

# Serija fanzina o mentalnim bolestima

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ANXIETY  
ALARA HEDERLING  
FREDERIKSNI STUBU MEDISKOŠIŲ BAKALAV.  
SUKULIŠTE SEYER 2020/21  
MENTOR: DUC, GUY, RIKO, HIRALJENI



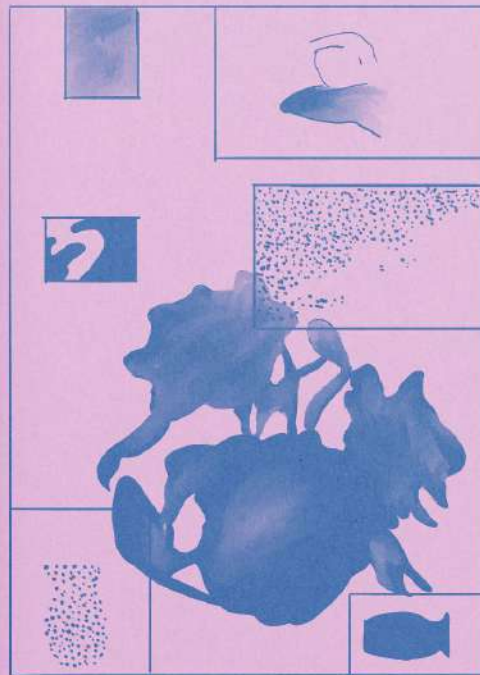


ДИПЛОМ ДИСОБРА  
КЛАРА НЕДЕРЛНГ  
РЕГИОНАЛНИ СТУДИЈ МЕДИЈАЌА ПУРАЈНА,  
СВЕТЛОЦИТЕ СЕВЕР 2020/21,  
МЕНТОР = ДОО. АРТ. НИКО МИХАЈЕВИЋ



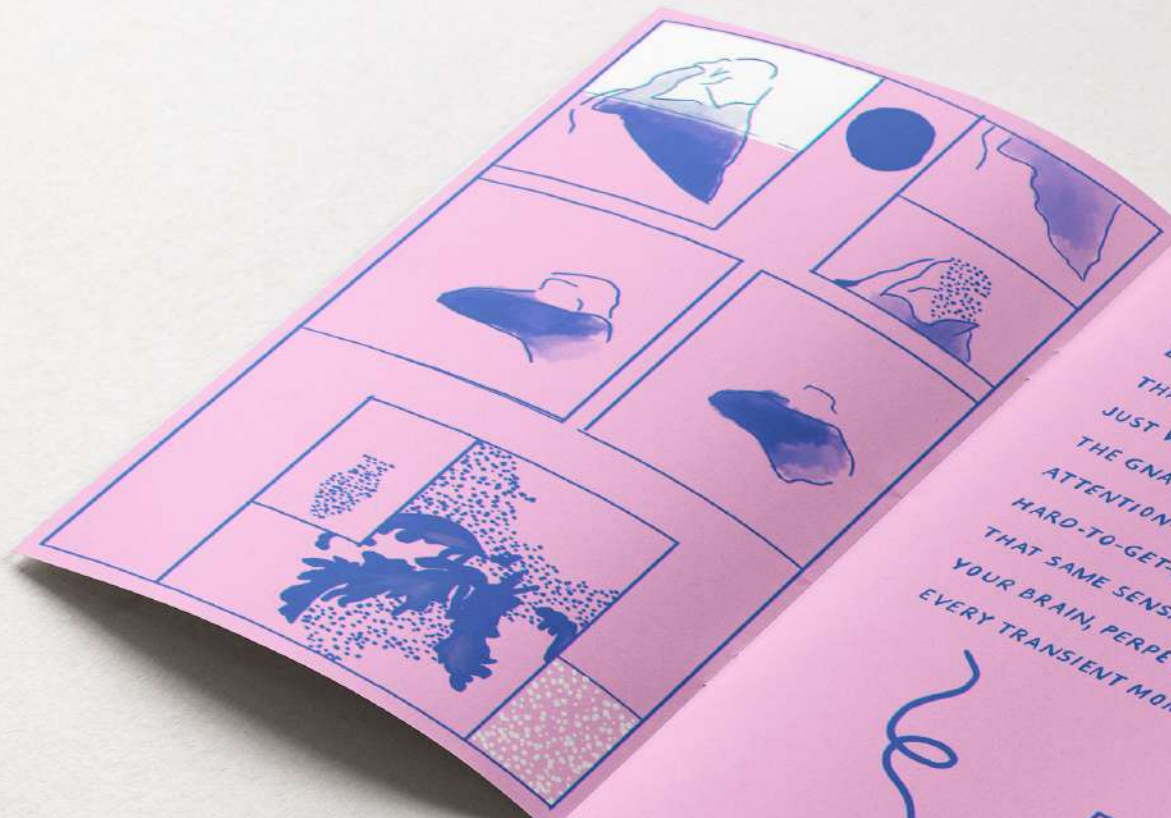






OCD  
ALARA HEBERLING  
PSIHOLOŠKI STUDIJ NEUJEDNO OČIŠČENA  
SVEUČILIŠTE SIBIRSKO-BAŠKIRSKO  
NEFTIAN+POC 1997. NISA. MARKJETIC





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.

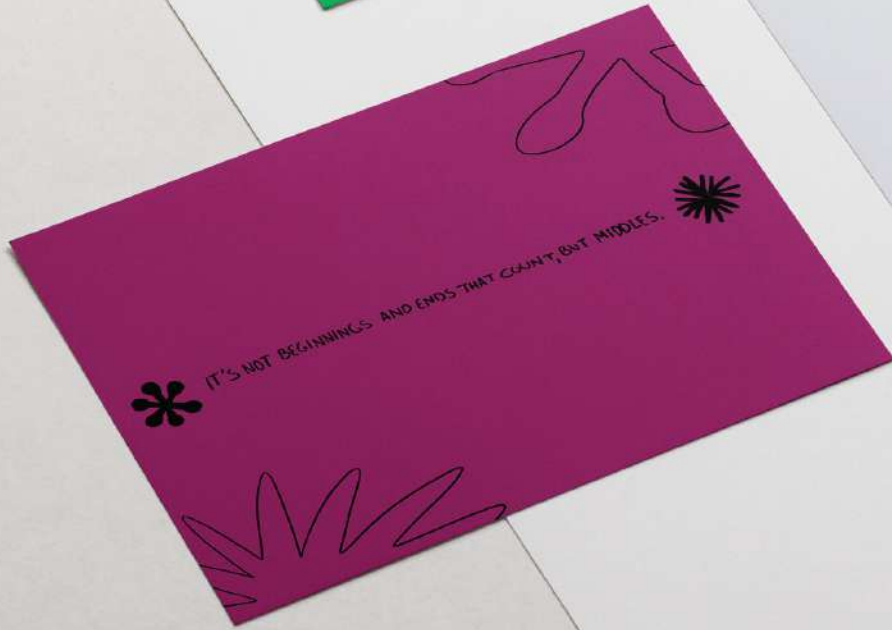


# OCD

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.





