

Serija fanzina o mentalnim bolestima

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Supplement / Prilog

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ANXIETY
ALARA HEDERLING
PREDIOMSKI STUDIO MEDICINE DESIGN,
SINGAPORE SEPT 2020/21
MENTOR: DR. GUY RING HALLGREN



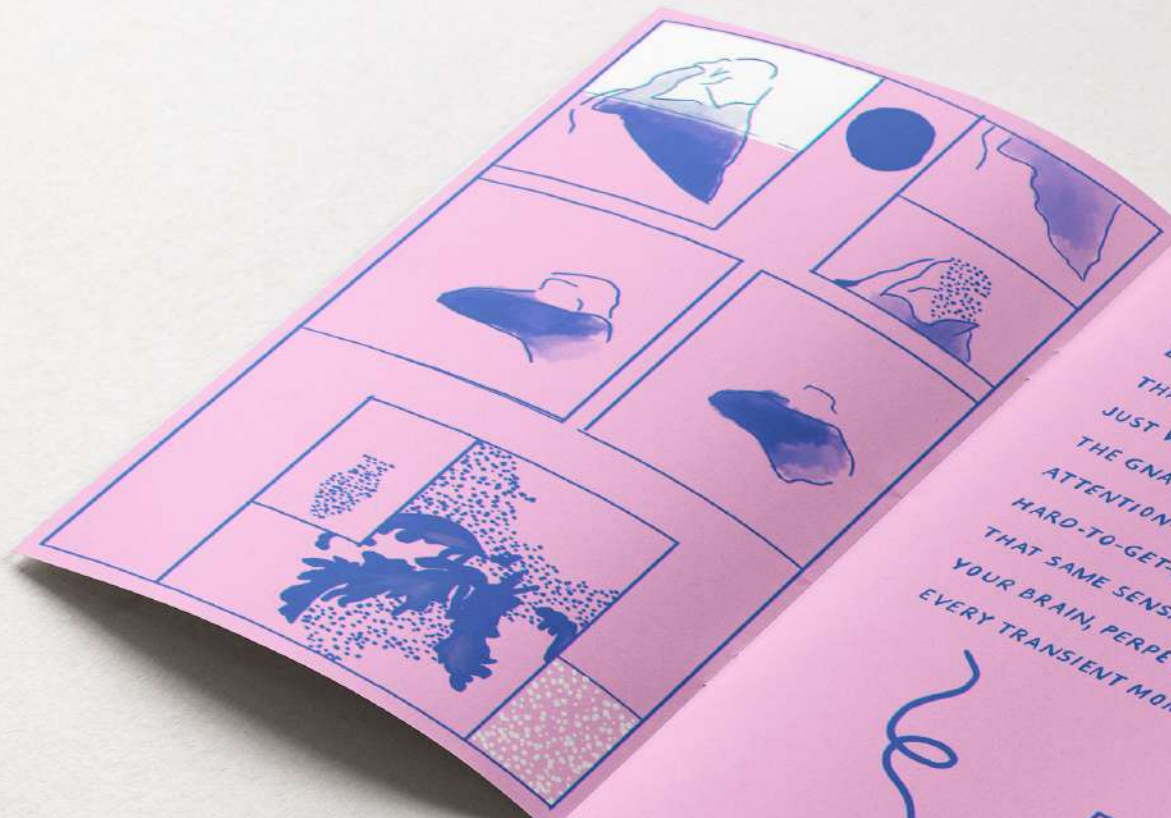


ДИПЛОМ ДИСОБРА
КЛАРА НЕДЕРЛНГ
РЕГИОНАЛНИ СТУДИЈИ МЕДИЈА И ПРАЈНА,
СВЕТСКИ ФЕСТИВАЛ 2020/21,
МЕНТОР = ДОС. АРТ. НИКО МИХАЈЕВИЋ









EVER BURN YOURSELF? YOU KNOW
THAT FEELING AFTERWARDS THAT
JUST WON'T GO AWAY? THE THROBBING?
THE GNAWING? THE RELENTLESS
ATTENTION-SEEKING, FOCUS-STEALING
HARD-TO-GET-RID-OF PAIN? NOW, IMAGINE
THAT SAME SENSATION, BUT ETCHED INTO
YOUR BRAIN, PERPETUALLY INVADING
EVERY TRANSIENT MOMENT OF YOUR LIFE.



ANXIETY

ANXIETY IS MORE THAN JUST FEELING STRESSED OR WORRIED. ANXIOUS FEELINGS ARE A NORMAL REACTION TO A SITUATION WHERE A PERSON FEELS UNDER PRESSURE. HOWEVER, THESE ANXIOUS FEELINGS HAPPEN FOR NO APPARENT REASON OR CONTINUE AFTER THE STRESSFUL EVENT HAS PASSED. ANXIETY CAN BE A SERIOUS CONDITION THAT MAKES IT HARD FOR A PERSON TO COPE WITH DAILY LIFE. MANY PEOPLE WITH ANXIETY EXPERIENCE SYMPTOMS OF MORE THAN ONE TYPE OF ANXIETY.

ANXIETY IS COMMON, BUT THE SOONER YOU GET HELP, THE SOONER YOU CAN LEARN TO CONTROL THE CONDITION - SO IT DOESN'T CONTROL YOU.



BIPOLAR DISORDER

BIPOLAR DISORDER IS A MENTAL ILLNESS MARKED BY EXTREME SHIFTS IN MOOD. THESE MOODS RANGE FROM PERIODS OF EXTREMELY "UP", ELATED, RAPTURE OR ENERGIZED BEHAVIOR (KNOWN AS MANIC EPISODES) TO VERY "DOWN", SAD, INDIFFERENT OR HOPELESS PERIODS (KNOWN AS DEPRESSIVE EPISODES). THERE ARE THREE TYPES OF BIPOLAR DISORDER. LESS SEVERE MANIC PERIODS ARE KNOWN AS HYPOMANIC EPISODES.

BIPOLAR DISORDER USUALLY REQUIRES LIFELONG TREATMENT. FOLLOWING A PRESCRIBED TREATMENT PLAN CAN HELP PEOPLE MANAGE THEIR SYMPTOMS AND IMPROVE THEIR QUALITY OF LIFE.



DEPRESSION

DEPRESSION IS A CONSTANT FEELING OF SADNESS AND LOSS OF INTEREST, WHICH STOPS YOU DOING YOUR NORMAL ACTIVITIES.

DIFFERENT TYPES OF DEPRESSION EXIST, WITH SYMPTOMS RANGING FROM RELATIVELY MINOR TO SEVERE. GENERALLY, DEPRESSION DOES NOT RESULT FROM A SINGLE EVENT, BUT FROM A MIX OF EVENTS AND FACTORS.

IF YOU FEEL DEPRESSED, SEE YOUR DOCTOR. DON'T DELAY. SEEKING SUPPORT EARLY CAN HELP STOP SYMPTOMS BECOMING WORSE.

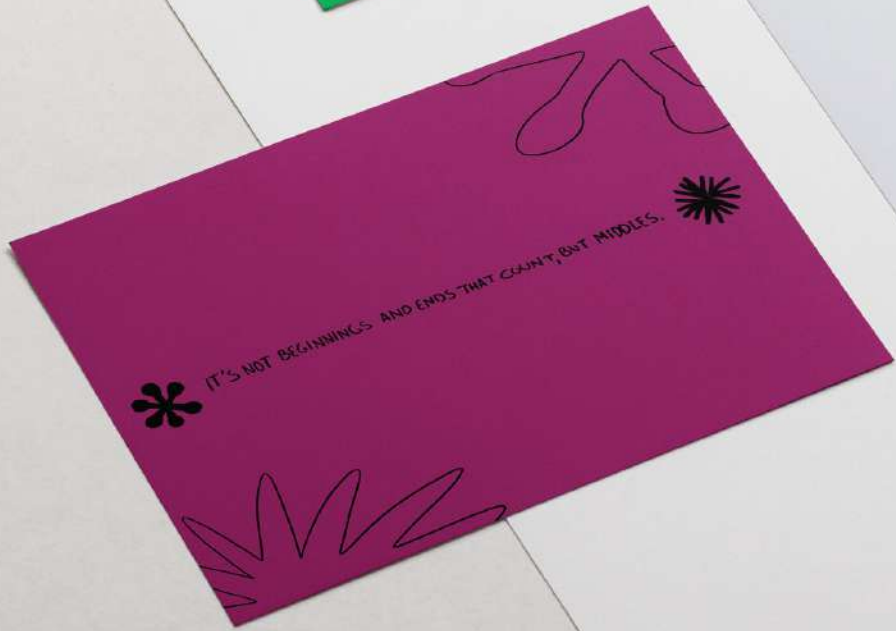


OCD

OBSESSIVE COMPULSIVE DISORDER (OCD) IS A MENTAL DISORDER IN WHICH PEOPLE HAVE UNWANTED AND REPEATED THOUGHTS, FEELINGS, IDEAS, SENSATIONS (OBSESSIONS) AND BEHAVIORS THAT DRIVE THEM TO DO SOMETHING OVER AND OVER (COMPULSIONS). OFTEN THE PERSON CARRIES OUT THE BEHAVIORS TO GET RID OF THE OBSESSIVE THOUGHTS, BUT THIS ONLY PROVIDES SHORT-TERM RELIEF, NOT GREAT ANXIETY AND DISTRESS.

THERE'S NO CURE FOR OCD, BUT YOU MAY BE ABLE TO MANAGE HOW YOUR SYMPTOMS AFFECT YOUR LIFE THROUGH MEDICINE, THERAPY, OR A COMBINATION OF TREATMENTS.



