You will still need a . eps image file; there is no pdffrag package that works for .pdf files.

Don't use the [process=all] option for pstool; that'll cause an infinite loop in Overleaf's build tool for now; sorry! If your \psfrag replacements change but the . eps file itself has not been updated, you'll have to do a 'recompile from scratch' to re-generate the replacements correctly.

Alternatively, you may want to work out all the \psfrag commands in a separate project with \usepackage{psfrag} and the LaTeX+dvipdf engine (see https://www.overleaf.com/latex/examples/psfrag-example/tggxhgzwrzhn), and once you've finalised that, copy the code into your main project (using pdflatex) and replace with \usepackage{pstool} and \psfragfig instead.



Figure 1: The same EPS image with psfragfig