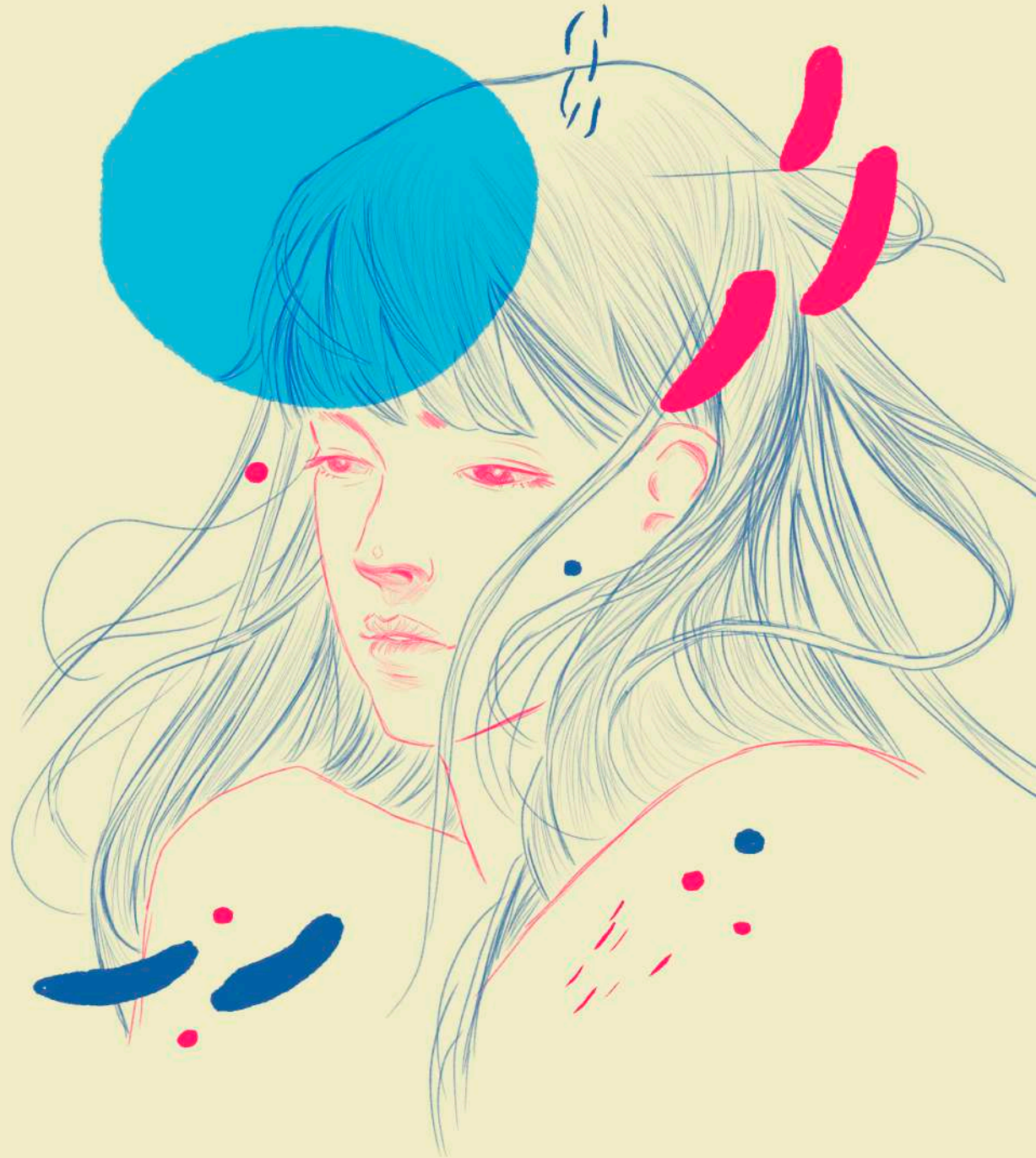


SIMPLY  
TEND TO  
OURSELVES









ANXIETY  
KLARA HEBERLING  
PREDIPLOMSKI STUDIJ MEDIJSKOG DIZAJNA,  
SVEUČILIŠTE SJEVER, 2020./21.  
MENTOR = DOC. ART. NIKO MIHALJEVIĆ



PLEASE  
ME DOWN

I CAN'T SEE THROUGH  
THE DEBRIS OF MY MIND

SELF

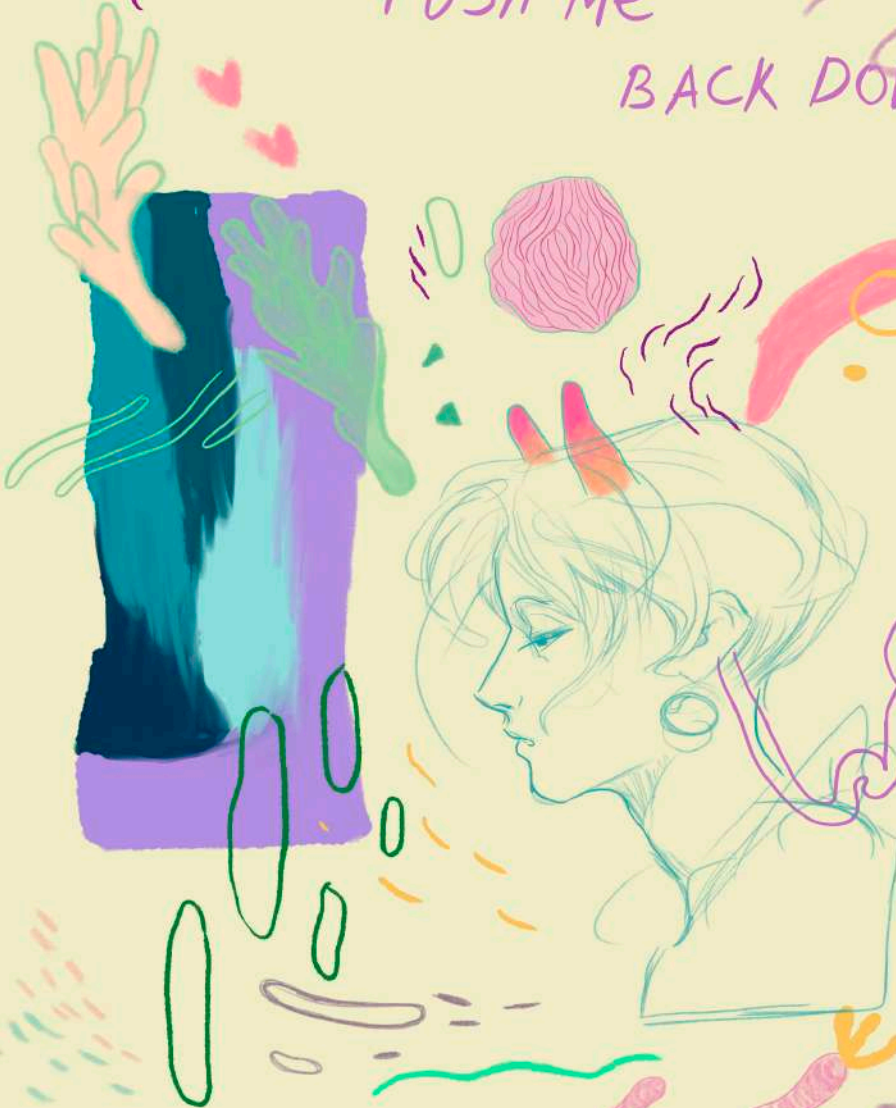
SABOTAGE

SHUT UP

MIND

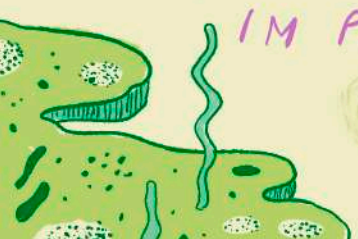
I WANNA SWIM UP BUT YOU  
PUSH ME

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 SORROW  
THE GLANCES OF THE PEOPLE BECOME JUDGING EYES  
AND AS I FEEL THEM, A LITTLE PART OF ME DIES

ARE YOU  
TRULY LISTENING?

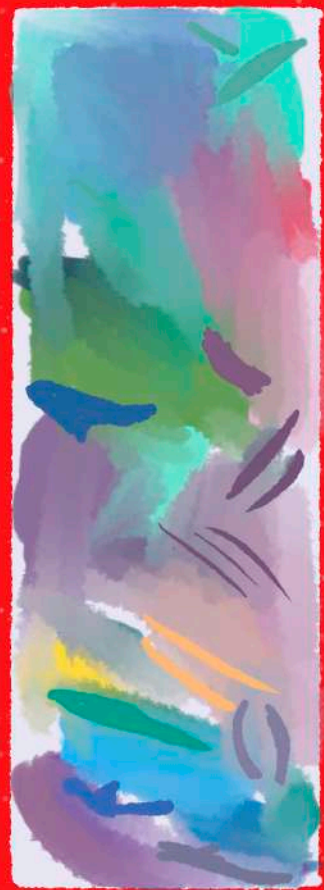
# NO CONTROL

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



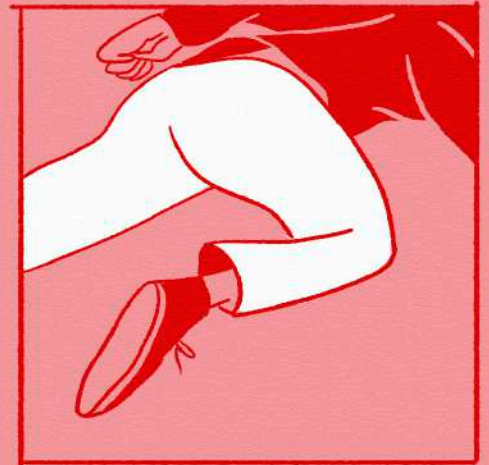
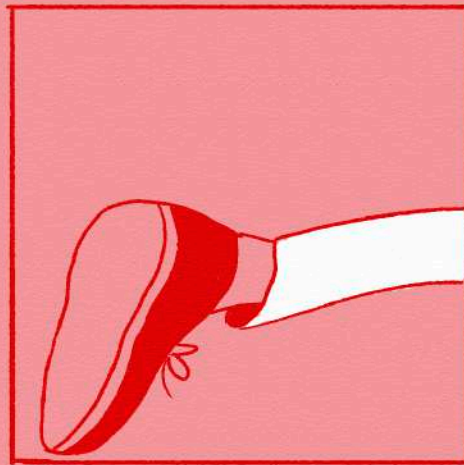
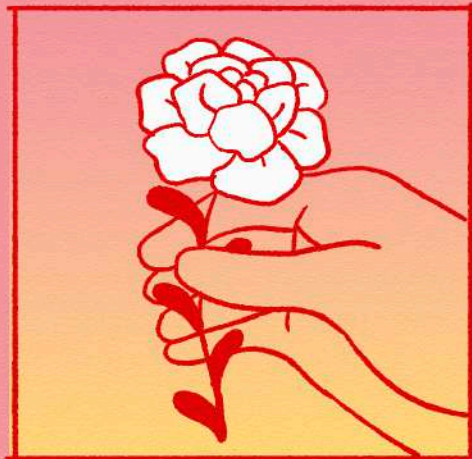
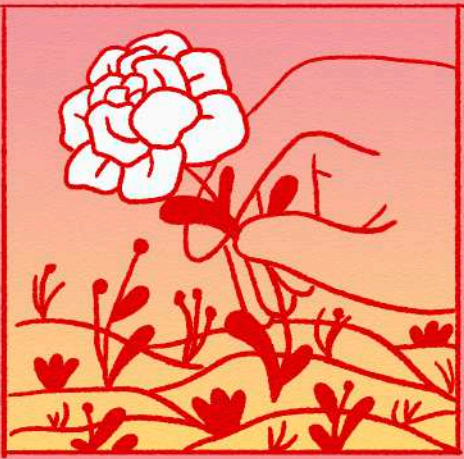
IT'S ME

WHY IS THIS HAPPENING TO ME?