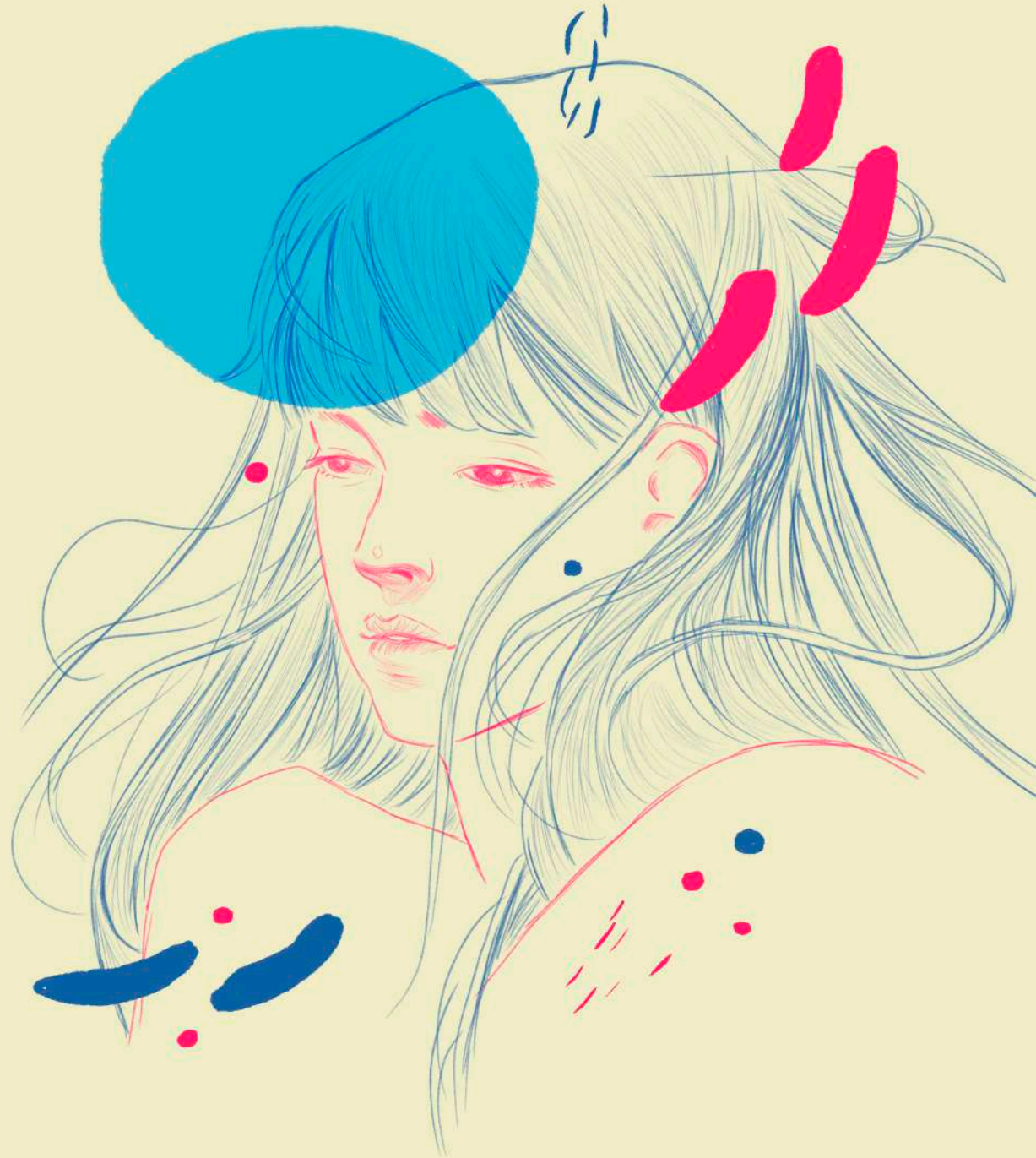




SIMPLY
TEND TO
OURSELVES







ANXIETY
KLARA HEBERLING
PREDIPLOMSKI STUDIJ MEDIJSKOG DIZAJNA,
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PLEASE
ME DOWN

I CAN'T SEE THROUGH
THE DEBRIS OF MY MIND

SELF

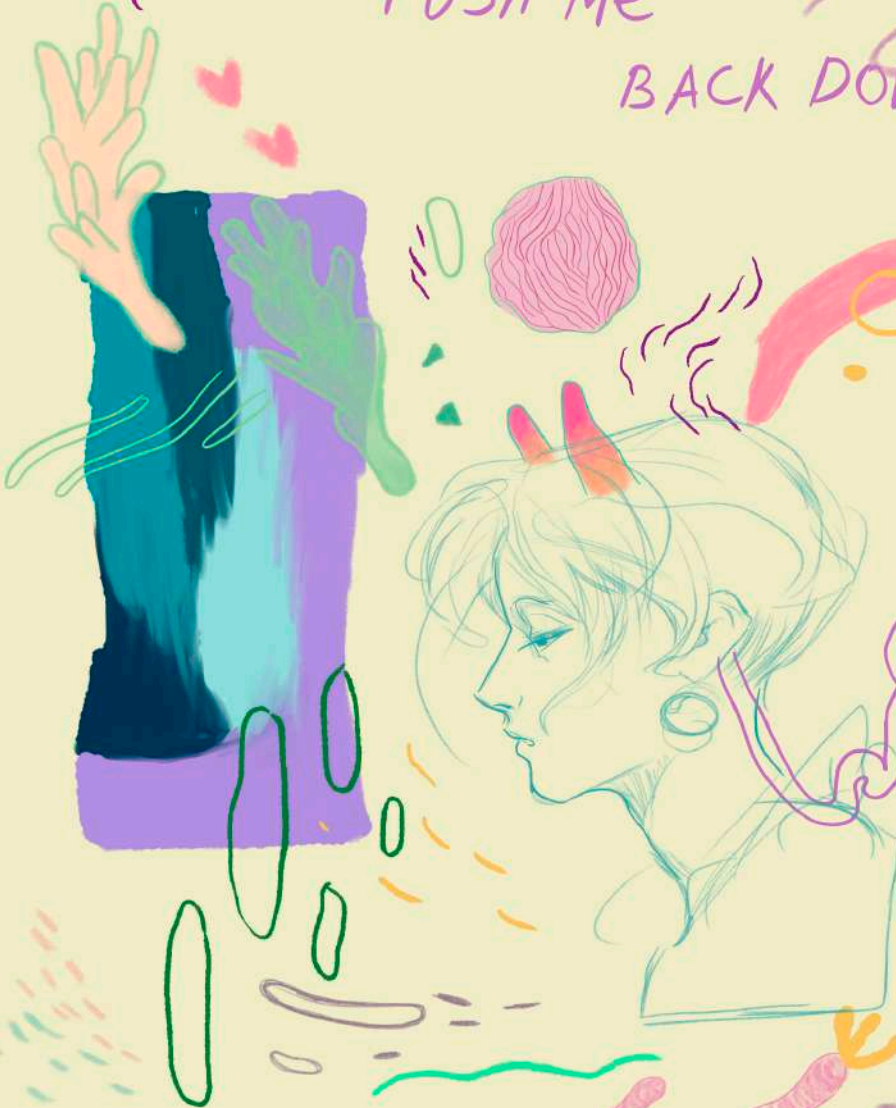
SABOTAGE

SHUT UP,

MIND

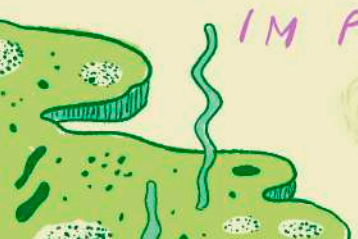
I WANNA SWIM UP BUT YOU
PUSH ME

BACK DOWN



IF I STRUGGLE,
IT GETS WORSE
ON THE EDGE OF DESTRUCTION AND
I CAN'T FREE MYSELF

I'M PART OF THE OCEAN NOW





AWFUL THOUGHTS

I FEEL EYES FOLLOWING MY EVERY MOVEMENT
IT FEELS AS IF I'M A SIGHT FOR AMUSEMENT
THEY SAY KIND WORDS AS THEY PASS BY
I HEAR THOSE WORDS AND A SYMPATHETIC SIGH
THEY GREET ME WITH A SMILE FULL OF HAPPINESS
THE SMILE CONTORTS INTO AN EXPRESSION OF SORRINESS
THE GLANCES OF THE PEOPLE BECOME JUDGING EYES
AND AS I FEEL THEM, A LITTLE PART OF ME DIES

ARE YOU
TRULY LISTENING?

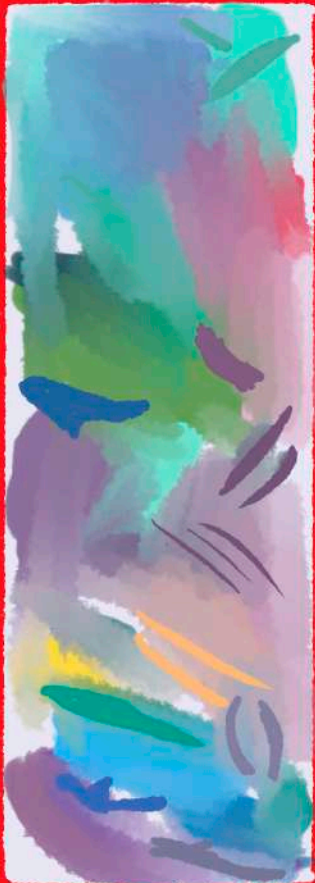
NO CONTROL

SUBTLE, ANNOYING BUZZING IN THE BACK OF MY BRAIN; CAN'T FOCUS ON ANYTHING ELSE... WHY AM I SO AFRAID?



