



17 SEPTEMBER 2022

BOOKWORK 8: I now have a name for my greatest stumbling block:

Post Exertion Malaise

Common with other viral fatigue syndromes, Post-COVID has the symptom of taking you down after physical or mental exertion.

Isn't that neat? There is nothing I can do about it. There is no "cure". Just months and months of convalescence. At the very least, I should stop calling myself lazy

when I have to take a nap after blogging, which happened to me last week.

As of last week, I have blogged two weeks in a row. If I can blog again today, that will be three weeks in a row. I haven't even been able to blog monthly at this point, so I consider this a big win. The Post-COVID brain fog has been debilitating.

I still have to solve the third domain hosting issue on my RPi. I simply cannot fathom what I have misconfigured. It's driving me nuts. I was also hoping to work on WaiMin tonight. However, I've had two back physical therapy sessions, one knee PT session, and daily exercise homework. I'm pooped.

We'll have to see how the day goes, but I remain hopeful.

Lastly, I've been rethinking choosing now to illustrate graphics for my Splintered Mind blog. It is true that I miss drawing, and the tic-which-shan't-be-named no longer interferes, but anything other than a simple graphic is a distraction from my Wai min project. No more animated GIFs. They are fun, but take up too much time at this point.

With my health so severely impacted, I need to rein in my ADHD whims just as severely.