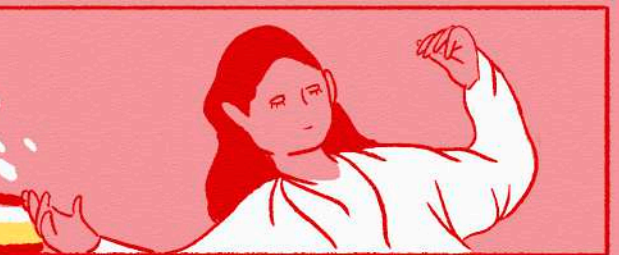
BIPOLAR DISORDER  
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I FEEL LIKE I'M HIGH ON LIFE, LIKE NOTHING CAN TOUCH ME. NOTHING BURSTS MY BUBBLE. I DON'T NEED SLEEP. I MIGHT NOT EVEN NEED TO EAT. IT'S LIKE I'M LIVING LIFE AT HYPER-SPEED.  
I FEEL EUPHORIC!



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.

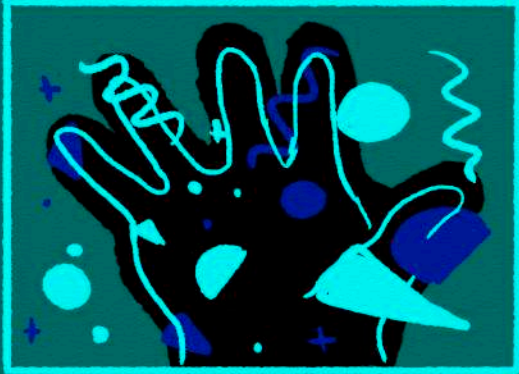
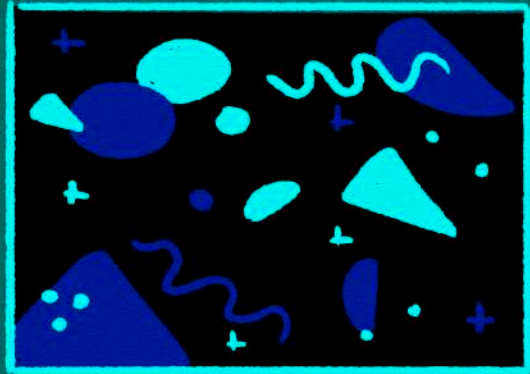
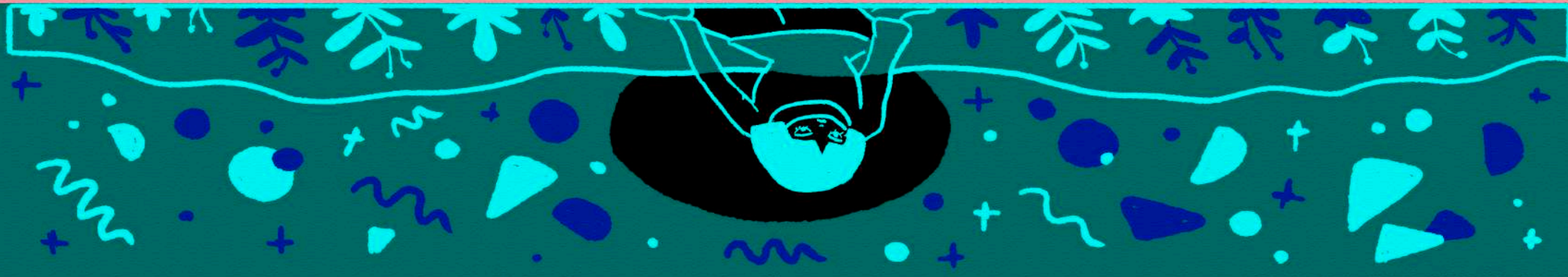
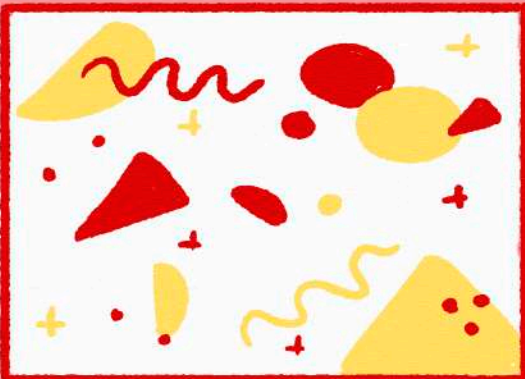
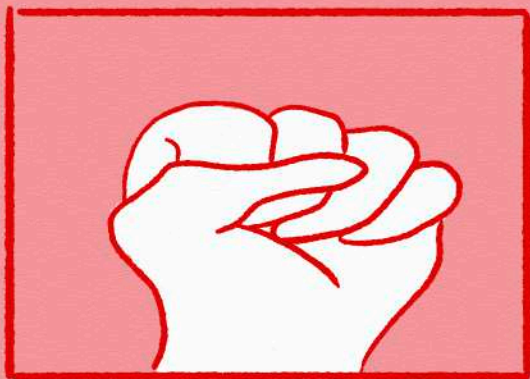