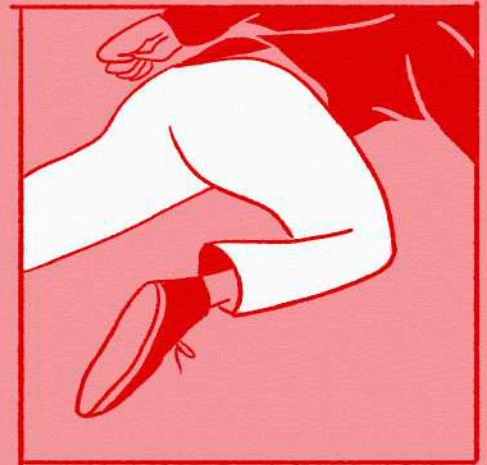
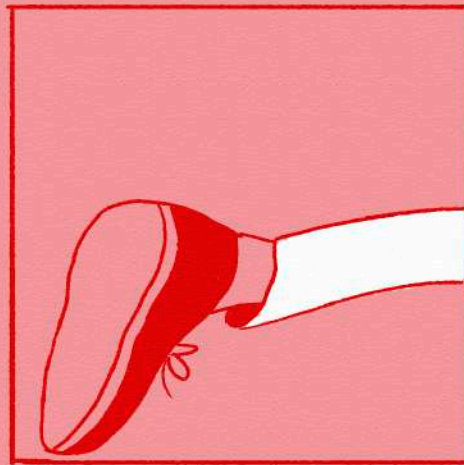
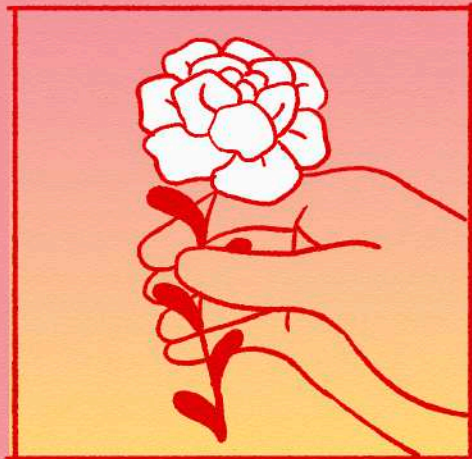
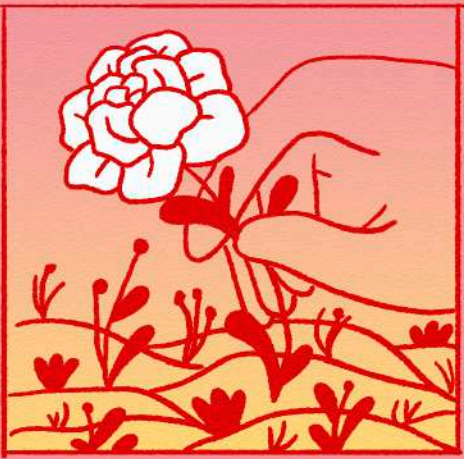
IT'S ME

WHY IS THIS HAPPENING TO ME?





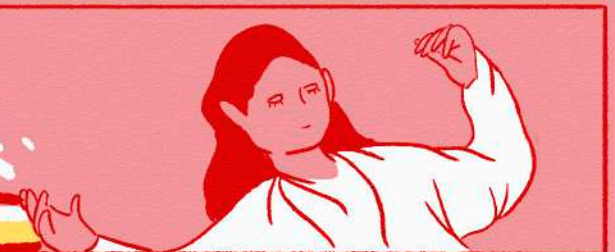
BIPOLAR DISORDER
KLARA HEBERLING
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SVEUČILIŠTE SJEVER 2020./21.
MENTOR= DOC. ART. NIKO MIHALJEVIĆ



I FEEL LIKE I'M HIGH ON LIFE, LIKE NOTHING CAN TOUCH ME. NOTHING BURSTS MY BUBBLE. I DON'T NEED SLEEP. I MIGHT NOT EVEN NEED TO EAT. IT'S LIKE I'M LIVING LIFE AT HYPER-SPEED.
I FEEL EUPHORIC!



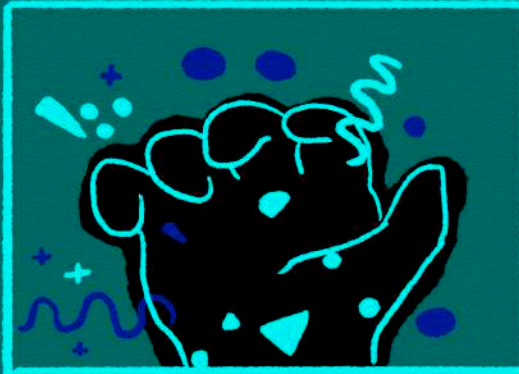
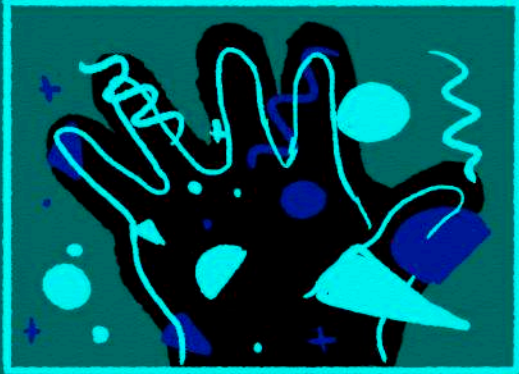
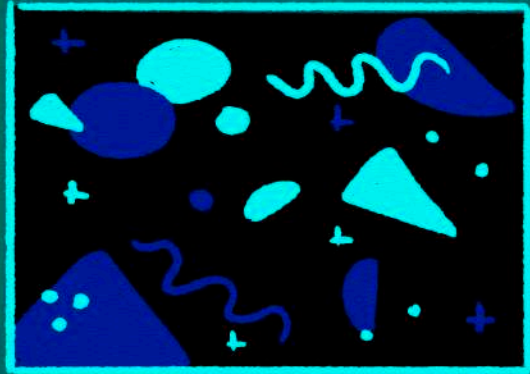
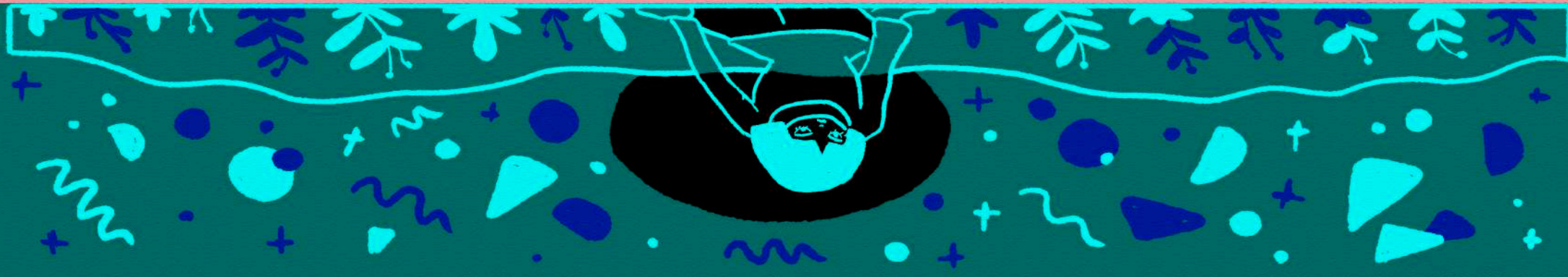
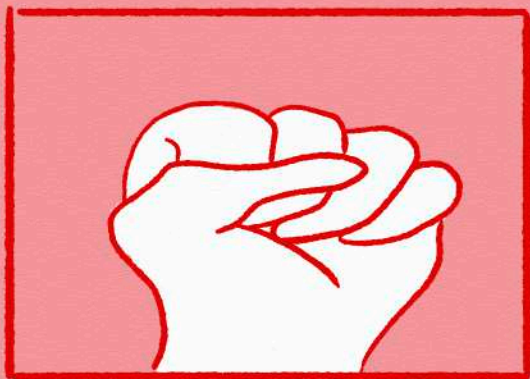
I'VE UNLOCKED FULL POTENTIAL OF MY BRAIN BECAUSE I'VE BEEN ABLE TO EXPRESS MYSELF SO EASILY. MY MIND WON'T STOP RACING AND I CAN'T MAKE SENSE OF IT. I FEEL LIKE I NEED TO DO SOMETHING. DON'T WANT THIS FEELING TO END.

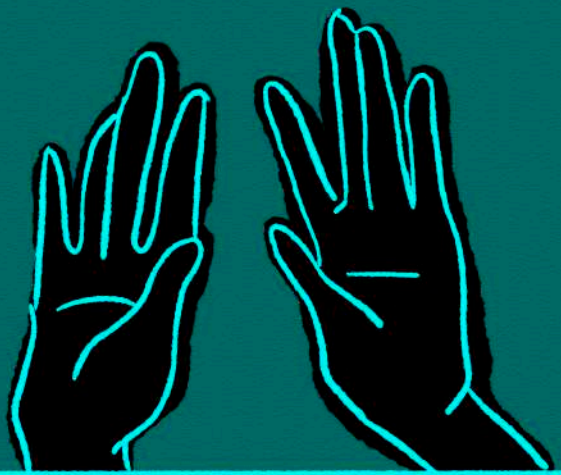




SOMETIMES I THINK
THAT I'VE BEEN GIVEN
A GIFT

FORCES YOU TO
DEAL WITH YOUR
EMOTIONS HEAD ON.
SHOVING THEM DOWN
ISN'T AN OPTION.





