

24.3.25  
Hannah

22yr.

GP R/F

R/f as in an earthquake & had anxiety about that.  
That has faded, but want to talk

December in Vanuatu. 7.4 richter scale.  
Airport closed & quakes every day (for 6 days)

→ evacuated on military craft

Rtn to Aus. lots of thunder & storms.

I'd been a car & freak out

1/2 2 friends

1st day of holiday

been o/s

It just faded 1/2 time.

other stressors since

Anxiety doing every day things

eg. that train will crash.

on high rise. that there will be a fire; would  
be able to get down.

Stomach issues

Pain

→ 9 anxiety

→ colonoscopy

- No IBS

1m. post, vomit from anxiety

Huge stress 1/2 M.

S. moved out of home. M. emotional → stressing me.  
(20yo) (moved out 1/2 b/f)

Everything about my M. She's freaking out.

Not able to think of myself

Away 6/12 2024 on a charge.

Rtn to Av + M. saying I will take Zoe away from her.

huge moment it started

Av had baby shower. I wanted to sit near Zoe.

M. yelling + crying

Zoe moved out on wed. Leading up to it, M. freaking out.

M. + I were <sup>here</sup> closer

'Zoe's my baby; she's meant to stay here forever'  
That's independent + different for me.

Last night, we visited ~~at~~ Zoe. → M. crying  
I can't deal w it. Said that we grow up; it's part of it

Telling me I do nothing. I'm lazy.

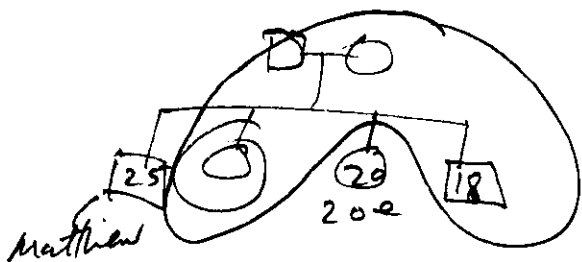
But I do stuff

She's just saying things

F: upset; stressed; can't do anything right  
taking her hurt out on me.

M. needs to deal w her stuff

M. going through menopause.



F. - misses the point.

Don't think M. cares about anything I've said.  
Had long conversations about how to manage stress  
I stay calm.

She just doesn't care.

She's just mad \*.

Younger bro - is ok.

M<sup>o</sup>.

I've always been independent

Now wants us all to be friends

Bro moved away for uni. Now in QLD.

She'd visit him & cry, but

Zoe - M<sup>o</sup> would be calling her & sob & screaming  
at her.

Didn't do that to Matthew

So attached to Zoe.

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### Family hx

M<sup>o</sup> - Anti Ys recently.

No M.I.

No chronic disease

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Started when Zoe got a b/f.

M<sup>o</sup> has no friends

Making

Zoe would cancel her plans if M<sup>o</sup> came to her  
sobbing.

I was sympathetic for a while but now don't  
know what to do.

Aunts know M<sup>o</sup> is putting too much on her.

MGP's are v. accepting of people's choice.

My Parents were quite strict.

M<sup>o</sup> got married at 20.

M<sup>o</sup> has belief her parent didn't care when she  
left home.

? coping

I can't handle her.

Talk to friends

It doesn't stop. I don't know how to fix it.

Uni Macquarie - Law & Arts (music major)

stay in g. parents during semester (Kellyville)

M<sup>o</sup> says 'you're never there'

MGP<sub>s</sub> - v close; they've always been there for me

M<sup>i</sup> gets jealous of her s<sup>o</sup> close relationship  
or my closeness to MGP<sub>s</sub>.

→ tension there.

M

Sing; play guitar & sax.

Used to perform

Exchange was music - Liverpool UK

Had really good MH there

⊕ living by myself

Was working in retail.

Stuck in limbo