

\* 8-11k \* All symptoms < stress  
Elissa Fahy 9/6/25  
\* Severe lower backpain in morning on  
rollercoaster since Dad's rising  
stroke, new job + study  
Huge increase in physical  
+ emotional demands  
— feel spread thin too  
many demands.  
Zero down time, zero self care.  
Need silence +  
retreat time [A.F. S.R. Exhaustion]  
Dad still in hospital  
↳ at least 6 more wks.  
↳ on his own so all  
falls to Elissa. [Solidage]  
C S T G H E  
↳ Exhaustion  
↳ too many competing  
demands.  
↳ overwhelmed by  
new cover role  
flow more brown, clotty, thicker w/ some minor headaches + fatigue  
PMS — rage, frustrated [Aim. super'd  
— anxiety/overwhelm. anger]  
↳ racing mind, heart  
↳ eases before ~~flow~~ tightenes  
~~flow~~ starts. inside chest  
↳ worst case scenario