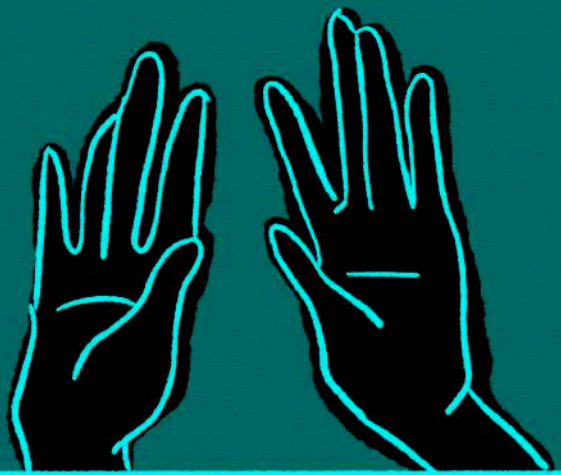




SOMETIMES I THINK  
THAT I'VE BEEN GIVEN  
A GIFT

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

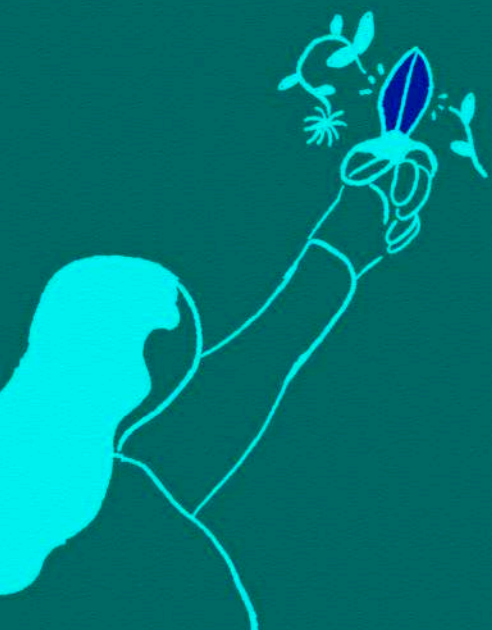




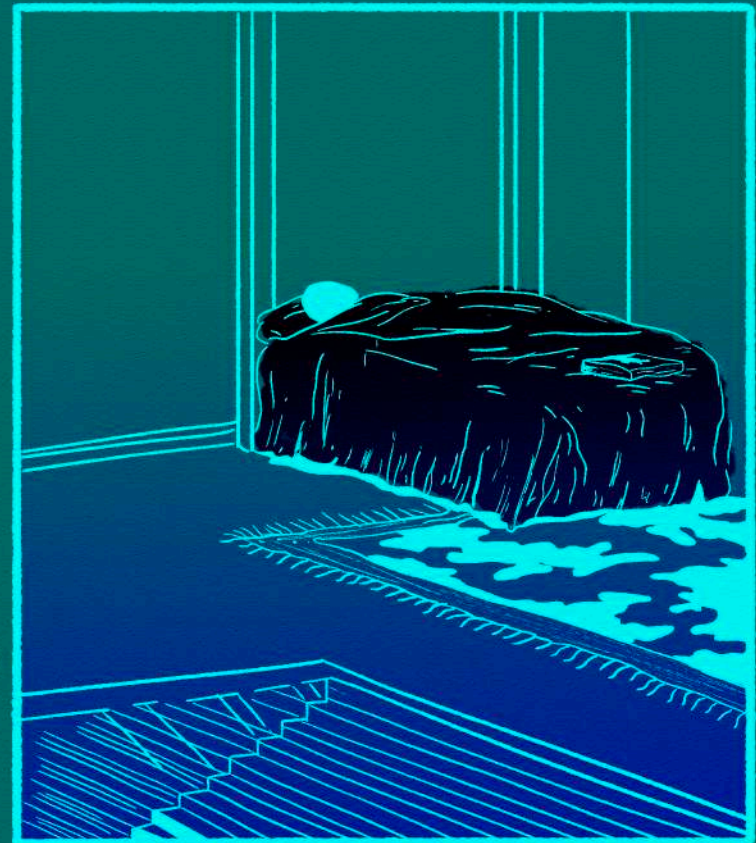
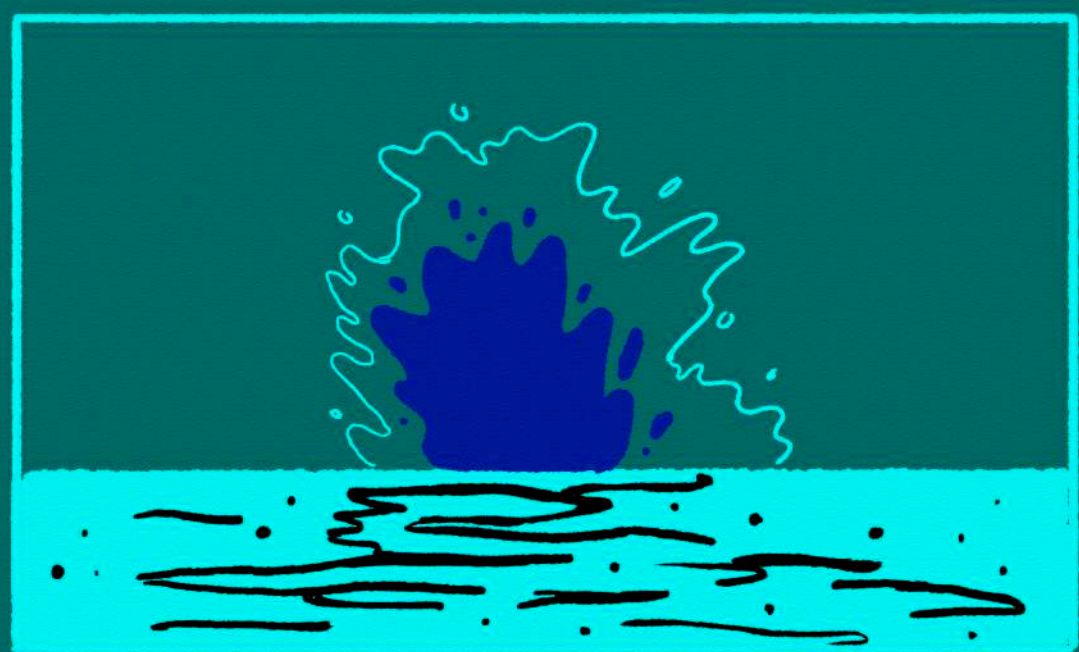
I'M TIRED OF FEELING LOW, ASHAMED AND FEELINGS OF SELF HATE. I WANT TO BE HAPPY AGAIN.

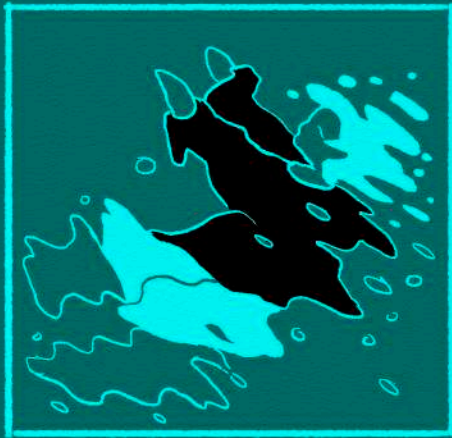
FEEL LIKE I'M GOING TO KILL SOMEONE, I HEAR THESE VOICES AND I CAN'T LIVE NORMALLY I DON'T EVEN NOTICE HOW I START PLANNING

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



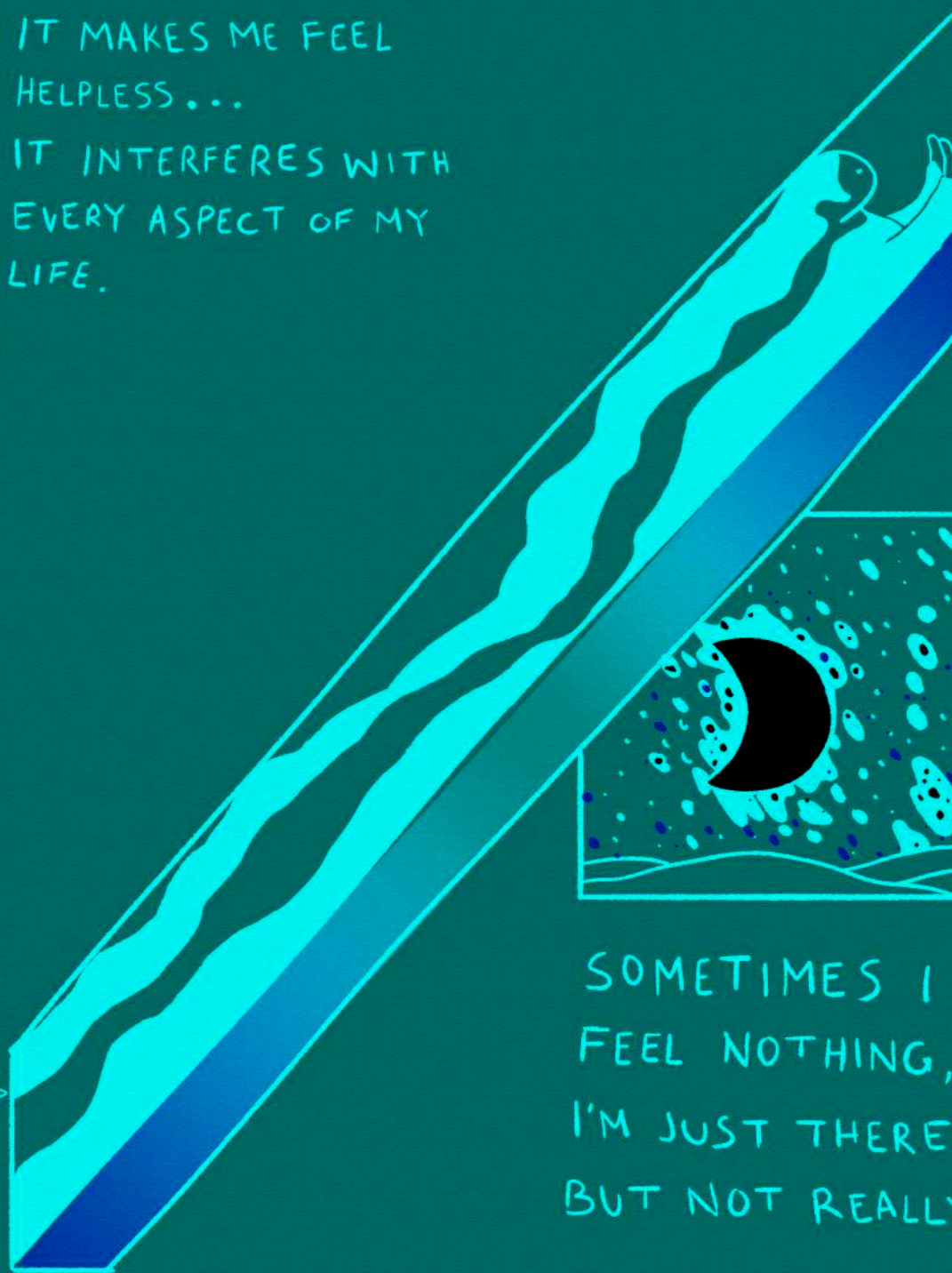
BY BEDTIME, I WILL BE CURLED UP ALONE IN THE DARK, CRYING & WISHING I COULD DISAPPEAR FROM THE WORLD AND CEASE TO EXIST



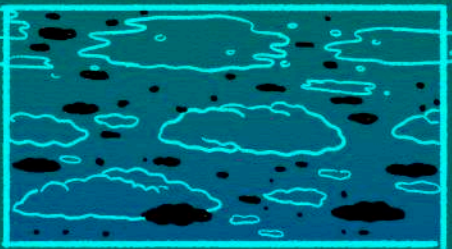
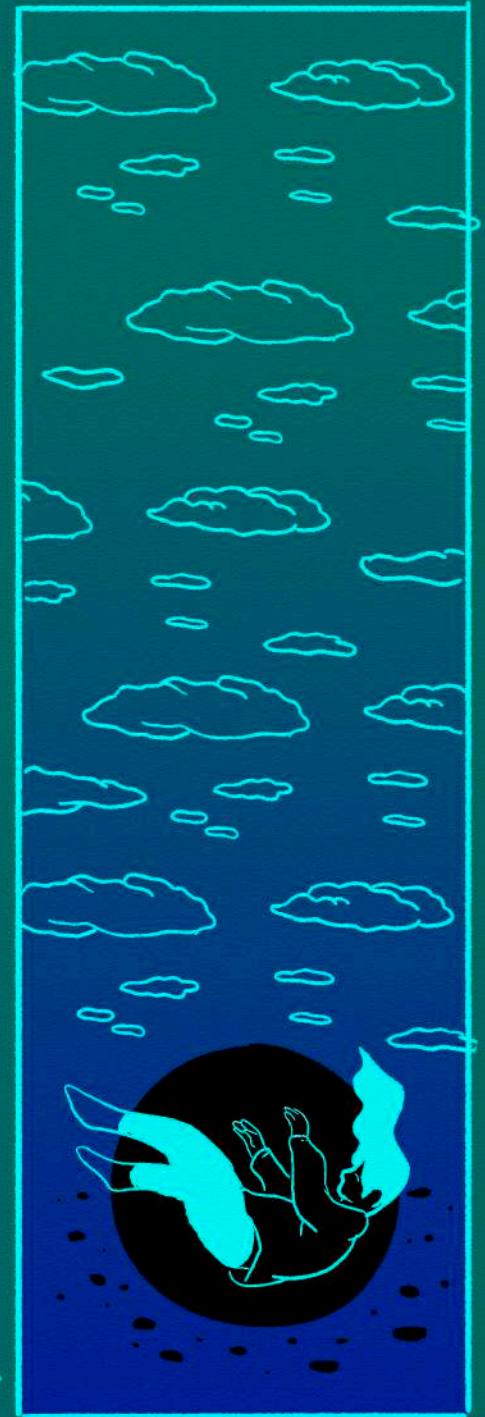
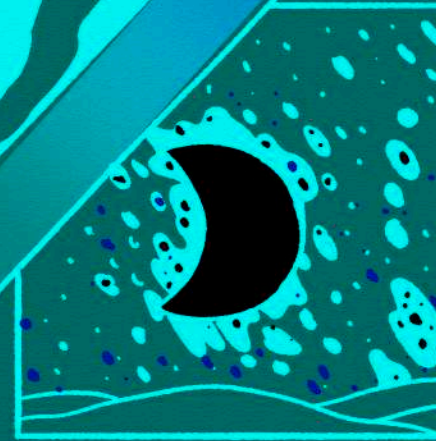


