

### Mental Health 3 & 2014 Wrap Up

Uni has gotten slightly emotionally easier now that surgery has gone back to looming in the background. I have completed my assignments on time, albeit in painful conditions. The pain is indicating no signs of letting up, it varies on a day-to-day basis, but overall it is staying constant. Before, I could make it several hours before it really started kicking in and I couldn't postpone the need to take painkillers any longer. Now I wake up needing to take drugs most days in the week - I am not pleased with this but some things just have to be done for the bigger picture.

I am aware that because I have been taking Co-codamol very regularly for the past three months, and Ibuprofen for several weeks now, I am going to have to re-address my medications with my GP. I have booked an appointment to see her soon. The pain has now admittedly begun to take its toll on my mental health but I am seriously trying to hang in. I have days where I question if it will ever end, if there is any point of putting myself through all things medical and when how long before I start considering making euthanasia more imminent. Sometimes the pain overtakes everything else and I lose the will to care about anything. I become moody and snappy quiet rapidly - it is in these times I now wish to be alone because social interactions with even my nearest and dearest become tolling let alone, those in my wider circles. As the pain levels increase so does my silence.

As I continue to be able to do less and less just to keep my pain levels from being aggravated further, I do become disheartened. It saddens me to think about it, but to some extent I do have to accept that the pain is draining my energy levels. I hate having to limit myself but I know if I don't everything I truly do care about will begin to suffer, so it's a case of taking on less for the greater benefit - or something like that.

During these times, I remain forever grateful to my lecturers, my family, and friends, both for being there and giving me space. I know I haven't been up to my optimum standards and I have let some things slip, for these I can only apologise and hope things pick up soon. I can only try to remain on track as best as possible. When all has been said and done 2014 has been an incredible year, filled with lots of amazing memories and personal achievements! In one word 2014 was AWESOME.