

17.3.25 Cichell

H to H

63yrs.

Recovering from flu & chest infection - on A/Bs.

Stress
resigned from position

Fire Protection business

Late husband

2005 - he died suddenly.
'carried on business; son working in the last 15 yrs.

Tired after 30yrs of 60hr/wk

Sold to business assoc. He didn't pay a lot but
offered my son F/T employment & me P/T.

He then became a tyrant; threatening me; bullying me
(31st Jan - business settled)

He was telling me not doing things right
breaching contract; threatening legal action
Breakdown.

Emotional stress of grieving business attached to my
husband.

He was harsh; wouldn't let me explain
telling me it was a poor handover
accusing me of ripping him off; said my

My lawyers didn't give ~~so~~ best instructions

Got stress laryngitis from talking & trying to get it done.

I didn't have a voice

v. intimidated by him

→ Panic/ans. to his emails

D. Kirk - Dx adjustment disorder. → medical cert.
→ anti Ds

Took a couple of weeks.

not sleeping

waking 5-6x per night

feeling of dread around him

& the business

→ not go on in the role.

↓
drug fog;
misoprostol low dose
Didn't like the feeling
→ stopped & took
melatonin

Dr Kirk rec. applying for sickness benefits

No money coming in.

Business was in debt $\Rightarrow$ liquidate the business
Team of new owner finding out.

Liquidators been v. supportive
Accused me of sabotaging the business

Son has anxiety (on medⁿ)

He threatened legal action to my son.

4.3.25 - gave notice of resignation.

Impacted me.

Emotionally - crying for no reason
Can't sleep; not able to f^u at full potential.

Dread - that I've made a error

Lawyers said - he's bullied me out of a job.

Worn't expecting the grief to come back (after 20 yrs)

Have Airbnb property $\Rightarrow$ bit of income. (Bilpin)

will look for hospitality work.

(19 when father)

3 kids

Karen (43) - daughter - 2 kids. 13 + 9

34 Zac - ⁽³⁸⁾ works for business (in Kellyville);
(He's been v. generous + good in 2cc)

32 Wade - 6mo old boy

Genetic defect on my side - fragile X - affected boy.
but all male not affected.

John - cardio megalg → dead in 1 min aged 44
I was 42 Kay.
Horrific

v. damaging to us all

we were building our dream house.
Solidified in; built the business up. Clients there
for 25 yrs.

Youngest was v. affected as they were v. close. He went
down a bad AD path. Now on track in new family

A shock when new manage cut me off from contacting
clients

→ contributed to the breakdown.

80% better now. 1st weeks in Feb. not able to sit;
weeping ++

We all had grief counselling for 6/52

Daughter & Wade have John's heart condit in
AF

Both have ADHD.

A lot of stress in last 12 mos.

2nd marriage to Ed - ended ? 2017

- he was alcoholic & < after marriage

Needed counselling at that time

Usually strong & copes well in life's adversity

Both parents deceased.