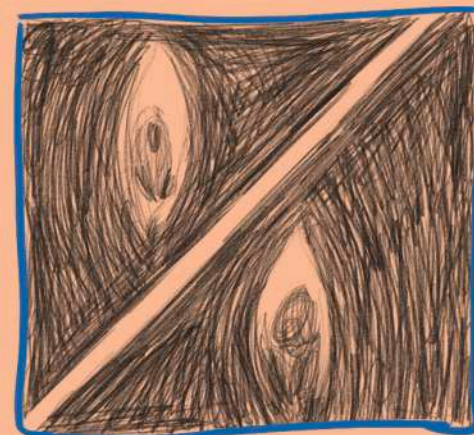
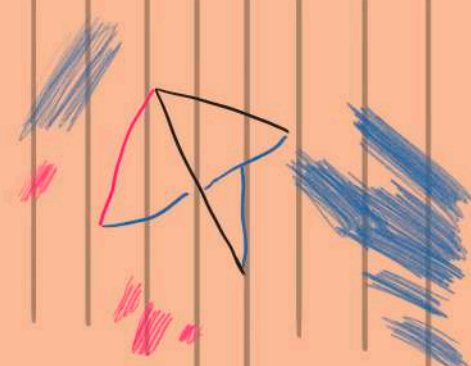
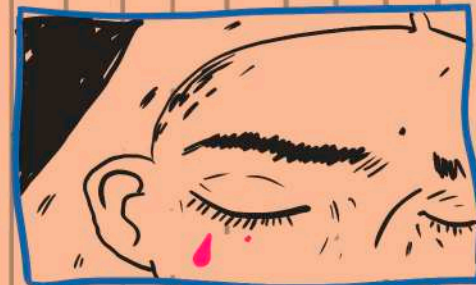
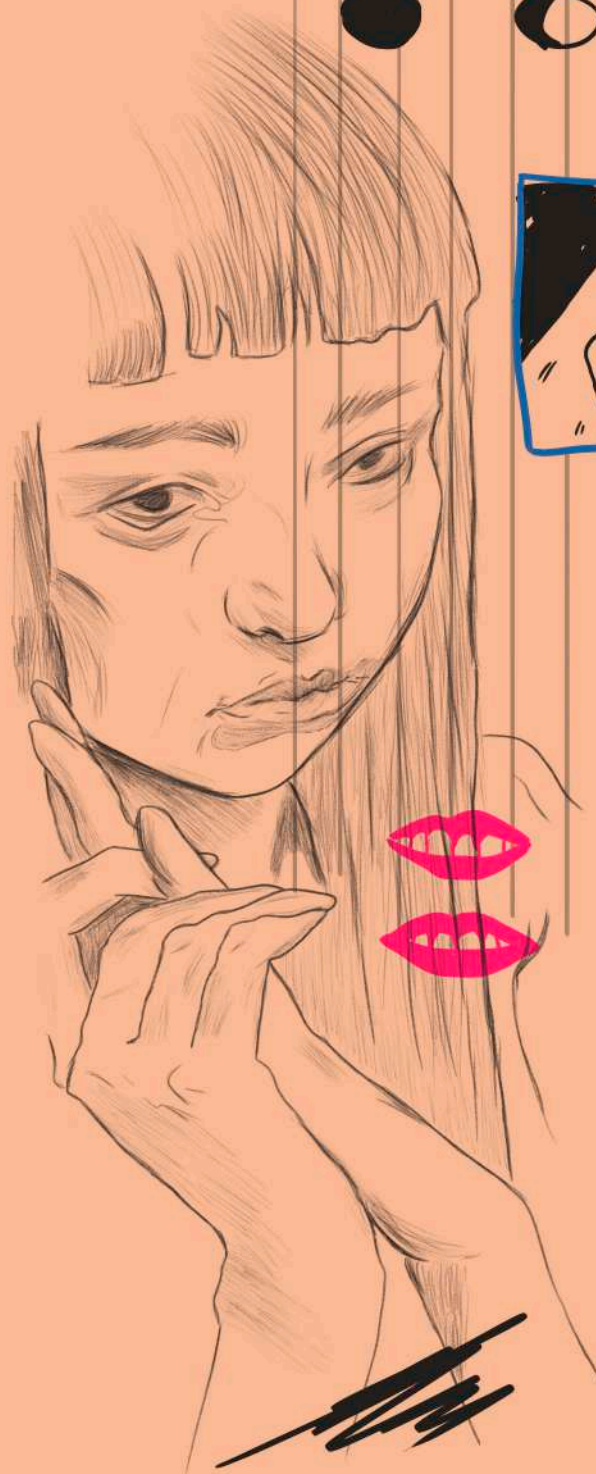
IT MAKES ME FEEL  
HELPLESS...  
IT INTERFERES WITH  
EVERY ASPECT OF MY  
LIFE.

FELL  
RESTLESS  
WITH  
LIFE

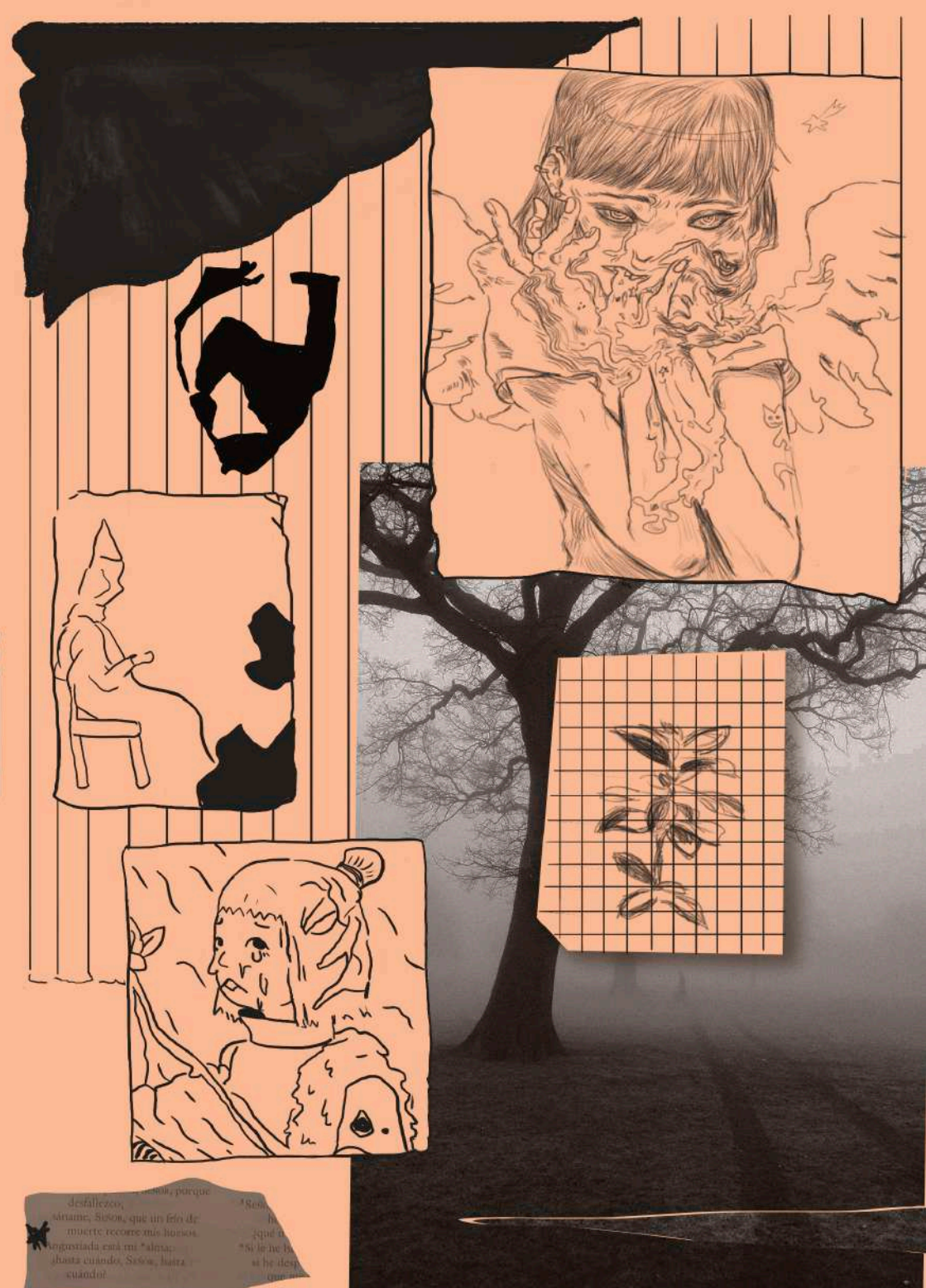


SOMETIMES I  
FEEL NOTHING,  
I'M JUST THERE  
BUT NOT REALLY.





