

Serija fanzina o mentalnim bolestima

Heberling, Klara

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DIPOKAR DISOABEA
KLARA NESEBRLING
PROJEKCIJSKI STUDIO MEDJAG, PRAHA,
SVEUČILIŠTE ŠKOFJE 2020/21
MENTOR: DOC. ART. NIKO MIHAREVIC

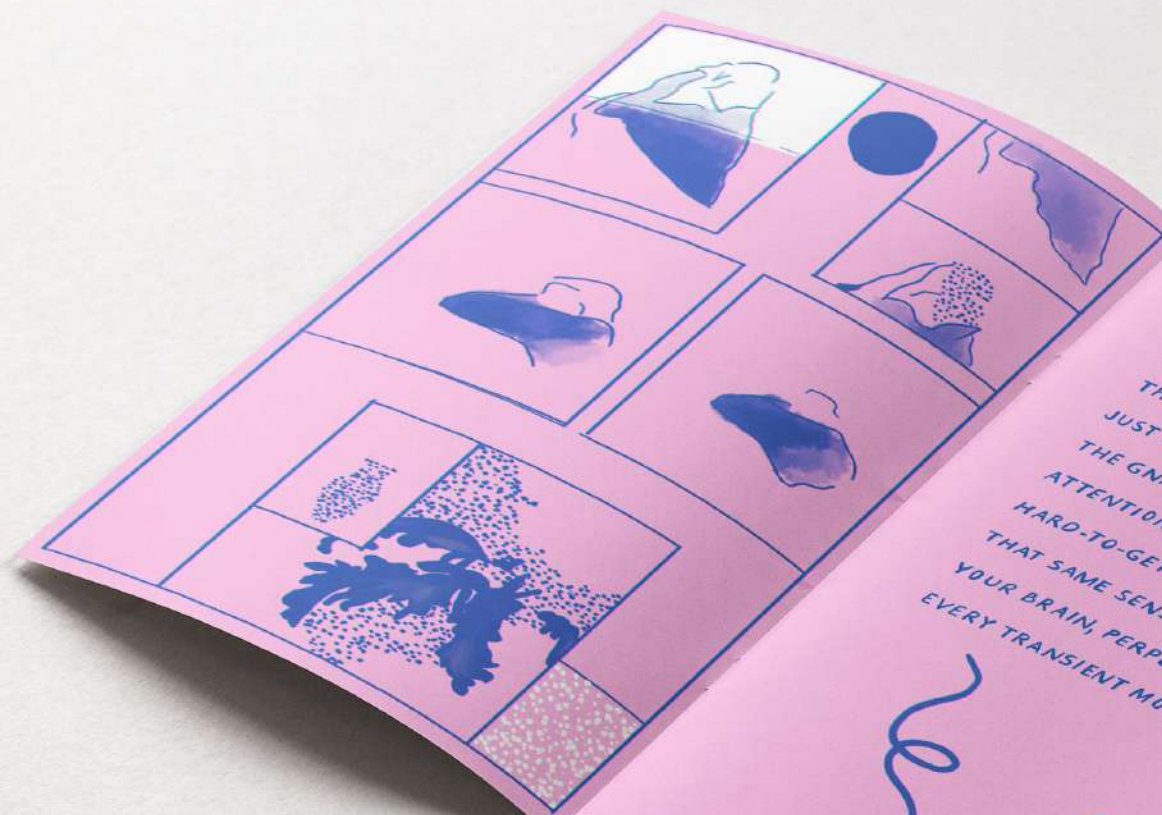








OCD
ALARA HEBERLING
PSP/RAON/STUDY/NEB/STUDY/STUDY
STUDY/STUDY/STUDY/STUDY/STUDY
MENTOR+POR/STUDY/STUDY/STUDY



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 EXTREME "UP", ELATED, RAPTurous 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.

