I jump at doorbells

I deal in one way or another everyday with some fall out or question or query about your story and being alone does not help at all with the dealing with it

So sorry if I inadvertently did something without realising it..

I'm now worried about the article and what that will do to me then..the only good thing is with all this worry I may losse weight again

G.