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$$-\int_{\Gamma} \mathbf{J} \cdot \mathbf{n} \, d\mathbf{x}$$

$$\begin{aligned} & \int_{\sqrt{\gamma}}^L |\nabla u| \approx \int_{\sqrt{\gamma}}^L |\nabla v| \leq \Delta \\ & \int_{\sqrt{\gamma}}^L |\nabla u| = \int_{\sqrt{\gamma}}^L |\nabla v| + \int_{\sqrt{\gamma}}^L |\nabla w| \end{aligned}$$