# Day 137 - Good Decisions and Spanx

June 27, 2013 By Gemma Peppe

I'm back in the office this week. I've been feeling better physically and happier too. I made a couple of decisions after I got back from my parents. One of them was to put off a big piece of work I was about to embark on this month. Postponing it lifted my mood instantly.

I'm working on an event next week that I've organised at Somerset House. It's a screening and a discussion. I kind of wish I hadn't started it now as it'll be awkward taking my pills and it's a tough crowd that I'm trying to attract.

Despite feeling so much better physically I still have more or less a constant headache and washing machine stomach. My mood is great however. I've enjoyed work. I've had positive news in about funding for my film. And I bought spanx (see day 133 re weight gain).

The pic is the view from my desk.

*This entry was originally published June 27, 2013 on The Hepatitis C Trust. Reprinted with permission.*

© 2026 Smart + Strong All Rights Reserved.