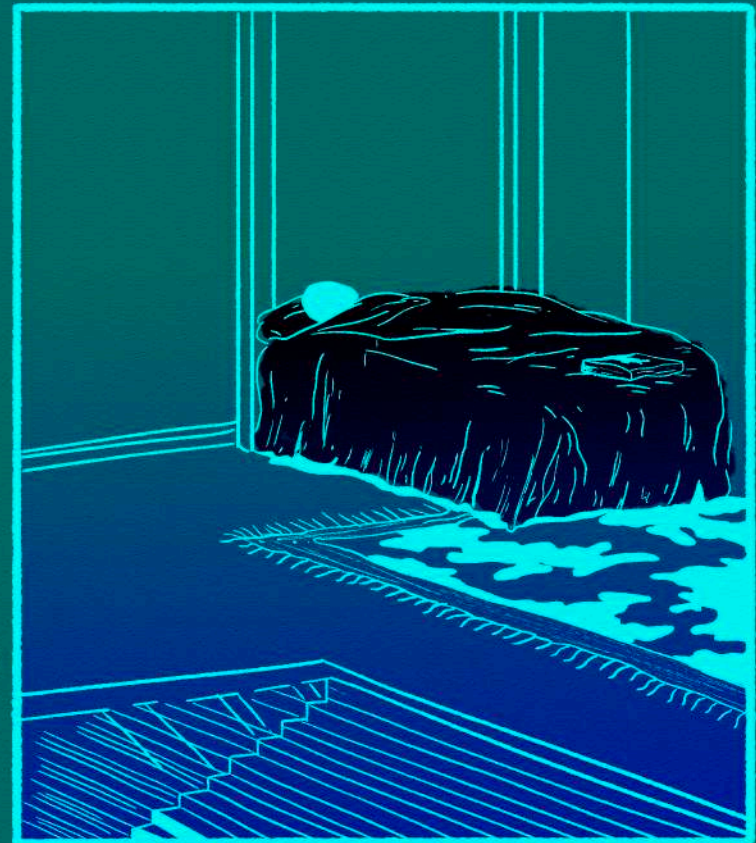
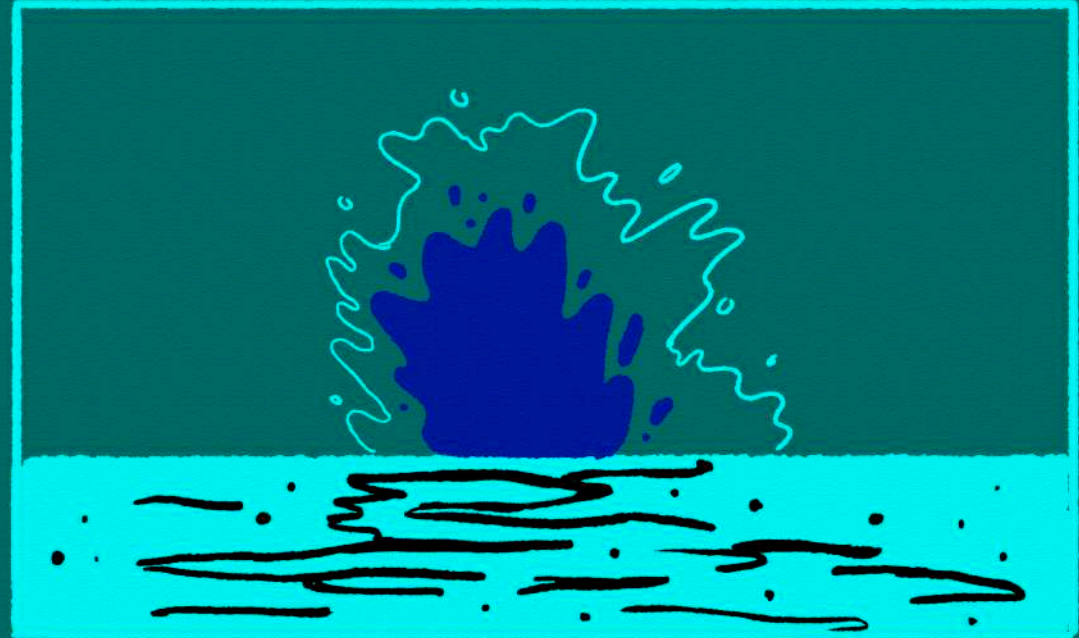
I'M TIRED OF FEELING LOW, ASHAMED AND FEELINGS OF SELF HATE. I WANT TO BE HAPPY AGAIN.

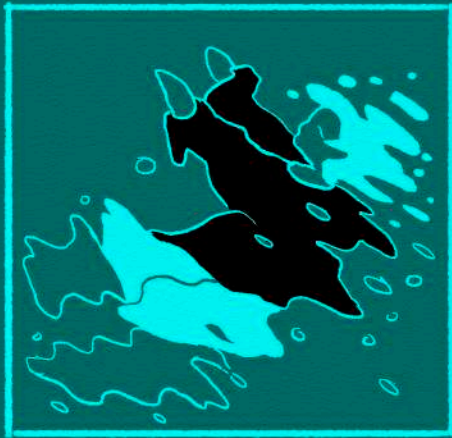
FEEL LIKE I'M GOING TO KILL SOMEONE, I HEAR THESE VOICES AND I CAN'T LIVE NORMALLY I DON'T EVEN NOTICE HOW I START PLANNING

ALREADY AND THEN I FEEL LIKE I'M GOING CRAZY. I'M SCARED.



BY BEDTIME, I WILL BE CURLED UP ALONE IN THE DARK, CRYING & WISHING I COULD DISAPPEAR FROM THE WORLD AND CEASE TO EXIST



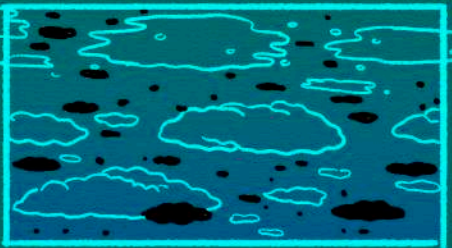
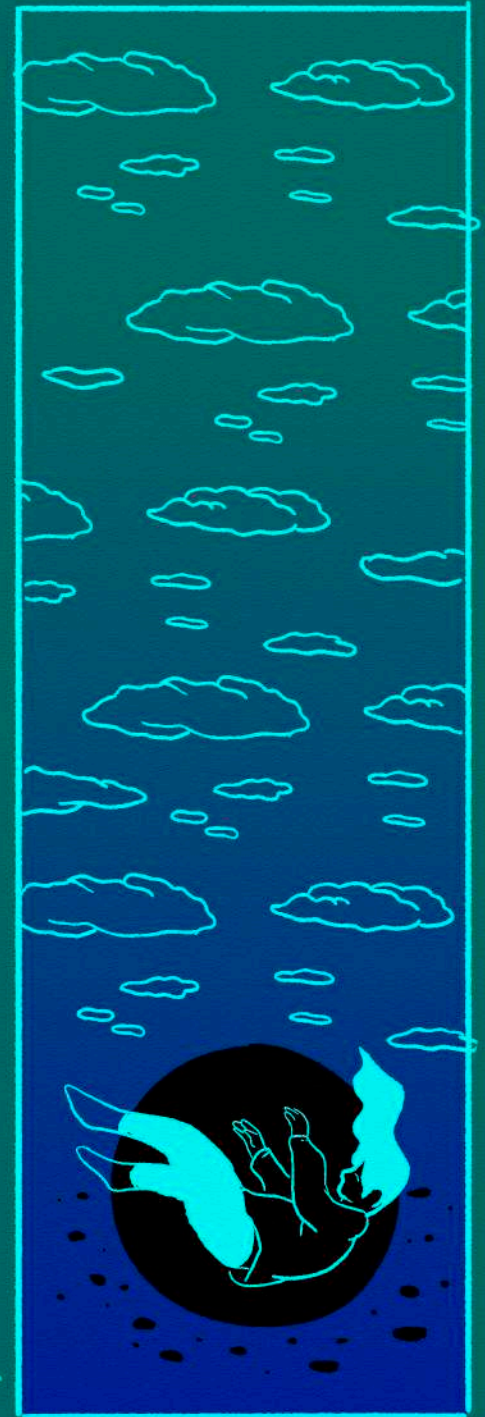
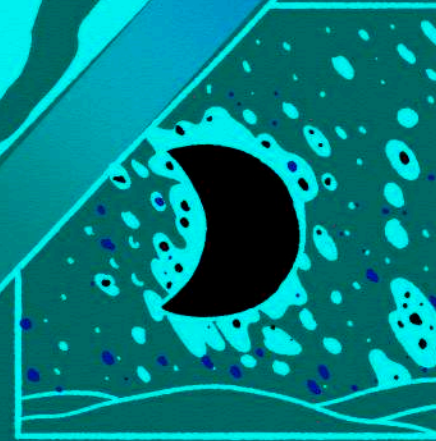