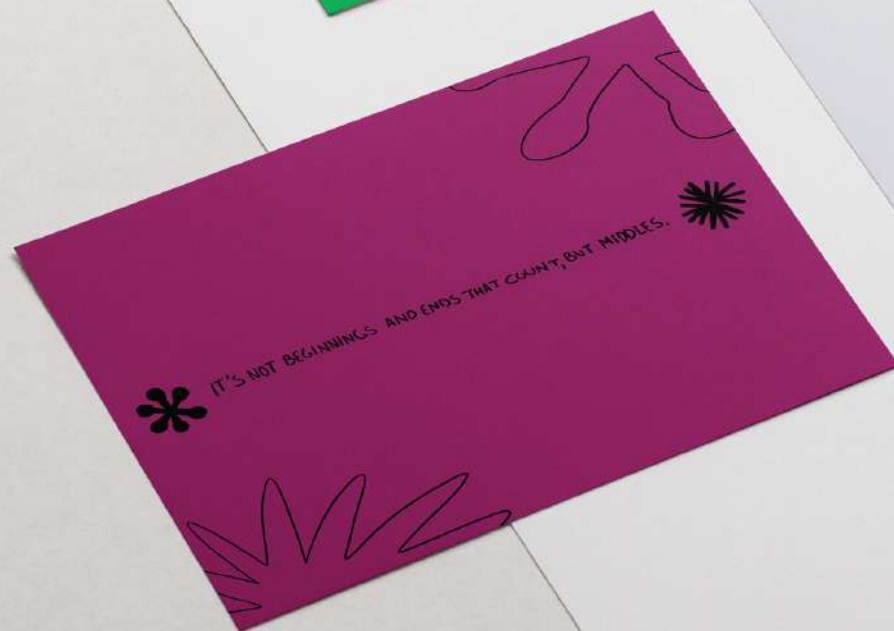


OCD

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



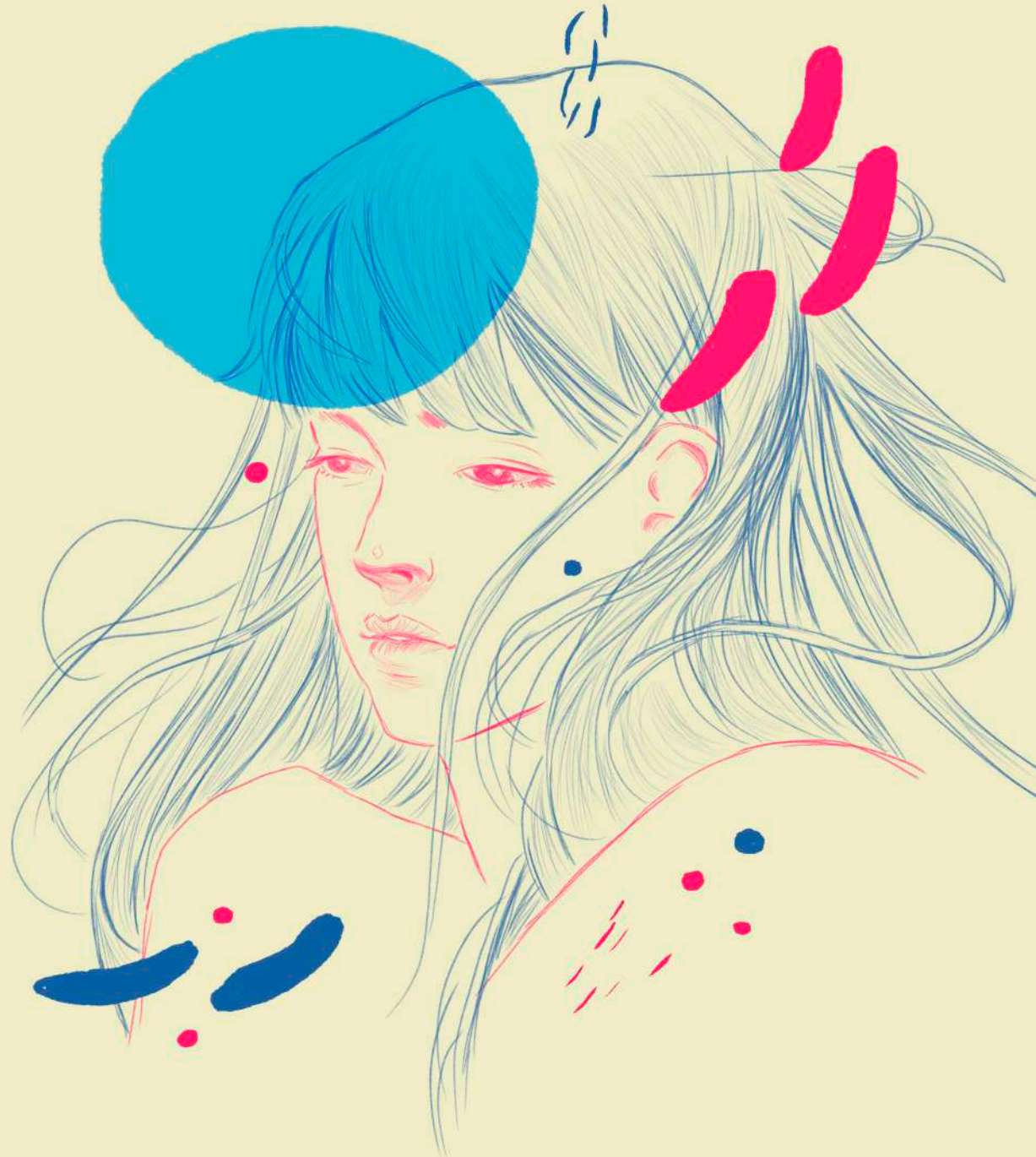




SIMPLY
TEND TO
OURSELVES







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

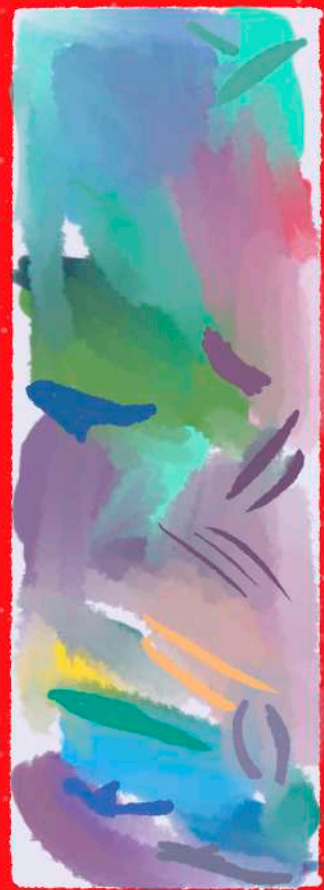
ARE YOU
TRULY LISTENING?

NO CONTROL

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

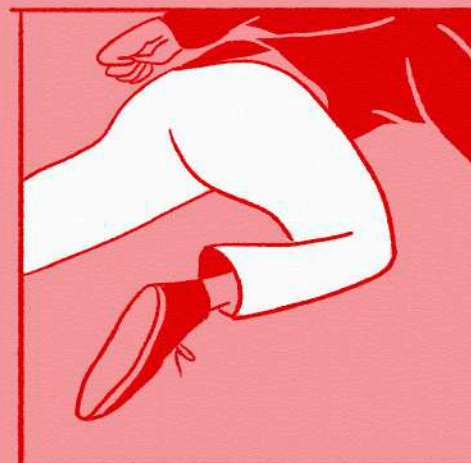
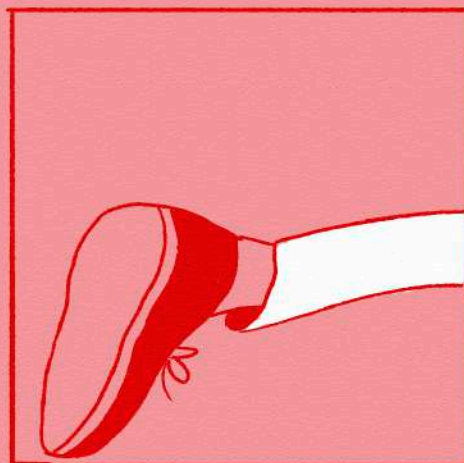
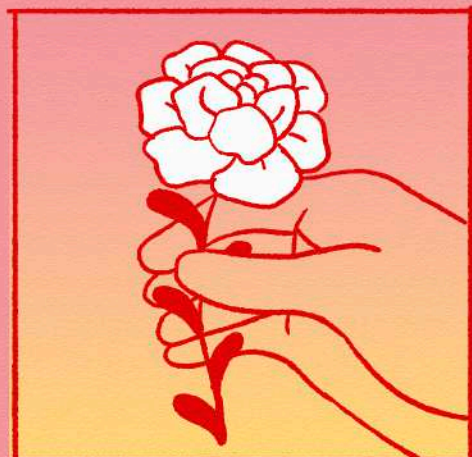


WHY IS THIS HAPPENING TO ME?





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!



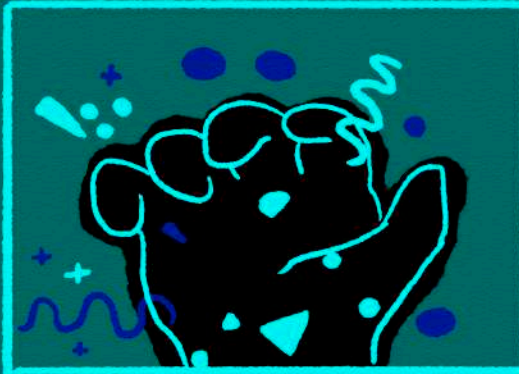
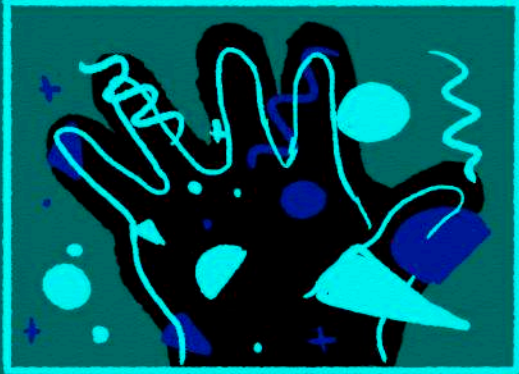
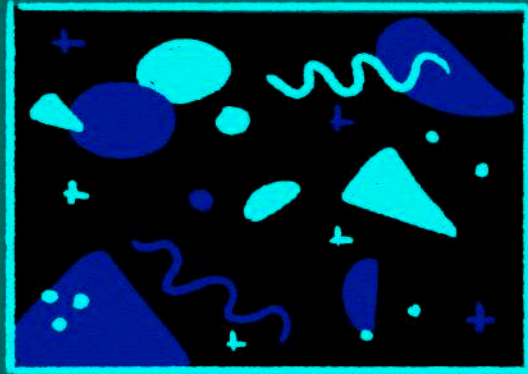
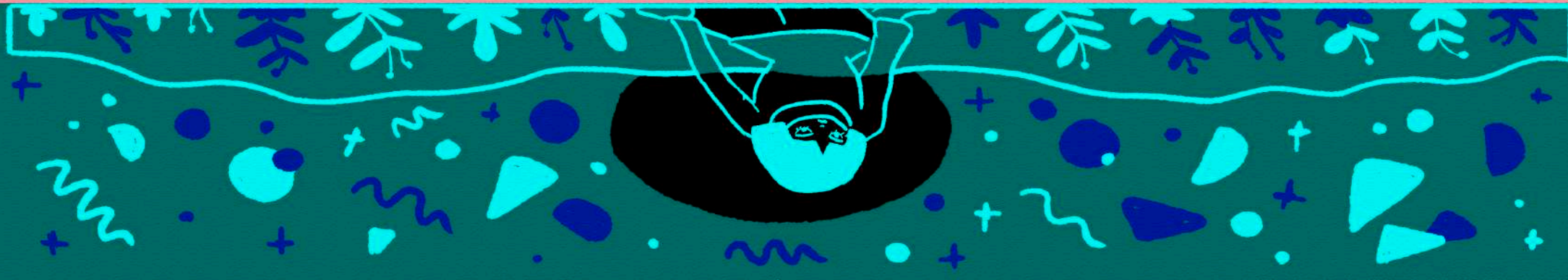
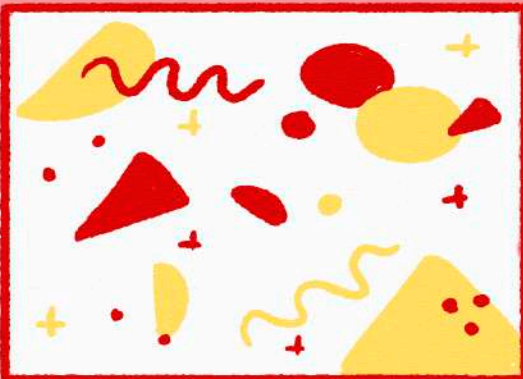
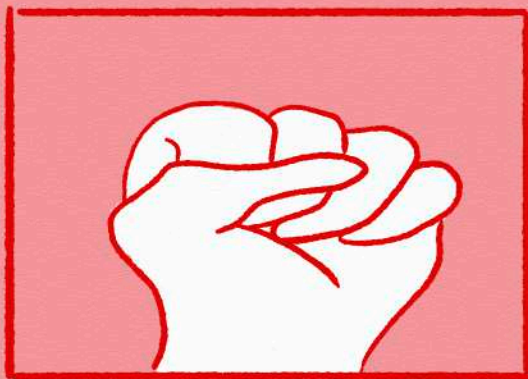
I'VE UNLOCKED FULL
POTENTIAL OF MY BRAIN
BECAUSE I'VE BEEN ABLE TO
EXPRESS MYSELF SO EASILY.
MY MIND WON'T STOP
RACING AND I CAN'T
MAKE SENSE OF IT.
I FEEL LIKE I NEED TO
DO SOMETHING. DON'T
WANT THIS FEELING TO
END.

