

what am i doing?
status: being pulled back and forth bc who even am i?

I am SO tired and today exhausted me. I don't have anything to say except I've been ready to go to bed. But first, I decided to finally open up my laptop to update the site. Now that the day is coming to an end, I feel like I don't have any words. Life is so weird, I'm not sure what people want or expect from others or from myself. Am I supposed to care or not care about things? Do I need to care more or care less? Would I still be myself either way?

I feel like a phony at work sometimes. I don't know, there's this mental load that comes with trying to get things done. And then there's the mental load of my own internal issues like wondering if someone has a problem with me or if I'm doing something wrong! If I need a break at work, I'm lazy. If I work through my breaks, I'm doing too much. So crazy.

Anyway, I don't want to go to work tomorrow because I'm just physically and mentally tired this week, but I also feel like I need to go and check things off some mental to-do list: site meeting, talk to a certain coworker, save my hours, whatever. I don't have any social energy right now and it's showing.

Also, a nice update: I deleted my instagram (finally), yay! I get the urge to scroll or check it less and less, but I have to learn how to be human without it. I practiced roller-skating this past weekend, I binge watched some of an anime-- which actually isn't much better as it's not a total break from screens, but it's an interesting watch. What else did I do.... I don't know. I find myself swiping back and forth on my phone to find something to entertain me and it's not there. I guess I'll learn how to enjoy my pastime eventually.

Definitely not from reading because I keep getting threats from my county library !! They're gonna take my books away because my adhd brain doesn't want to bring them back to the library yet, but I'm also not going to pick them up!! I keep books for months and renew online after being threatened a couple times. I'm a terrible person--I'd love to support libraries but in doing so, I'm actually hurting libraries !!! Oh geez. Half the books I got are mostly pictures for crying out loud. Maybe I'll pick one up this week/end. Anyway, I'm going to bed.