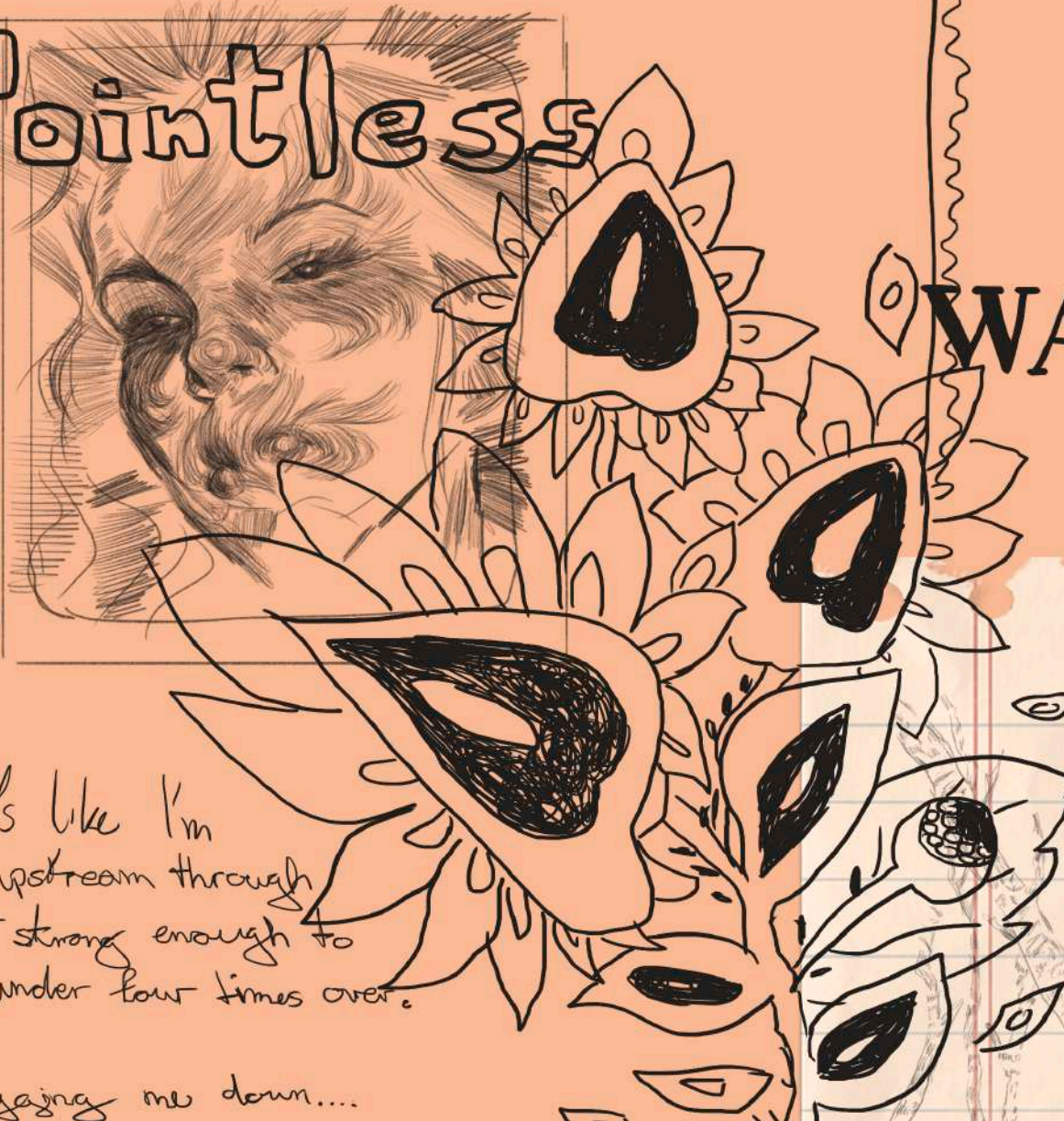
DEPRESSION  
KLARA HEBERLING  
PREDIPLOMSKI STUDIJ MEDIJSKOG DIZAJNA,  
SVEUČILIŠTE SJEVER, 2020./21.  
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...sola porque  
 desfallezco,  
 sígame, Sisow, que un feto de  
 muerte recorre mis huesos.  
 ¿gostada en mi "alma"  
 hasta cuándo, Sisow, hasta  
 cuándo?  
 ...que  
 que  
 \*Si no se  
 se he des-  
 que

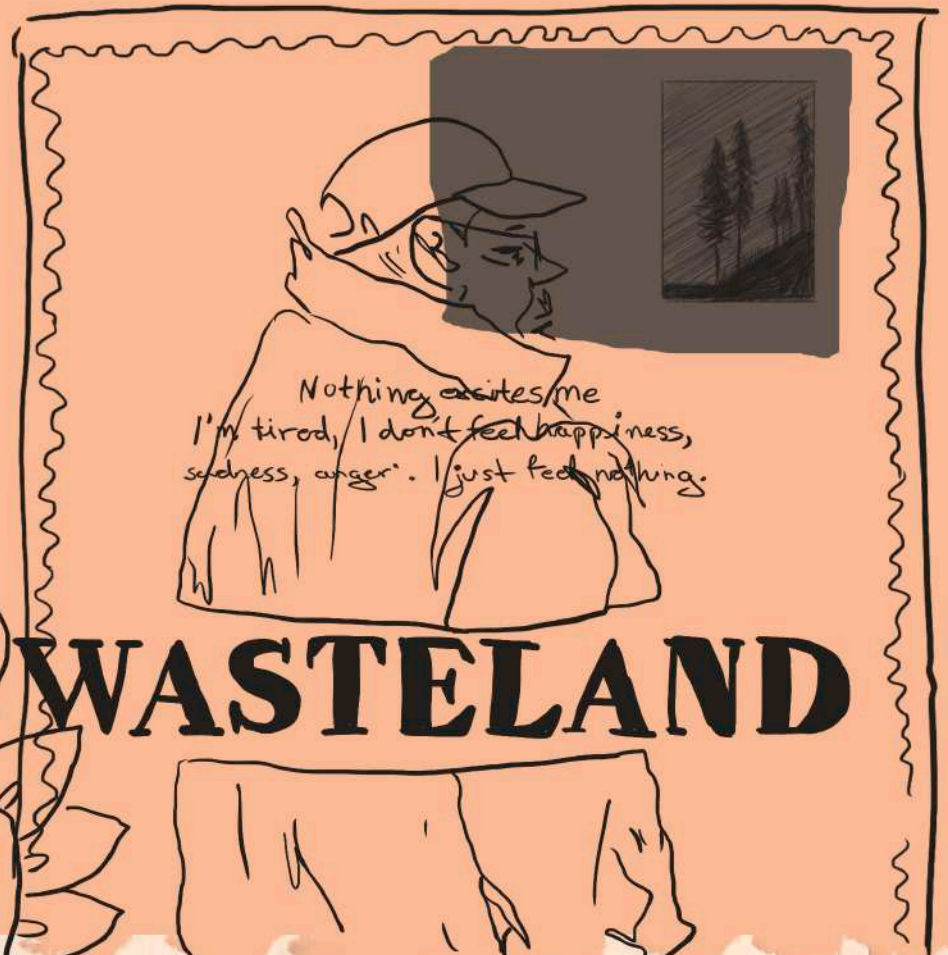
I don't want to die and hurt my family. I feel like it would be easier for everyone if I just was never born.

Pointless



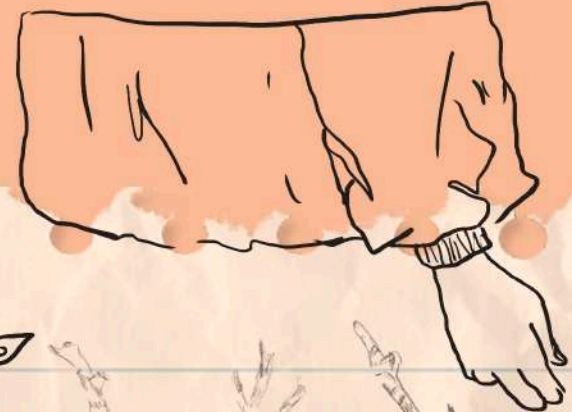
It feels like I'm walking upstream through a current strong enough to pull me under four times over.

It's dragging me down....



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

WASTELAND







I'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

Everything is fucked UP!!!