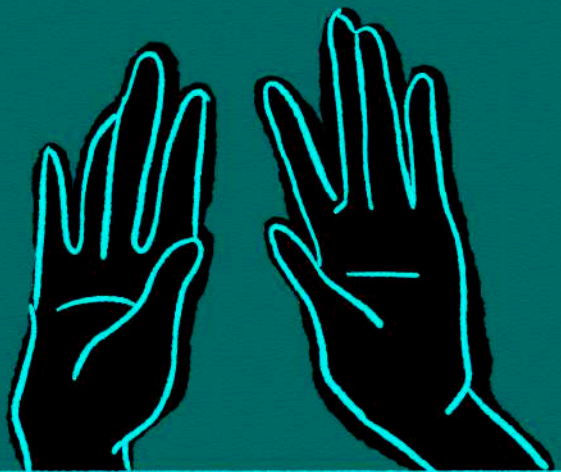




SOMETIMES I THINK
THAT I'VE BEEN GIVEN
A GIFT.

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





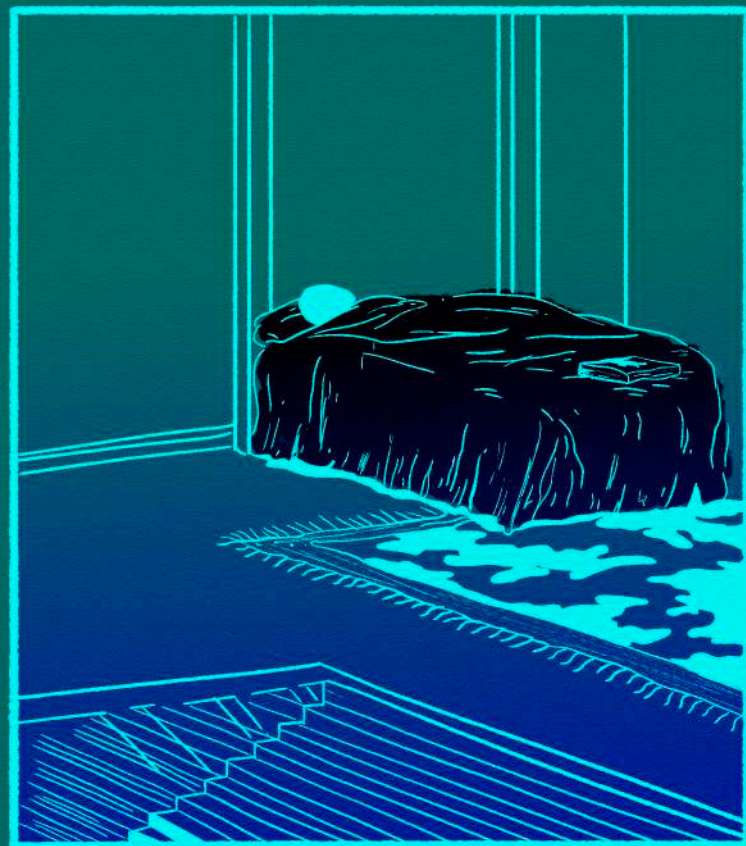
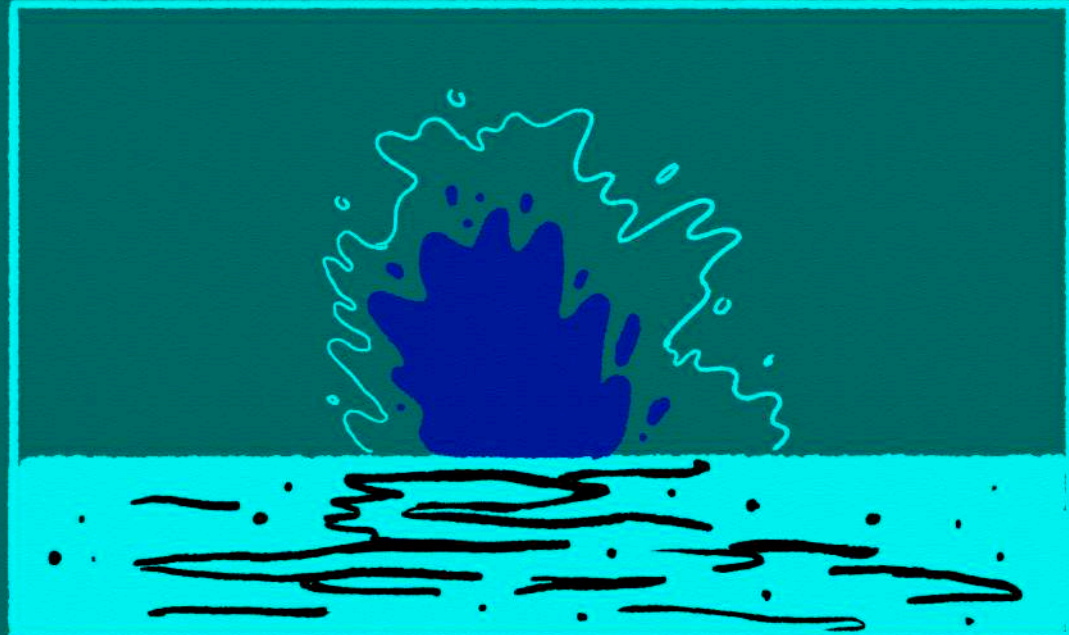
I'M TIRED OF FEELING LOW, ASHAMED AND FEELINGS OF SELF HATE. I WANT TO BE HAPPY AGAIN.

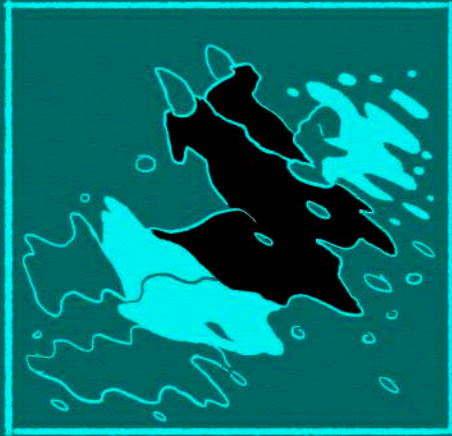
FEEL LIKE I'M GOING TO KILL SOMEONE, I HEAR THESE VOICES AND I CAN'T LIVE NORMALLY I DON'T EVEN NOTICE HOW I START PLANNING

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



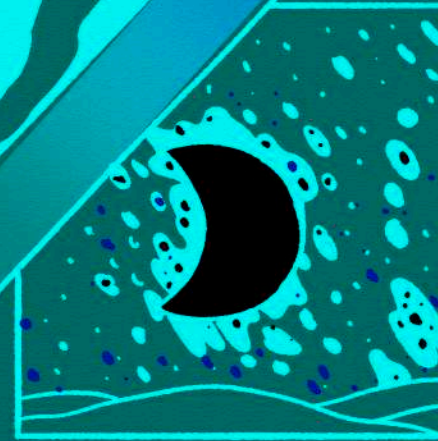
BY BEDTIME, I WILL BE CURLED UP ALONE IN THE DARK, CRYING & WISHING I COULD DISAPPEAR FROM THE WORLD AND CEASE TO EXIST