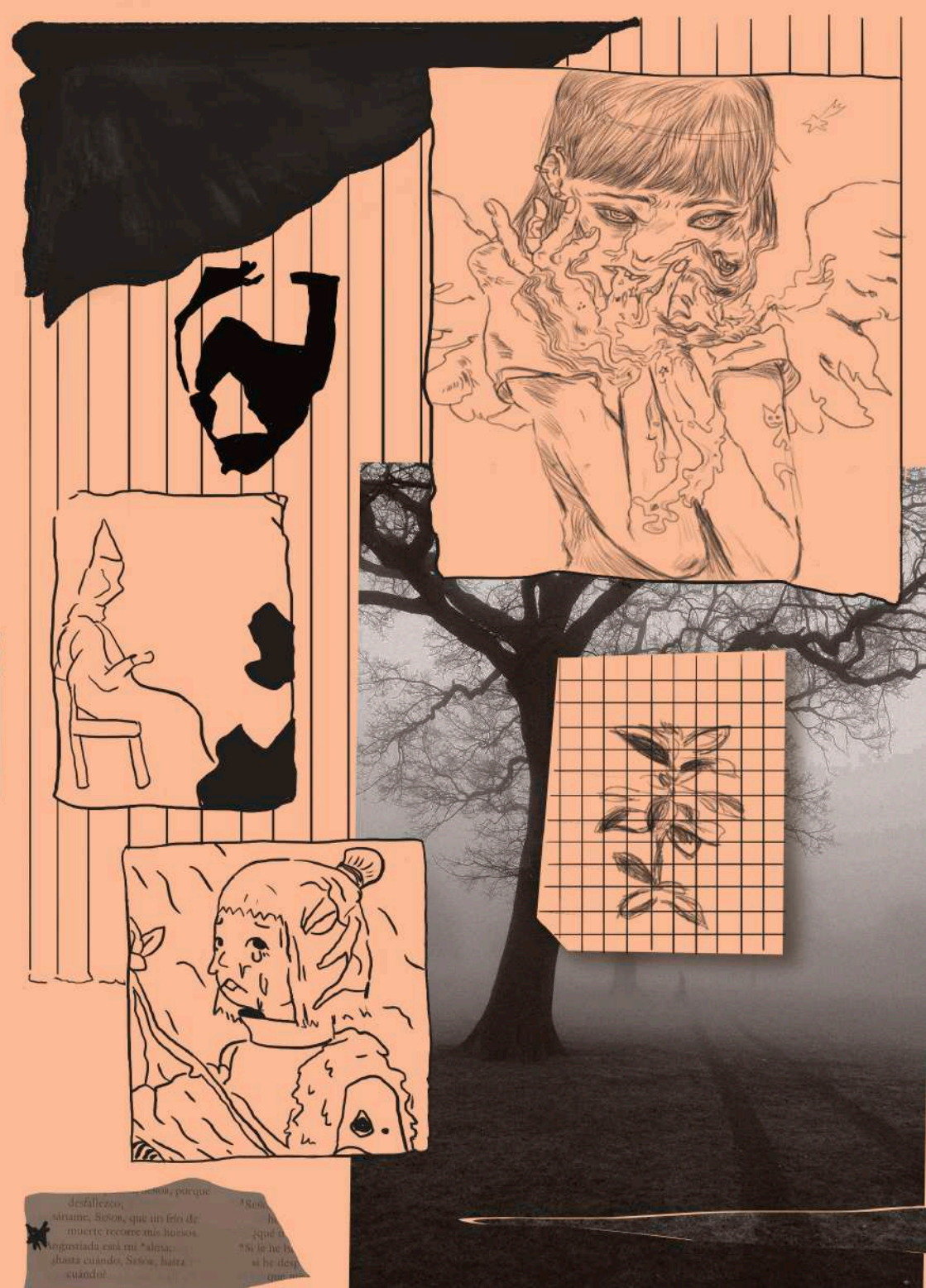
IT MAKES ME FEEL
HELPLESS...
IT INTERFERES WITH
EVERY ASPECT OF MY
LIFE.

FELL
RESTLESS
WITH
LIFE



SOMETIMES I
FEEL NOTHING,
I'M JUST THERE
BUT NOT REALLY.

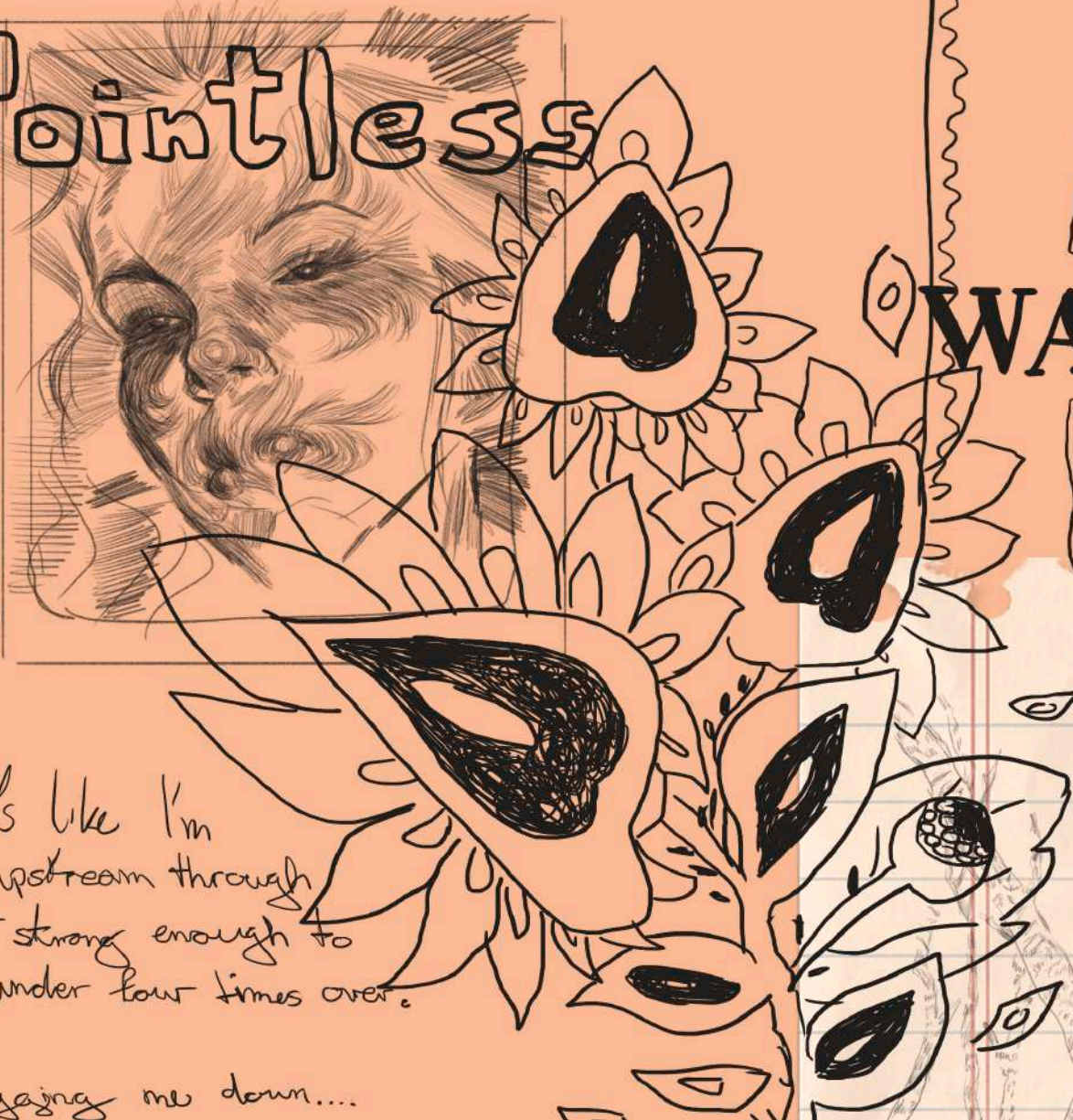




...sola porque
 desfallezo,
 sígame, Sisow, que un foto de
 muerte recorre mis huesos.
 agostada en mi "alma"
 hasta cuando, Sisow, haza
 cuando
 ...que
 ...que
 ...si no
 se he des-
 ...

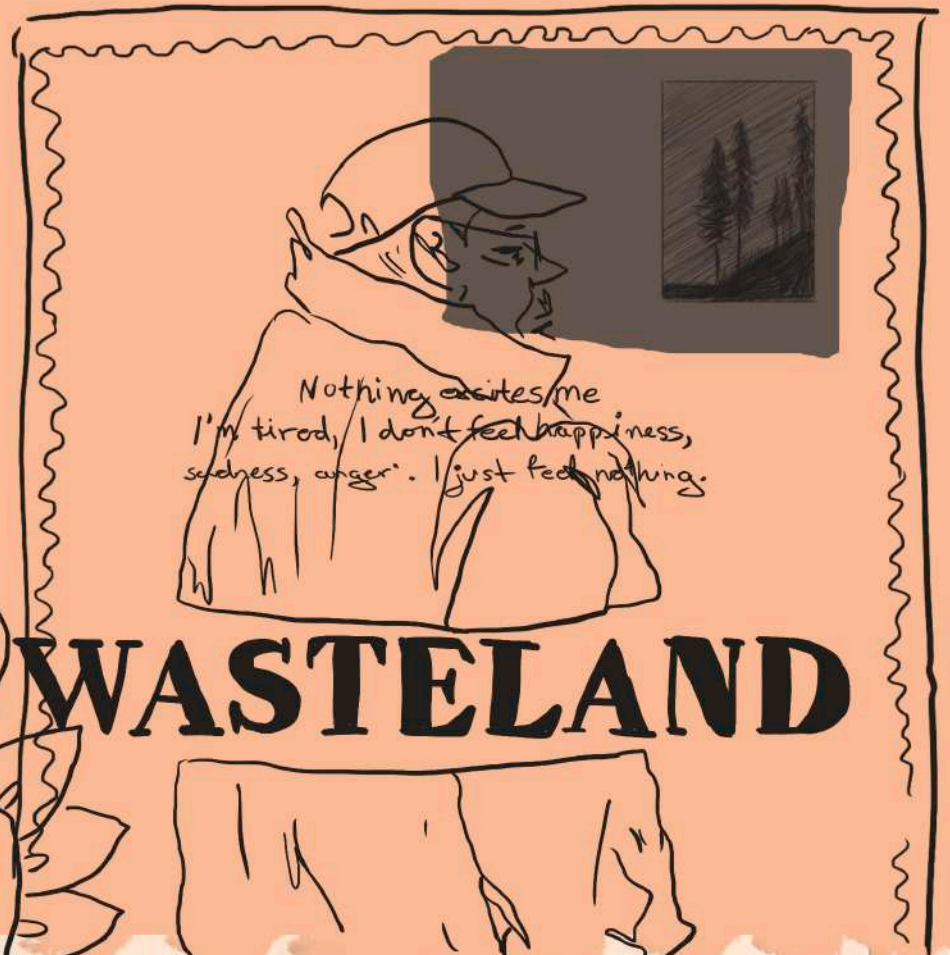
I don't want to die and hurt my family. I feel like it would be easier for everyone if I just was never born.