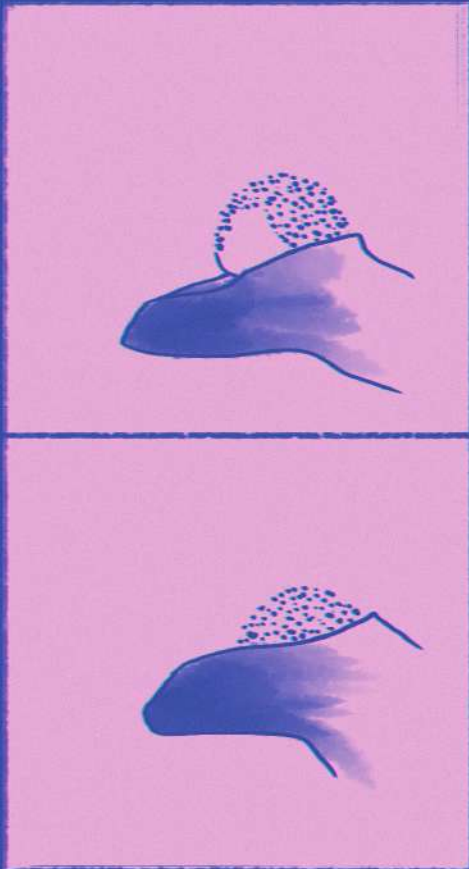
please help.

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

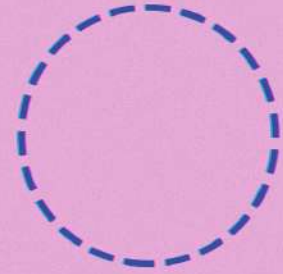
the waves, whisper and tie the belly of  
the best, missing my home while im away.  
hate the way it takes my space.

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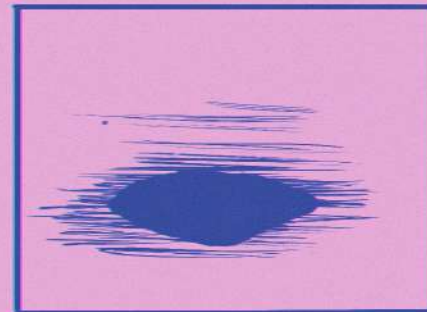
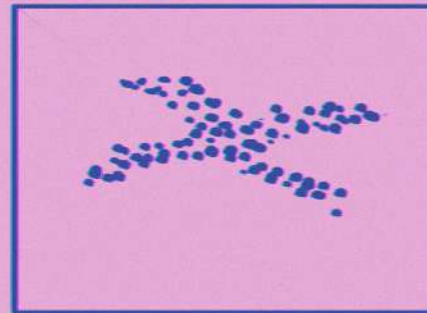
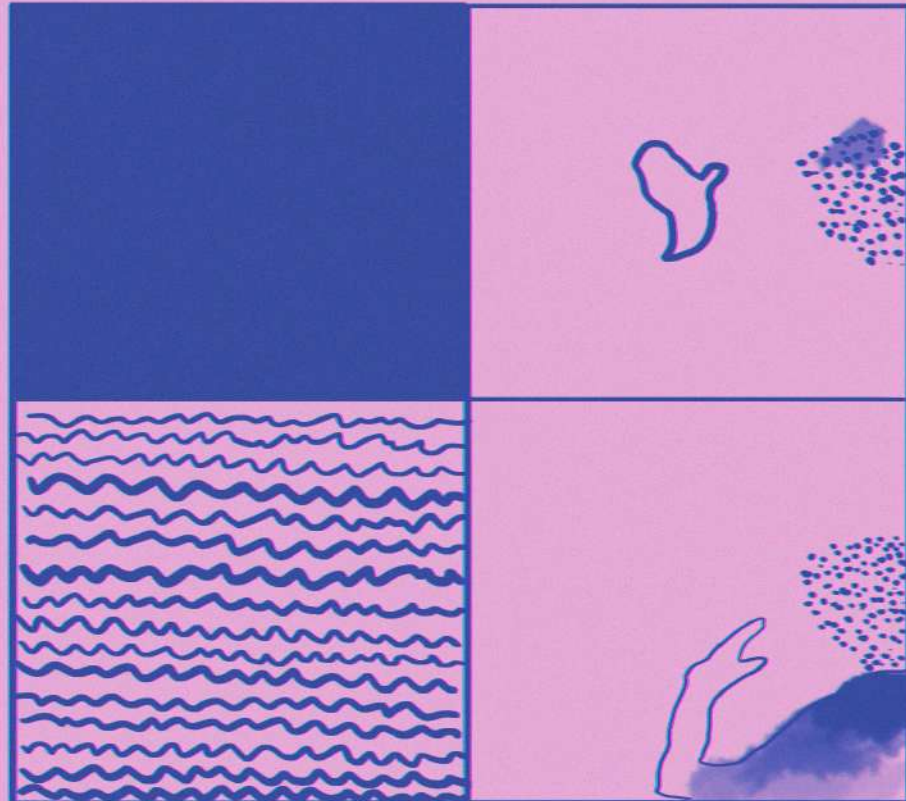
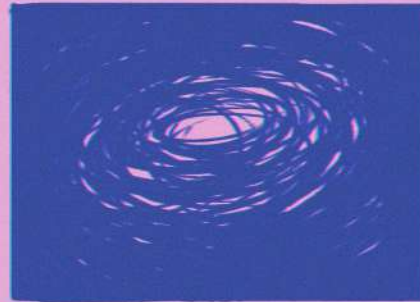
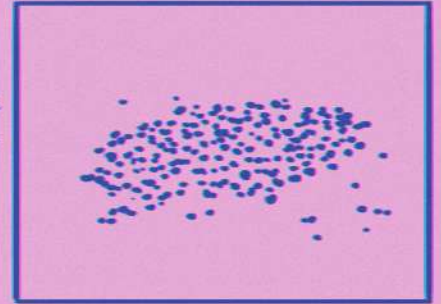
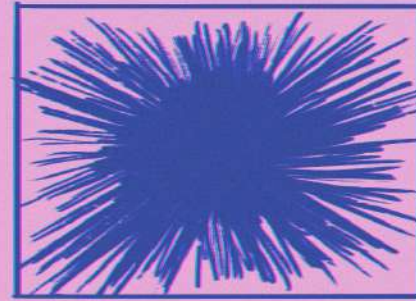
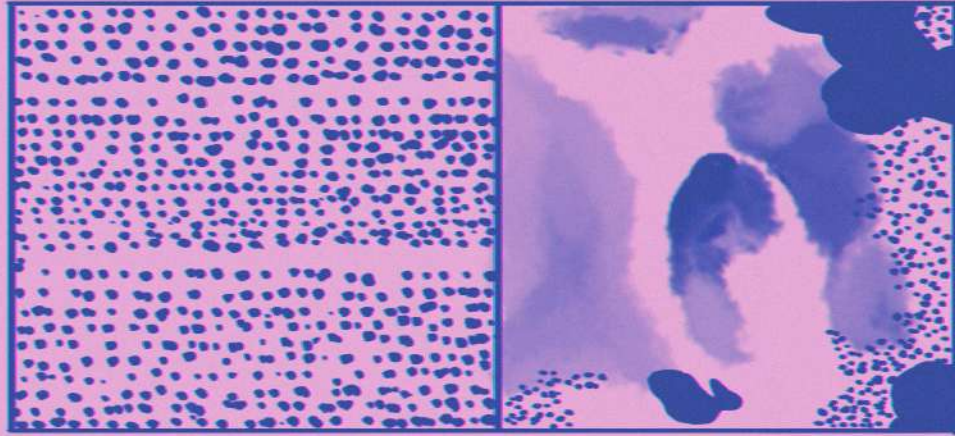