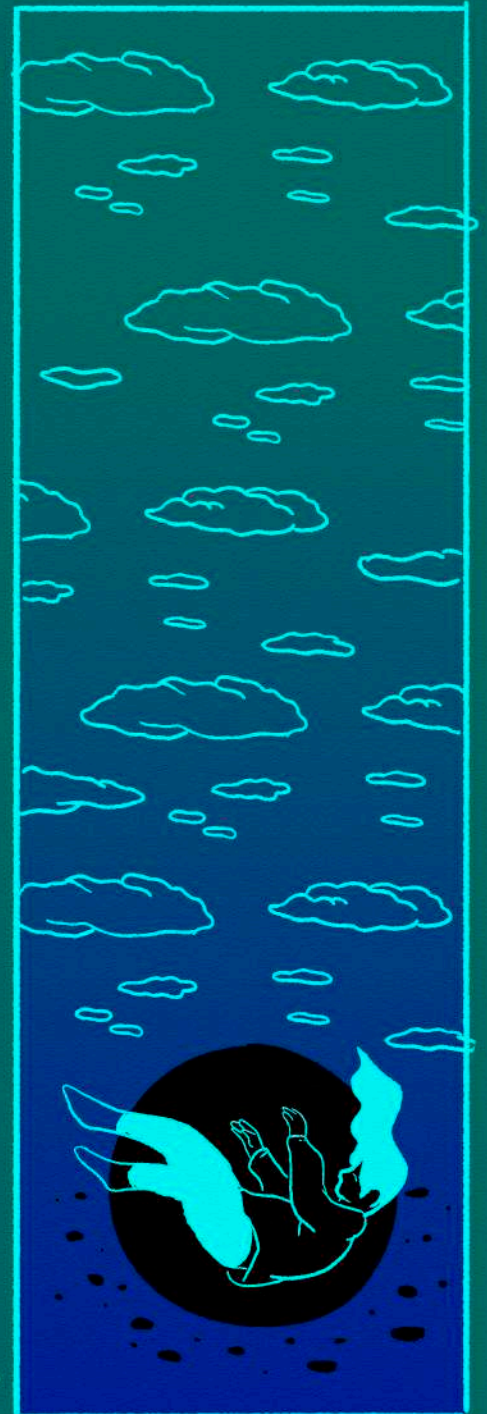


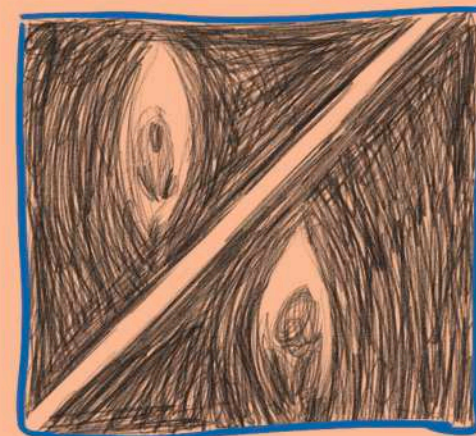
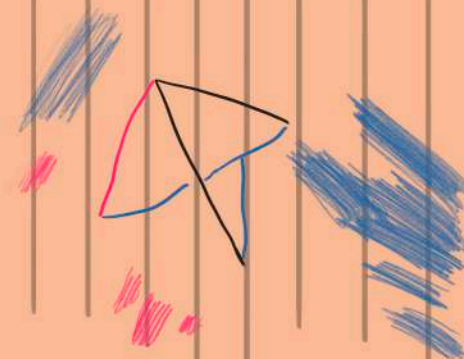
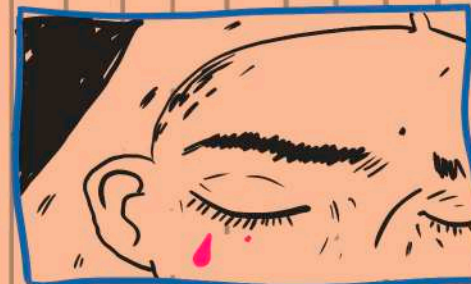
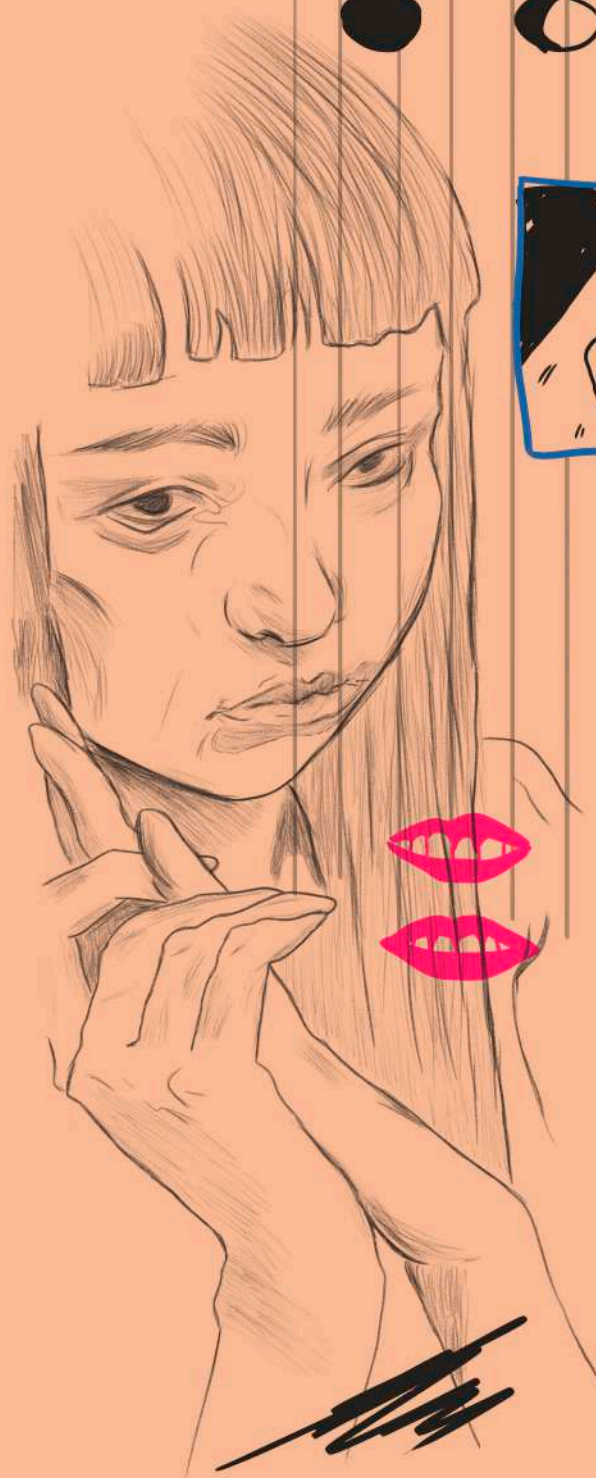
IT MAKES ME FEEL
HELPLESS...
IT INTERFERES WITH
EVERY ASPECT OF MY
LIFE.