Pointless



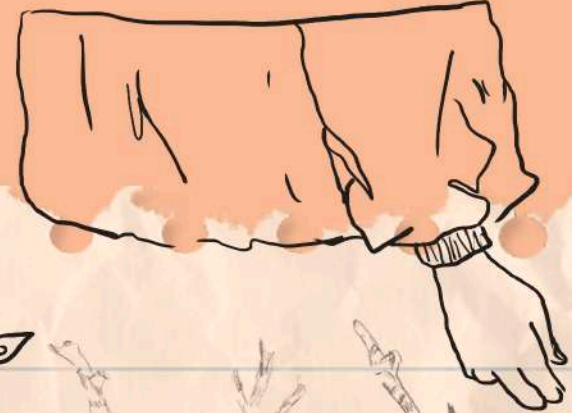
It feels like I'm walking upstream through a current strong enough to pull me under four times over.

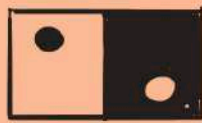
It's dragging me down....



Nothing excites me
I'm tired, I don't feel happiness,
sadness, anger. I just feel nothing.

WASTELAND





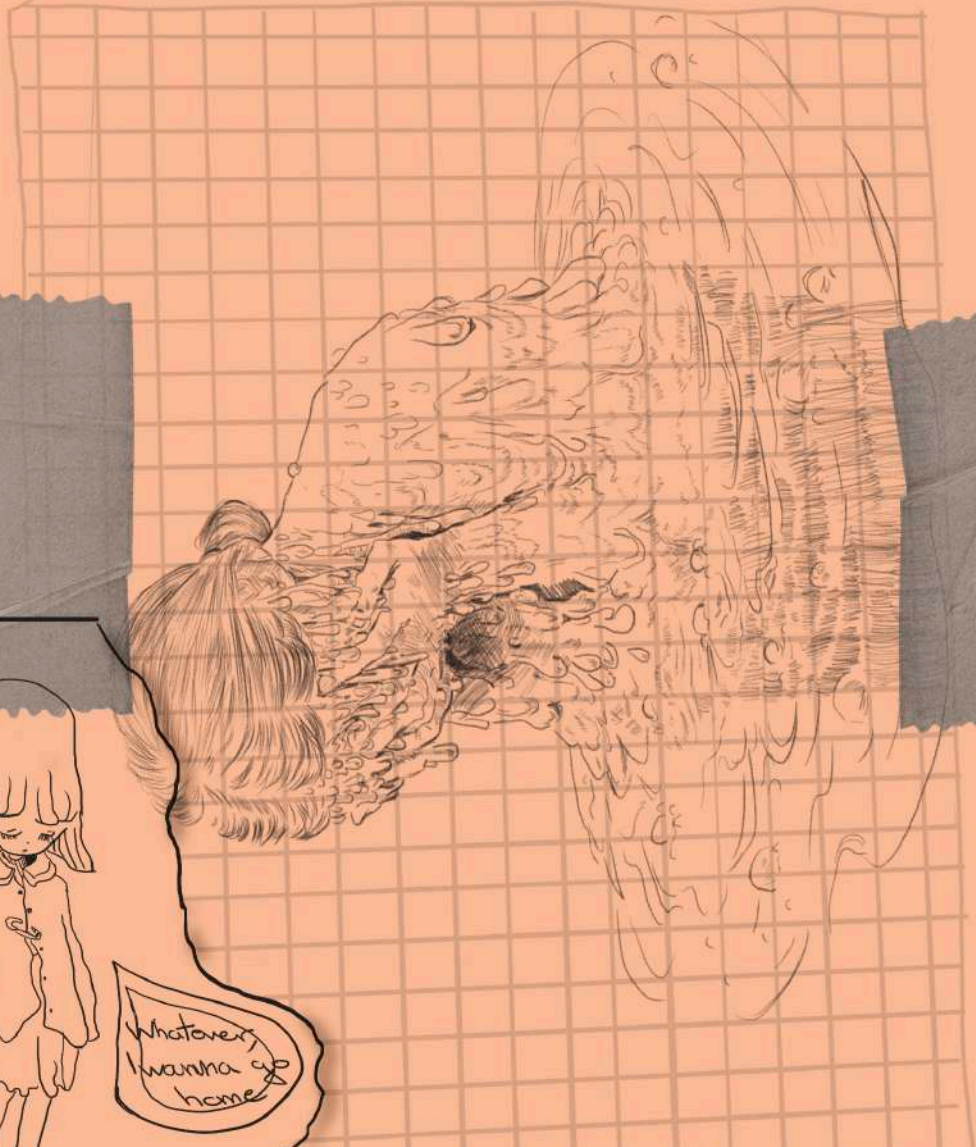
I don't know what to do anymore

- getting out of bed is the biggest struggle in the world
- faking a smile is the biggest struggle in the world



People just don't get it!

I have no control



I talk to people and try to sound happy, because that's what puts them at ease, but something depressing inevitably slips out and you watch them grow uncomfortable and try to avoid you.

My friends get fed up and leave - most of them think I'm being ridiculous and playing helpless =

I'M REALLY STRUGGLING INTENSELY.



Whatever, I wanna go home

You don't matter

I'M A
FAILURE
(AT EVERYTHING)



?



I'VE HAD
ENOUGH



OH



WHY I AND THE
GIRLS TO KILL MYSELF

HOW DO I
ACCEPT IT?



WISH



I NEVER

STARTED



ANTI DEPRESSANTS

YOU FEEL

DENSE
& ALONE



nothing's
at all

Everything
is fucked
UP!!!

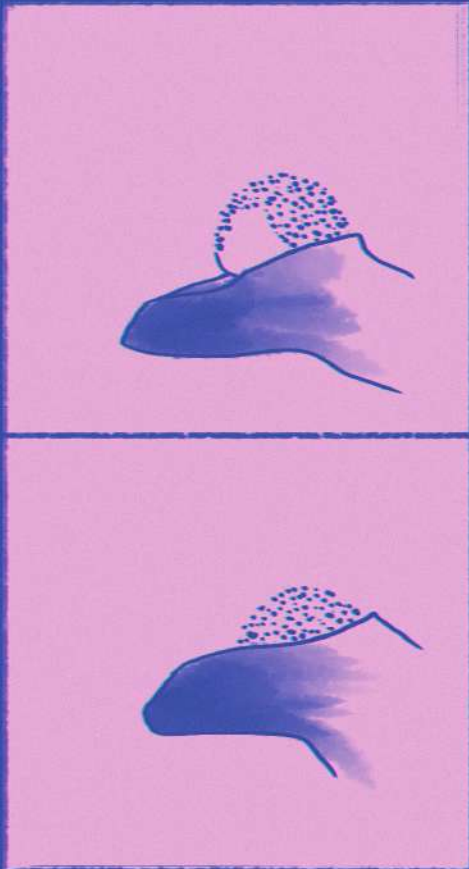
please help.

SOME DAYS i feel myself float
not to NOTHING and it's just
the same as it was by the water.
i lean in to it and hear past

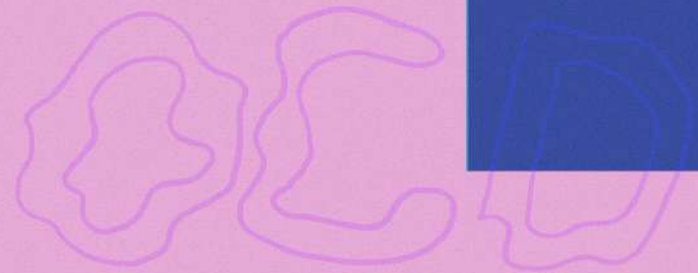
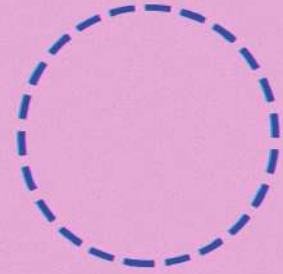
the waves, whisper and tie the belly of
the best, missing my home while im away.
hate the way it takes my space.

