

~week of May 15, 2016 or so:

A laundry list of the physical and physiological problems I've been experiencing, mainly at school

-The same pattern repeats at the start of every school year: For the first week or two, I'm very excited, hyperactive, not hungry or sleepy, I feel shaky/trembly and feel like I have poor motor coordination; I think I usually have good bowel function/diarrhea too. Then, after a week or two (especially once the weekend rolls around), I crash: I become cold, tired, hungry, brain fogged, muscles are stiff/weak/tired, and bloated, and these symptoms persist and worsen for the rest of the school year, especially as things become more stressful (e.g. more homework). I always become markedly worse as the weather gets colder, too.

-I get a feeling of anxiety/foreboding at the thought of any stressful/draining activity – social activities, exams, going to shops, going on trips, talking to professors (not always though), or just leaving my room for any reason. It's probably a learned response because I know that doing these things worsens my symptoms and leaves me less able to do homework.

-I get adrenaline-like symptoms during exams and ESPECIALLY during presentations (shakiness, tenseness, stiffness, inability to concentrate/think clearly). I always have to rehearse like crazy for presentations because I can't ad lib anything; my mind feels 'paralyzed'. My muscles are very tense too, to the point that it becomes difficult for me to speak properly.

-I almost always have to spend Friday evenings, and Saturdays, 'recovering': not doing much of anything (especially homework), just relaxing and amusing myself. Then by Sunday I feel better and feel like doing more homework. I become very concerned at the thought of weekend activities that would rob me of this because I'm afraid I won't be able to function the following week.

-Feeling inexplicably stiff, weak, tired when walking – almost never in the evenings.

-Only being able to exercise in the evening

-Having to stuff myself to the point of bursting in order to deal with stress or sleep through the night.