FELL
RESTLESS
WITH
LIFE

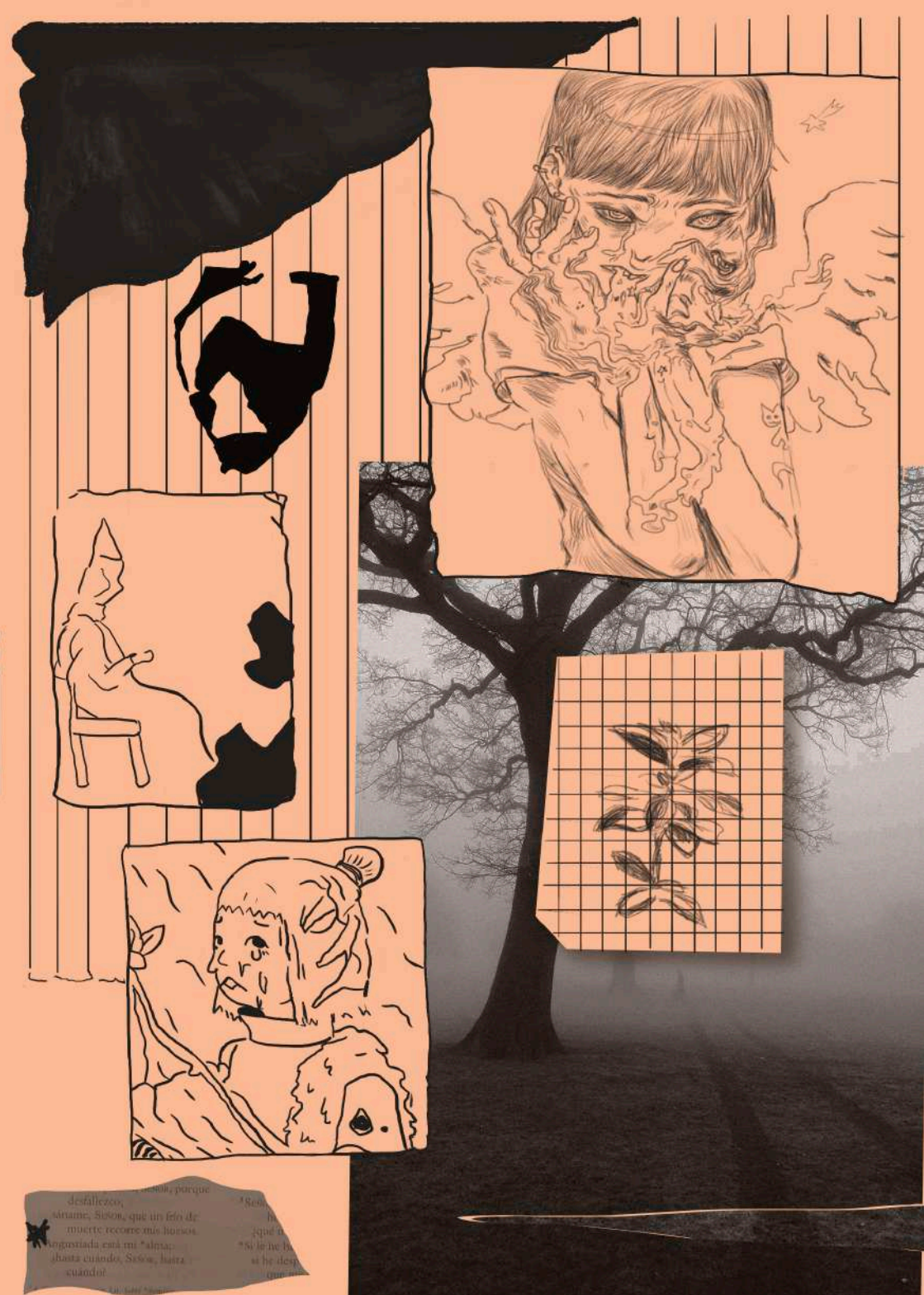


SOMETIMES I
FEEL NOTHING,
I'M JUST THERE
BUT NOT REALLY.





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



desfallezco, porque
sueño, sueño, que un foto de
muerte recorre mis huesos.
lograda en mi "alma"
hasta cuando, sueño, hura
cuando

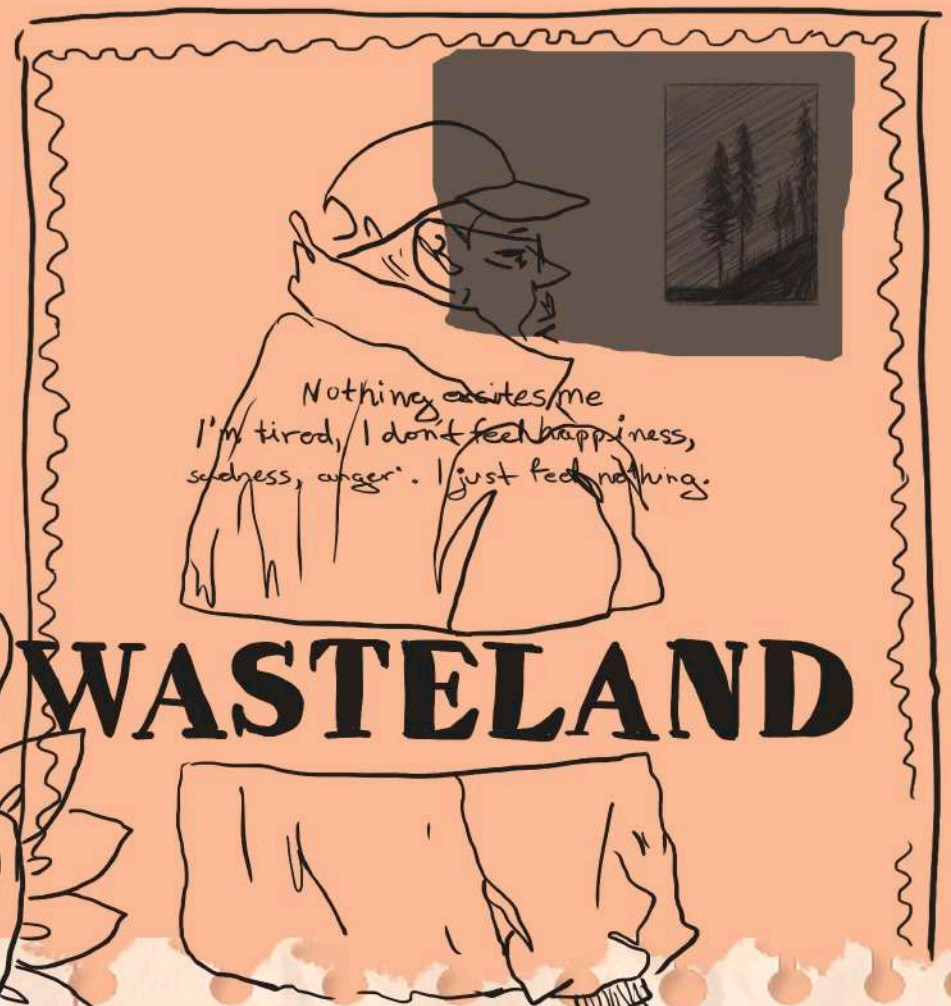
I don't want to die and hurt
my family. I feel like it would be
easier for everyone if I just was
never born.

Pointless

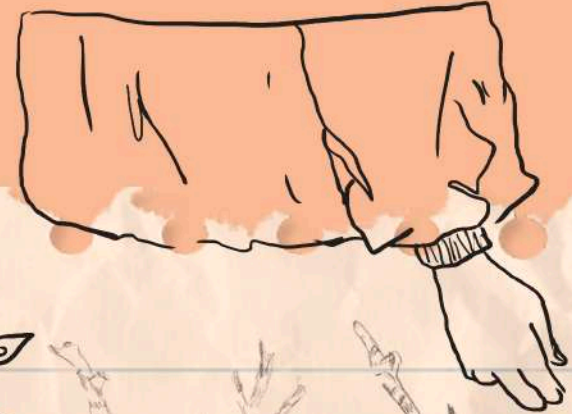


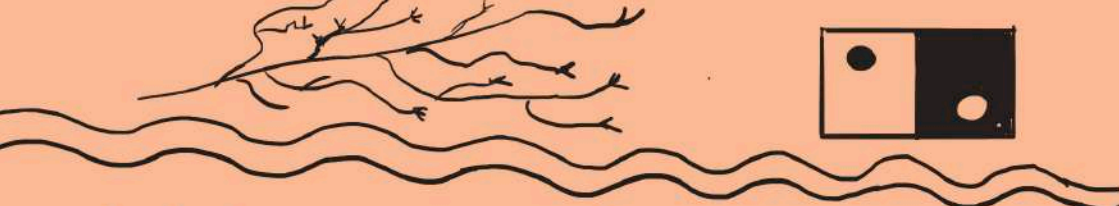
It feels like I'm
walking upstream through
a current strong enough to
pull me under four times over.

It's dragging me down....