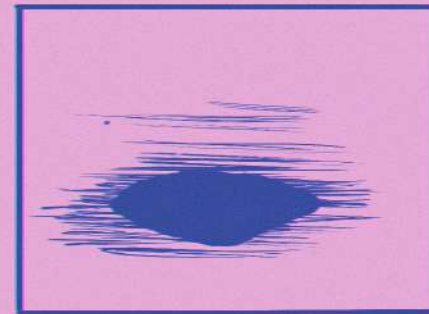
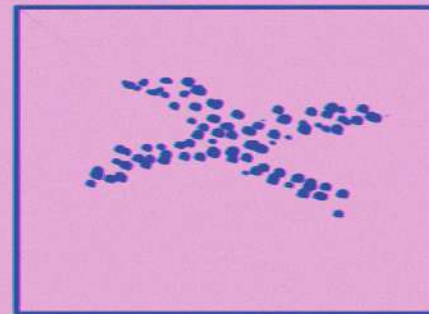
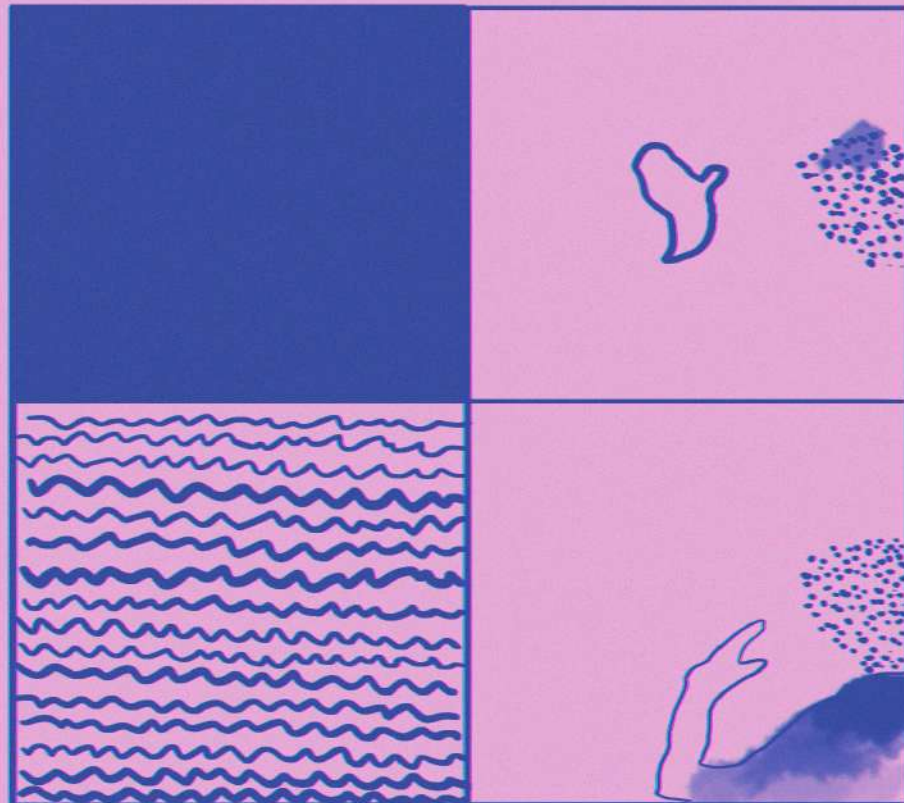
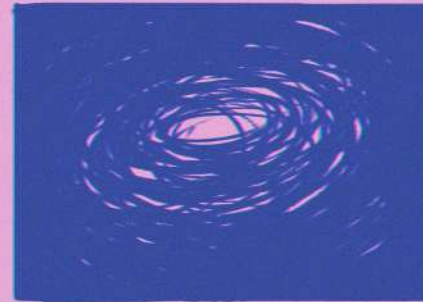
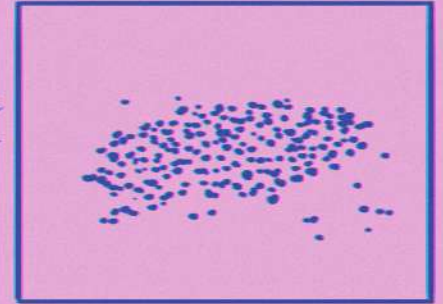
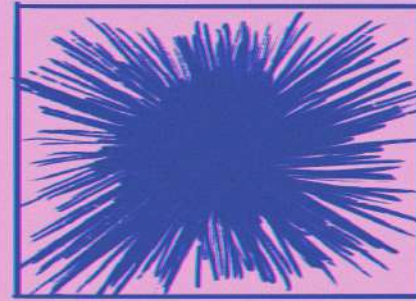
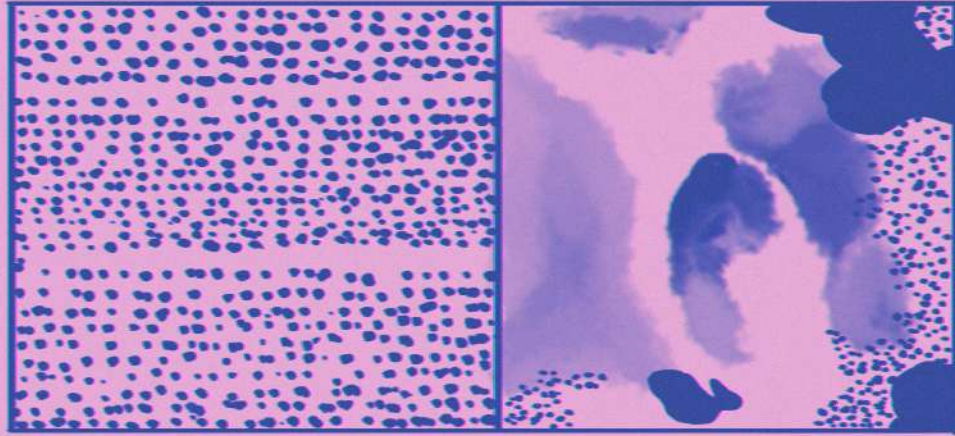


*I HAVE  
OBSESSIVE  
THOUGHTS  
AGAIN!*



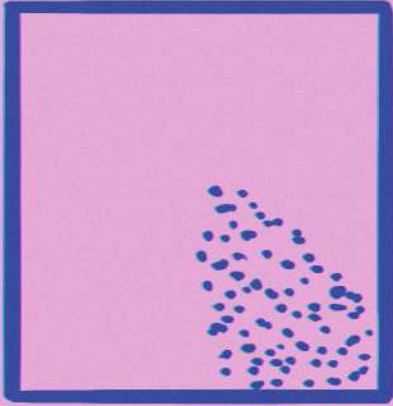
*I CAN'T STOP THINKING ABOUT IT*







YOU CANNOT ESCAPE.



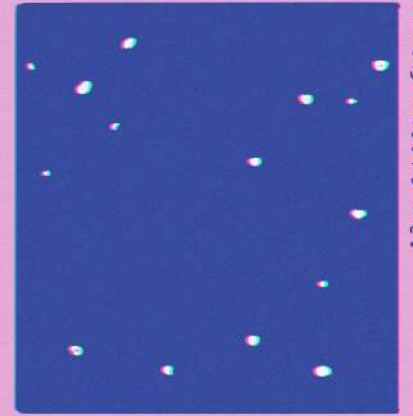
THERE IS NO WAY OUT.



I WANT IT TO STOP

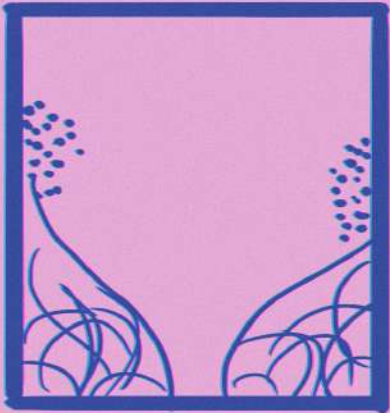


I WANT IT TO NOT BRING DOWN

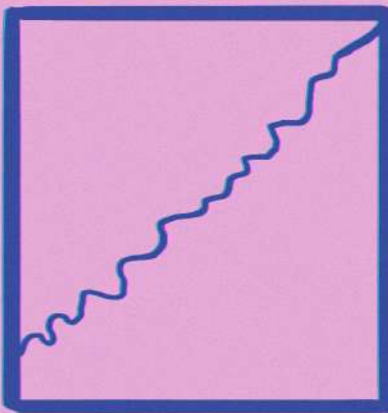


OTHERS AROUND ME.

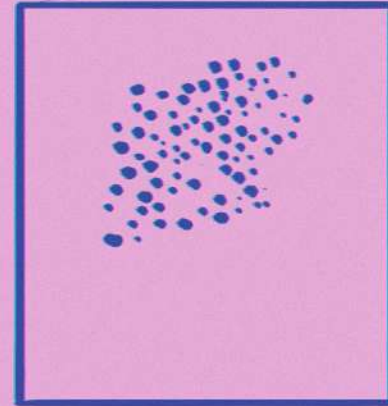
THIS IS YOUR OWN MIND.



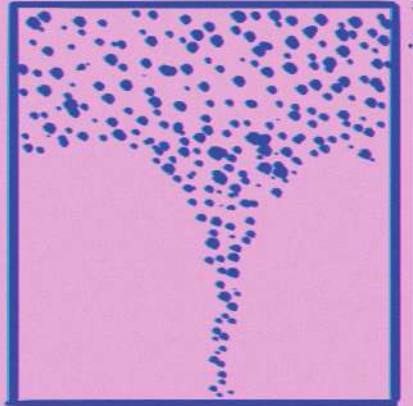
THERE IS NO RUNNING AWAY.



BUT, I CAN'T.

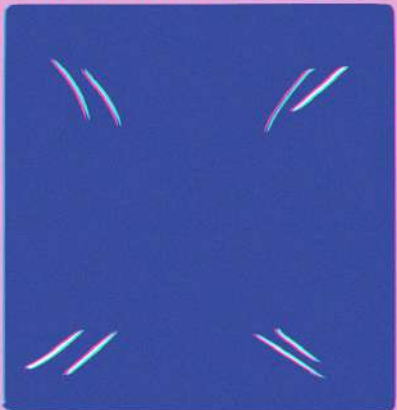


I TRY TO DEAL WITH IT, BUT I CA



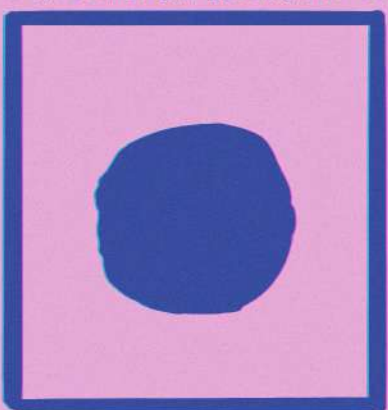
N'T.

MENTAL EXHAUSTION IS MY NEW



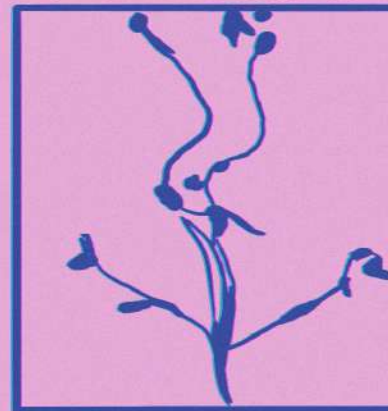
BEST FRIEND.

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.