

Freeform Writing Assignment: Highlighted Words and Phrases

Jessica Chan

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- panic attack
- wonder
- dreamt about my sister again
- peace
- quiet
- I've been spending my friday afternoon watching netflix and hulu and I have no regrets
- Conspiracy
- Over two years of living away from home, I've never felt homesick until now
- listened
- music
- stuck in an awkward position
- anger
- serene
- embraced
- over crowded
- anxious
- the type of feeling you get when you're half asleep and you suddenly fall
- I rung up my mother to ask how she's doing
- Growing up
- demons
- flooded with an overwhelming feeling of confusion and anger
- I had a nightmare about these league of legends characters
- I had to constantly remind myself that it was not real
- dreamt
- dreams about people I haven't seen in a while
- craving
- alarmed
- scared
- authenticity
- increasingly annoyed
- fake
- SZA WAS SNUBBED
- Hollywood machine
- Maybe I should go offline for a while
- Running towards me with scissors and I don't remember the rest
- I'll be back to normal in a bit, my parents will be here soon to celebrate the Chinese holidays

	Related to my anxiety
	Happy thoughts
	Pop Culture
	Dreams and Nightmares
	Home sick

After this exercise of writing about pivotal parts of my day and what I consider to be interesting and important, i've observed that how i'm feeling when I wake up highly influences the course of action for my coming day. Because of the medication that I take, i'm used to waking up to a lot of vivid dreams and/or nightmares. It is the first thing I wake up to and realized that they impact my mood on how the day starts. I'm someone that is affected by anxiety often so I find that it is one of my dominant emotions at times. Because of this, I put in a lot of effort to balance out these emotions by thinking of more positive things and scenarios. Throughout this week, I found a trend in thinking about pop culture and homesickness a lot, something that I don't usually think about. I think an interesting correlation that I would like to explore is how my dreams and nightmares affect my mood and overall anxiety as I go on throughout my day as I find that it is something I think about often and don't forget. I'd like to explore the affects of my anxiety medication on my sleeping patterns as well as my dreaming patterns. I think this correlation can be an interesting topic for upcoming art projects as an opportunity for self discovery.