WASTELAND





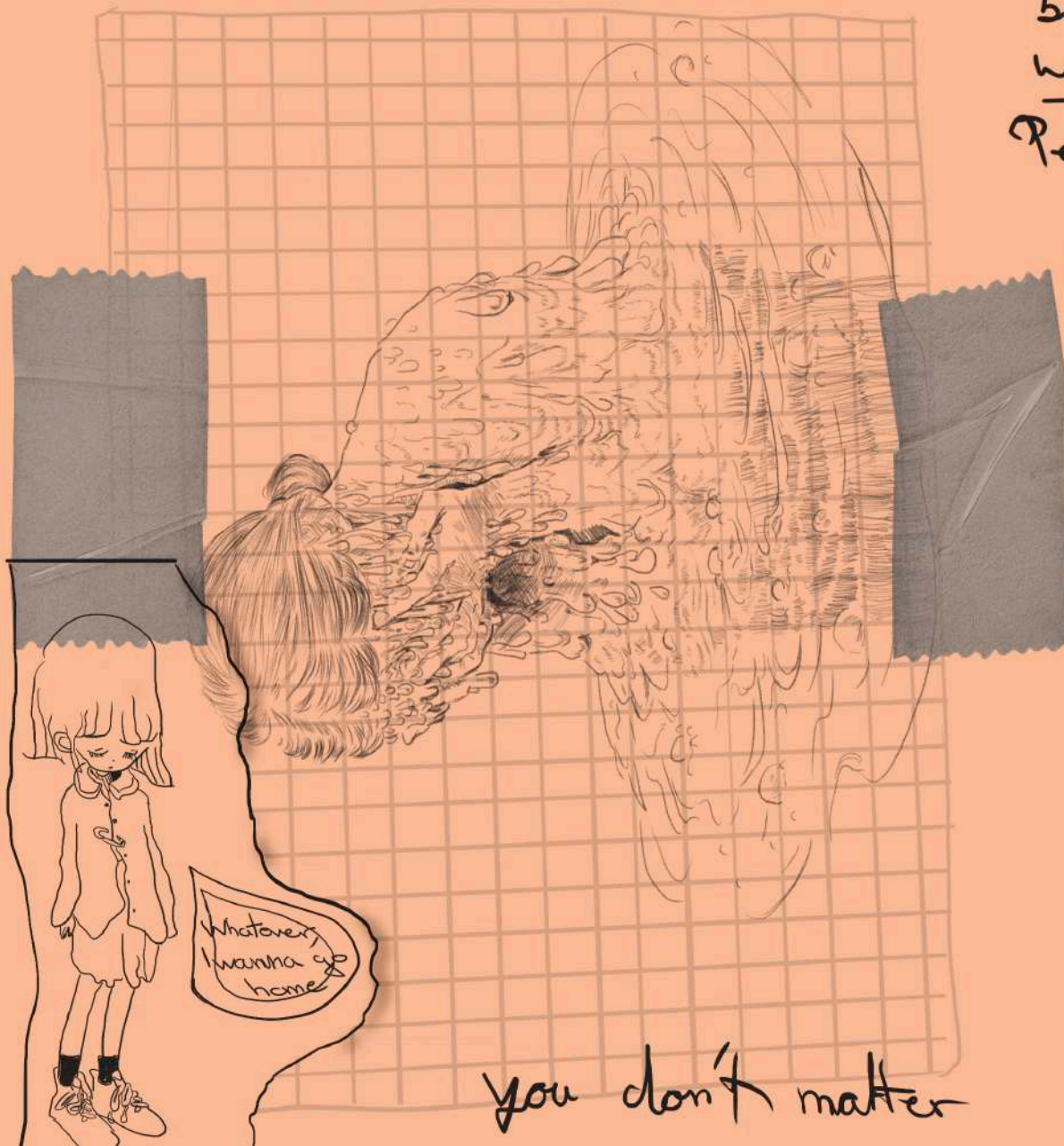
I don't know what to do anymore

- 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



Whatever, I wanna go home

you don't matter

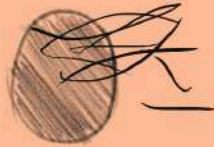


I talk to people and try to sound happy, because that's what puts them at ease, but something depressing inevitably slips out and you watch them grow uncomfortable and try to avoid you.

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

IM REALLY STRUGGLING INTENSELY.

I'M A
FAILURE
(AT EVERYTHING)



I'VE HAD
ENOUGH



HOW DO I
ACCEPT IT?



WISH I HAD THE
GUTS TO KILL MYSELF



WISH



I NEVER



STARTED

ANTI DEPRESSANTS

YOU FEEL

DENSE
& ALONE



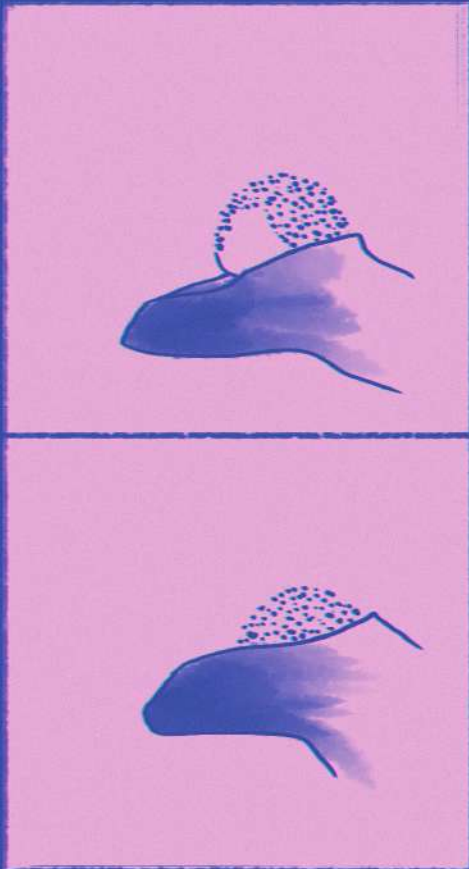
Everything
is fucked
UP!!!

please help.

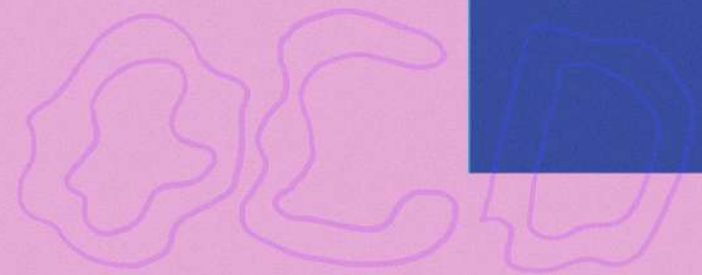
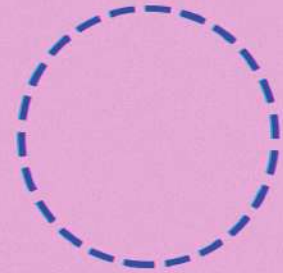
SOME DAYS i feel myself float
not to NOTHING and it's just
the same as it was by the water.
i lean in to it and hear past
the waves, whisper and tie the belly of
the best, missing my home while im away.
hate the way it takes my space.

OCD
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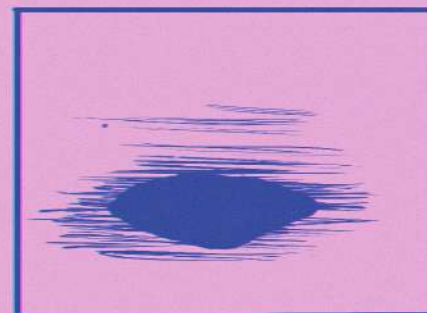
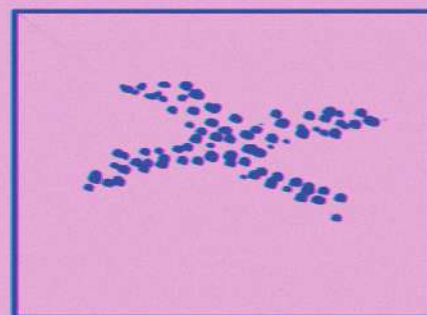
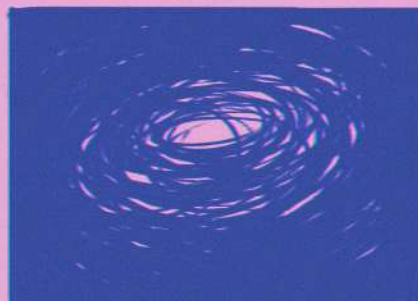
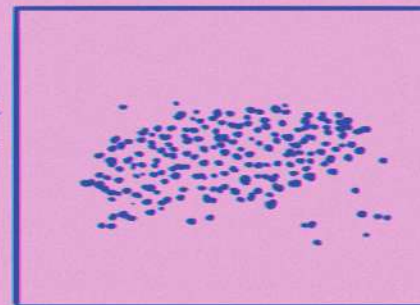
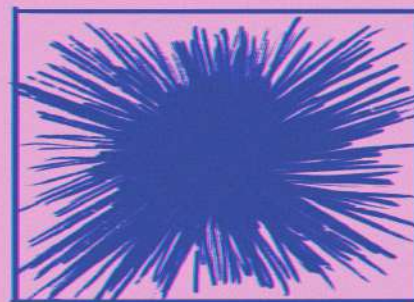
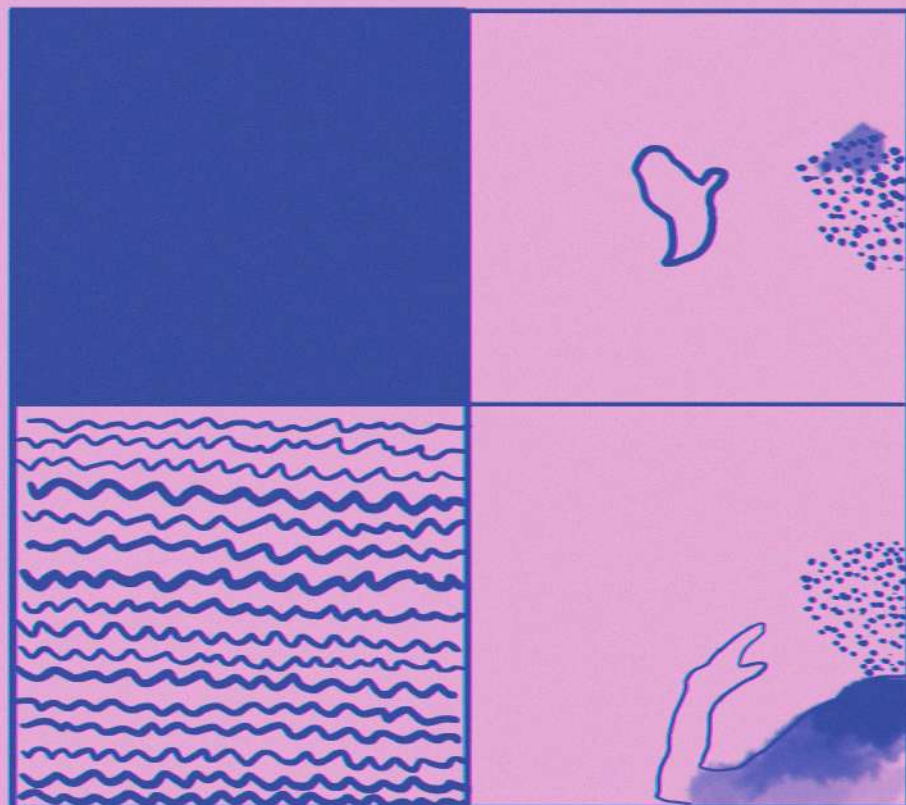
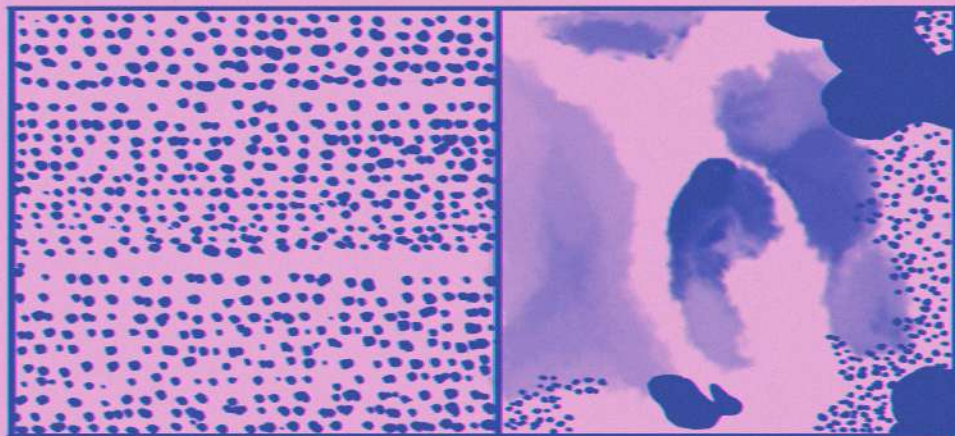