OCD
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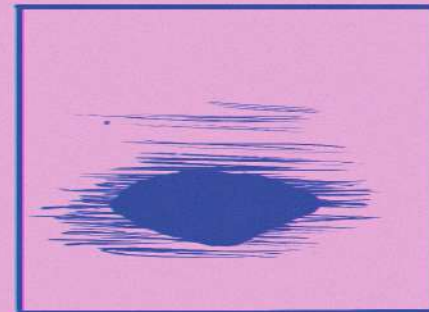
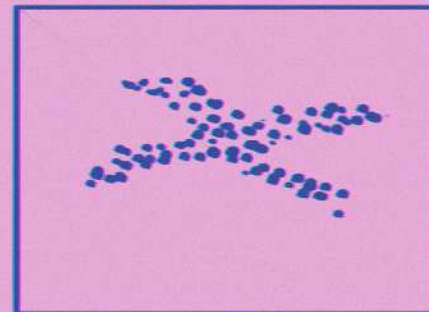
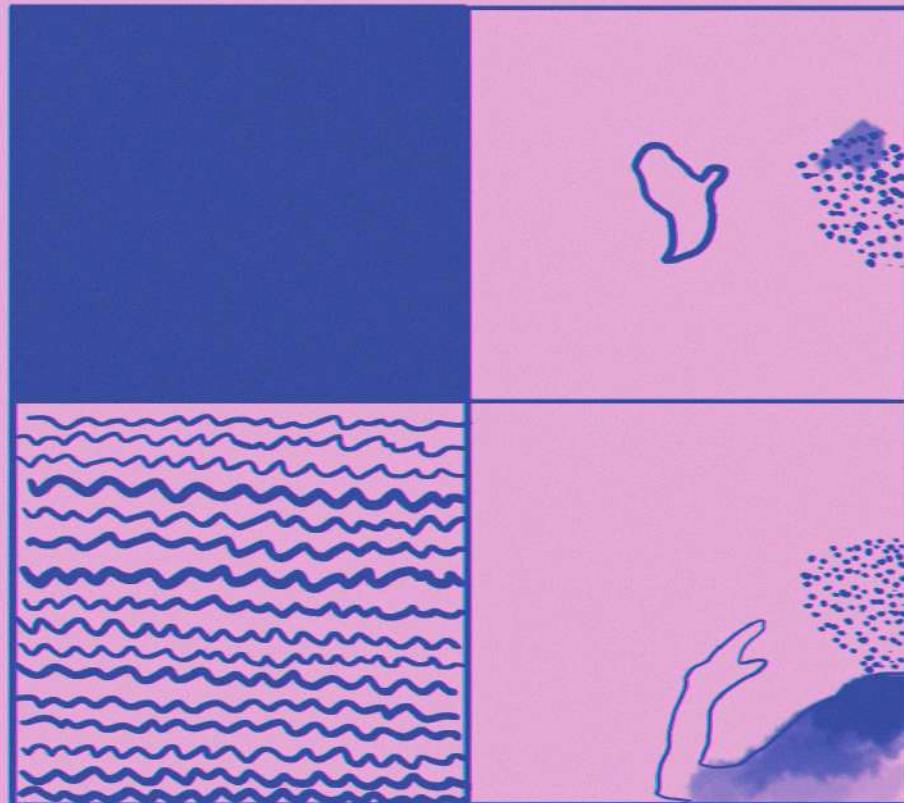
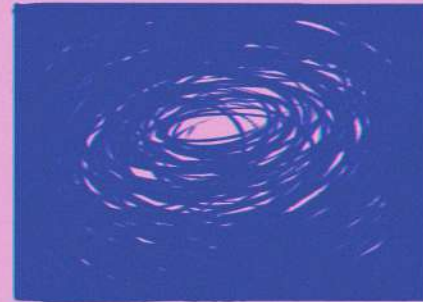
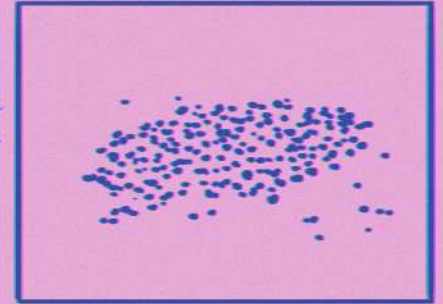
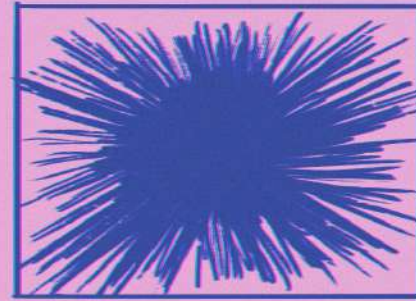
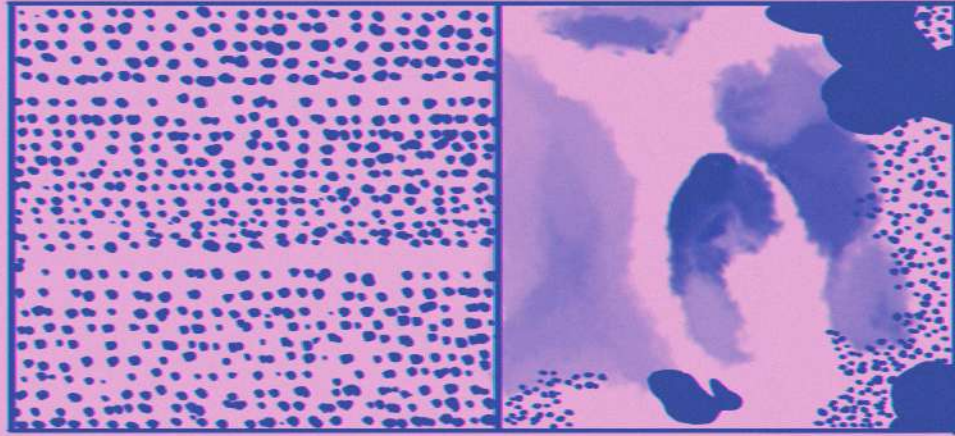


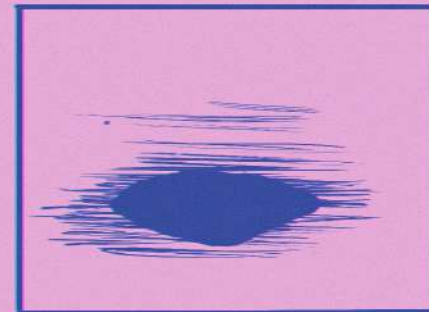
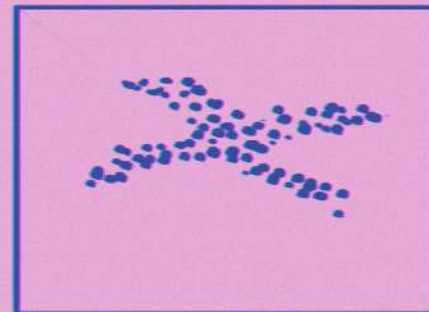
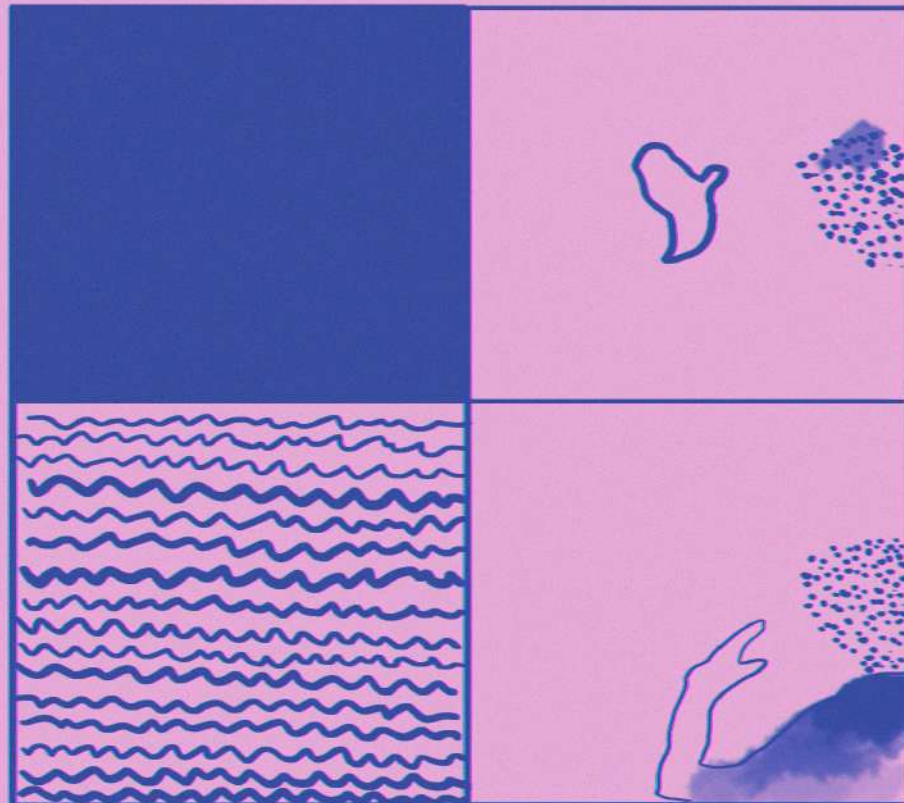
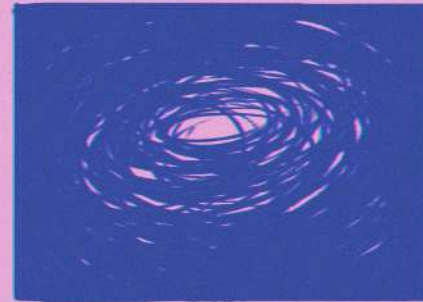
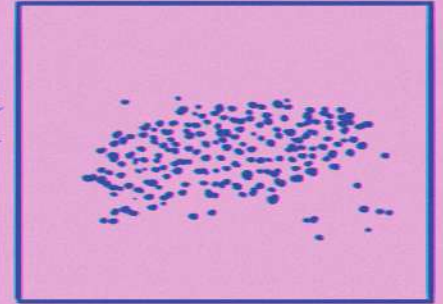
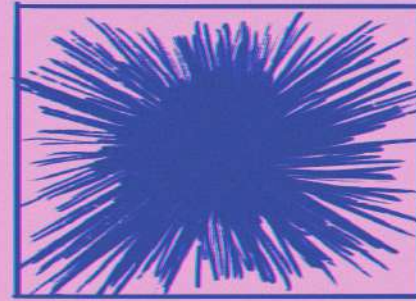
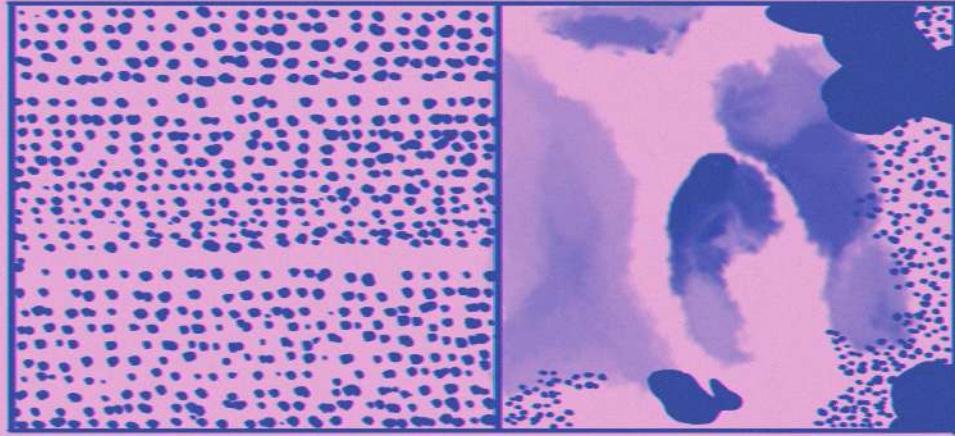