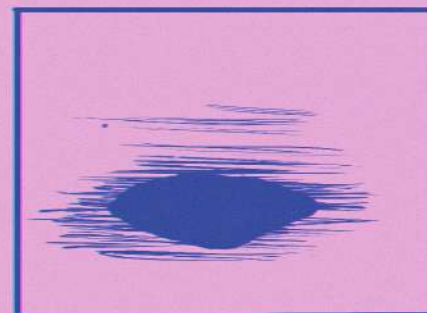
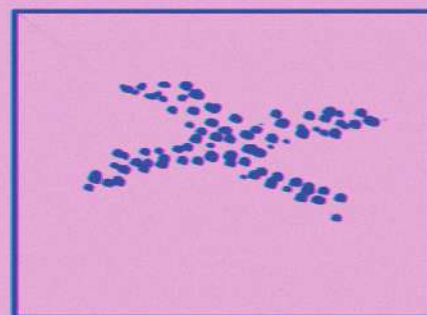
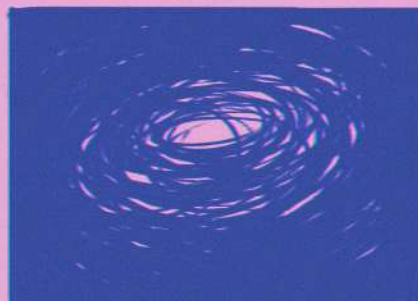
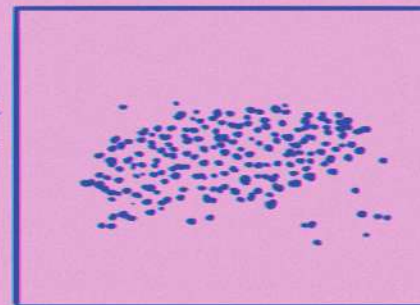
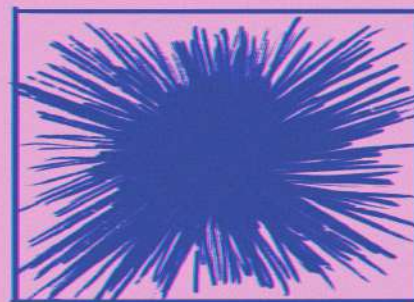
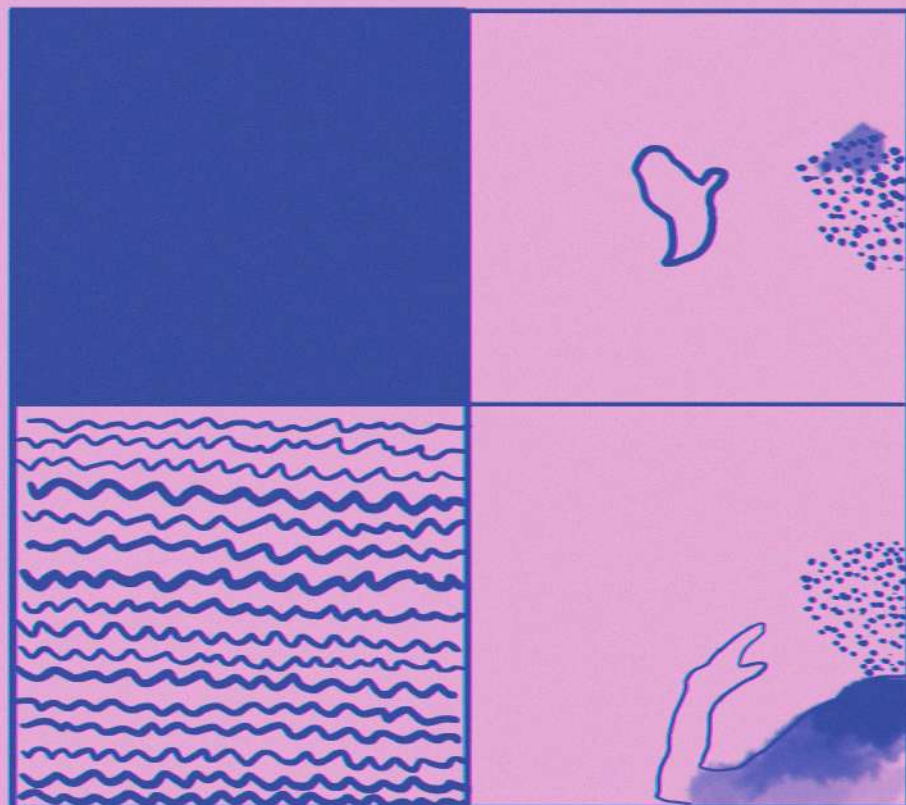
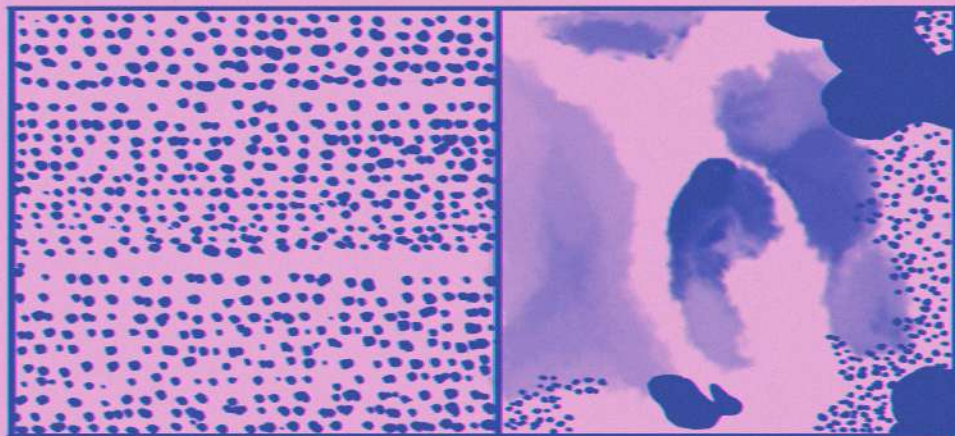