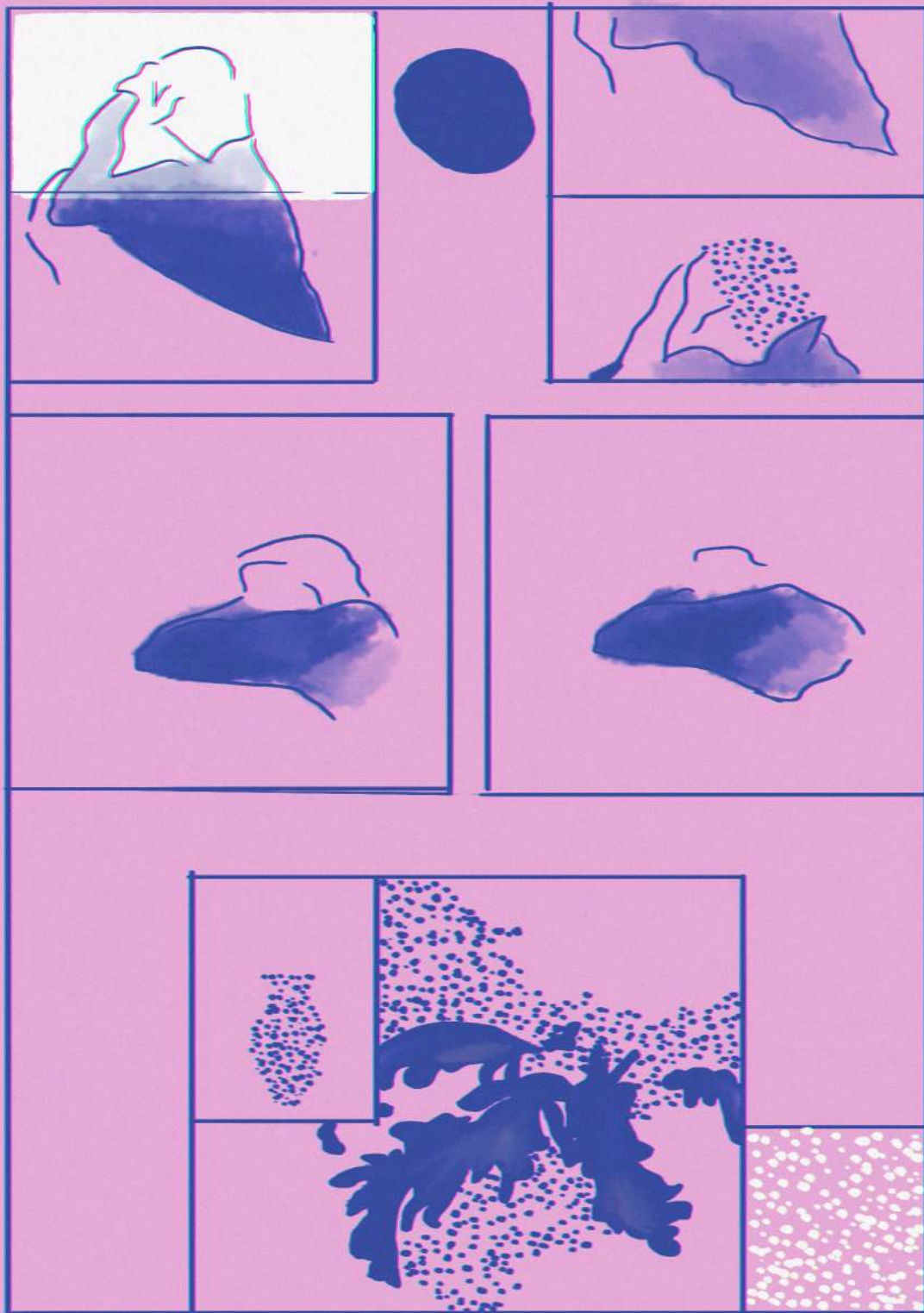
*I HAVE
OBSESSIVE
THOUGHTS
AGAIN!*



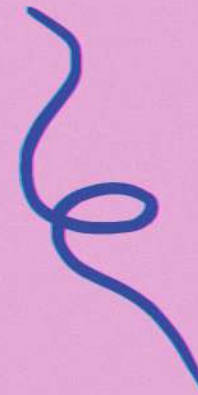
I CAN'T STOP THINKING ABOUT IT



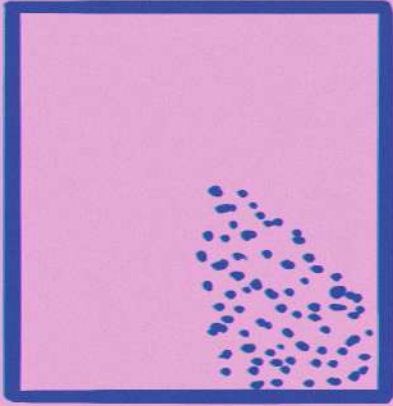




EVER BURN YOURSELF? YOU KNOW THAT FEELING AFTERWARDS THAT JUST WON'T GO AWAY? THE THROBBING? THE GNAWING? THE RELENTLESS ATTENTION-SEEKING, FOCUS-STEALING HARD-TO-GET-RID-OF PAIN? NOW, IMAGINE THAT SAME SENSATION, BUT ETCHED INTO YOUR BRAIN, PERPETUALLY INVADING EVERY TRANSIENT MOMENT OF YOUR LIFE.



YOU CANNOT ESCAPE.



THERE IS NO WAY OUT.



I WANT IT TO STOP

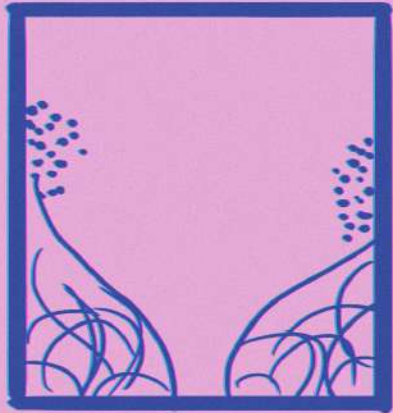


I WANT IT TO NOT BRING DOWN

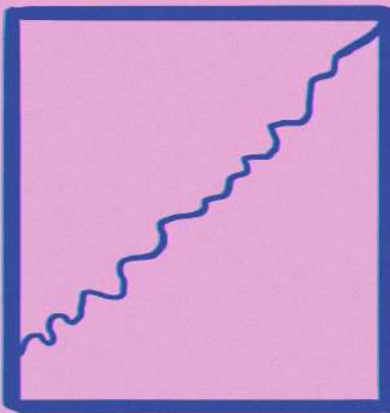


OTHERS AROUND ME.

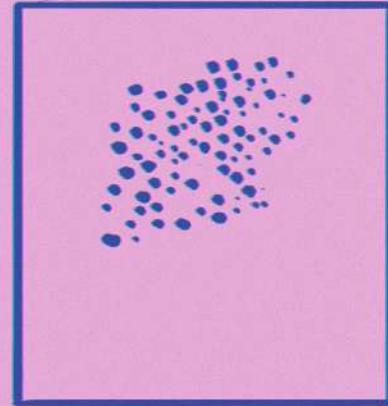
THIS IS YOUR OWN MIND.



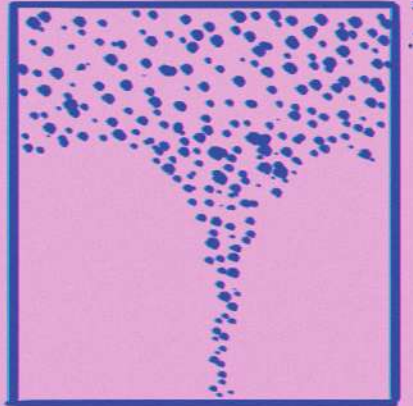
THERE IS NO RUNNING AWAY.



BUT, I CAN'T.

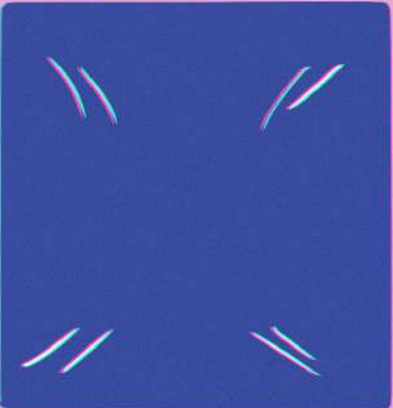


I TRY TO DEAL WITH IT, BUT I CA



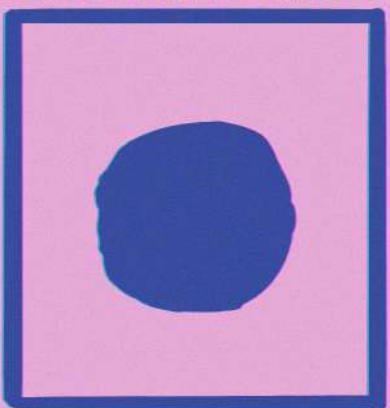
N'T.

MENTAL EXHAUSTION IS MY NEW



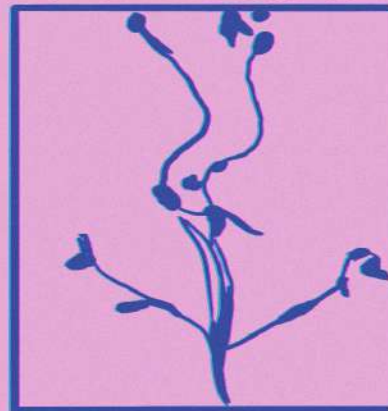
BEST FRIEND.

I'M FIGHTING A LOSING BATTLE



AGAINST MYSELF

I DON'T WANT TO DIE. BUT I



DON'T WANT TO LIVE.

IT'S CUNNING, MANIPULATIVE



AND DOWNRIGHT ANNOYING.

I WANT TO KILL IT. I WANT TO TAKE ITS LIFE. I CAN'T.

MISERABLE. IT MAKES ME A HARD PERSON TO LIVE WITH.