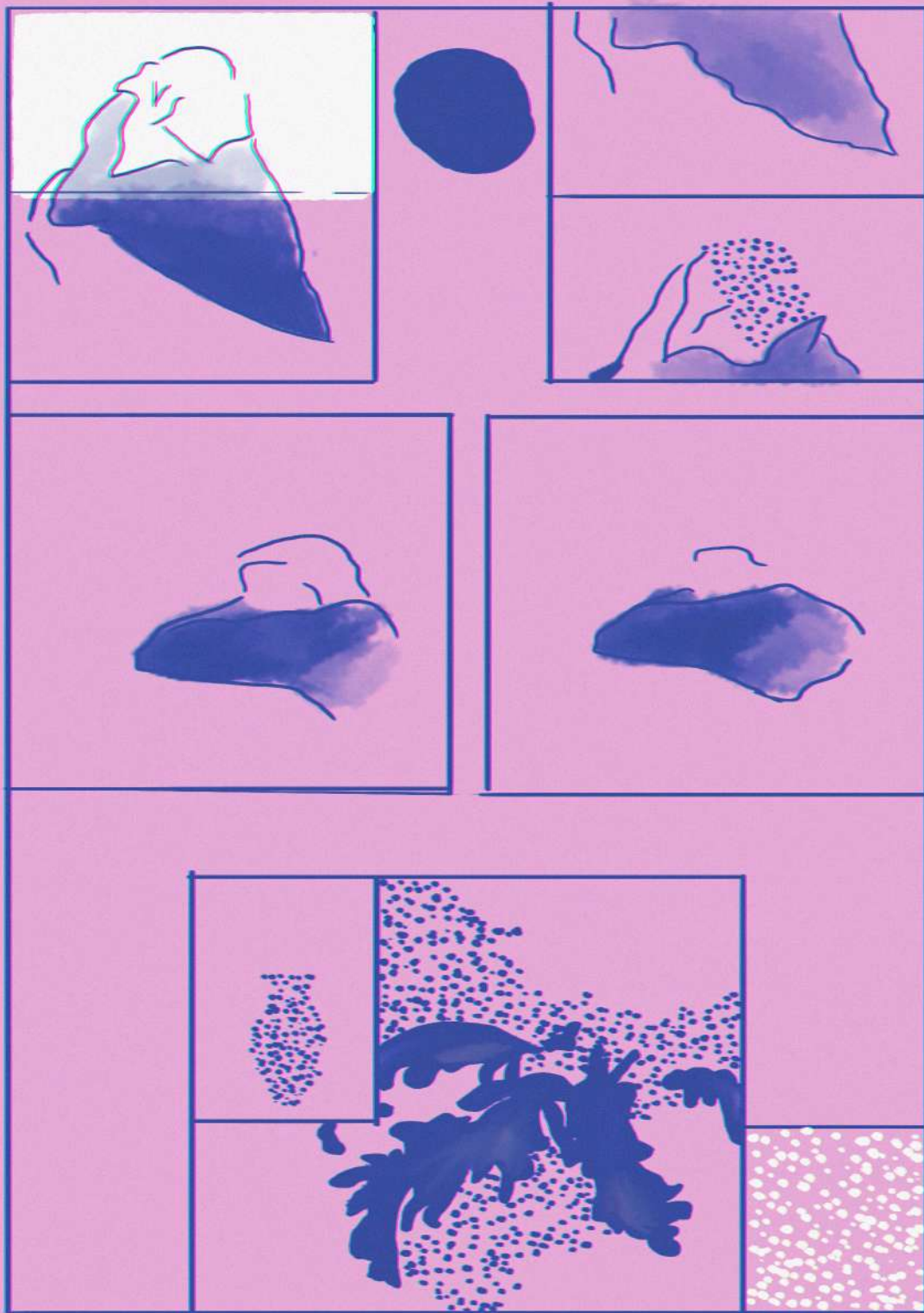
*I HAVE
OBSESSIVE
THOUGHTS
AGAIN!*



I CAN'T STOP THINKING ABOUT IT



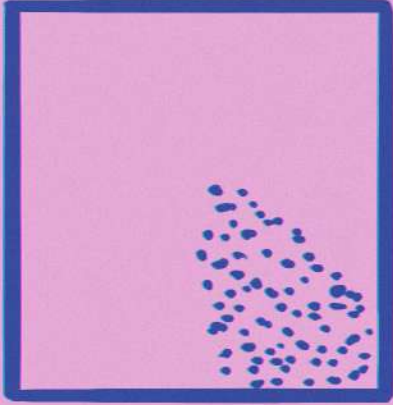




*EVER BURN YOURSELF? YOU KNOW
THAT FEELING AFTERWARDS THAT
JUST WON'T GO AWAY? THE THROBBING?
THE GNAWING? THE RELENTLESS
ATTENTION-SEEKING, FOCUS-STEALING
HARD-TO-GET-RID-OF PAIN? NOW, IMAGINE
THAT SAME SENSATION, BUT ETCHED INTO
YOUR BRAIN, PERPETUALLY INVADING
EVERY TRANSIENT MOMENT OF YOUR LIFE.*



YOU CANNOT ESCAPE.



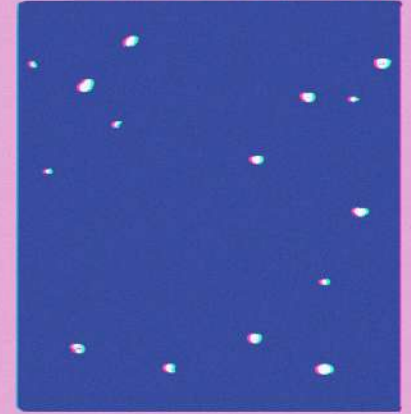
THERE IS NO WAY OUT.



I WANT IT TO STOP

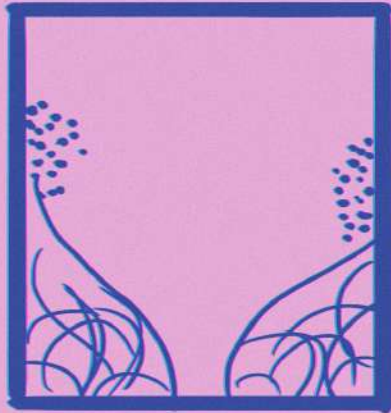


I WANT IT TO NOT BRING DOWN

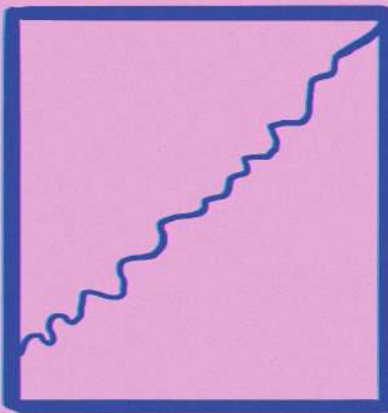


OTHERS AROUND ME.

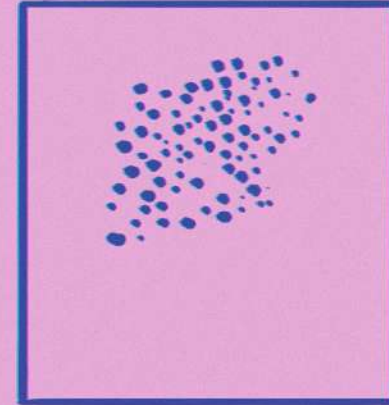
THIS IS YOUR OWN MIND.



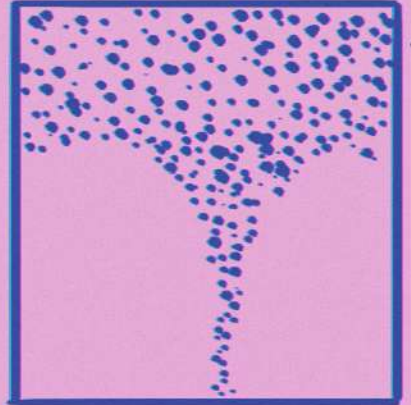
THERE IS NO RUNNING AWAY.



BUT, I CAN'T.

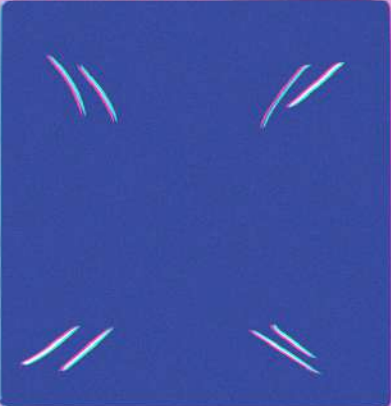


I TRY TO DEAL WITH IT, BUT I CA



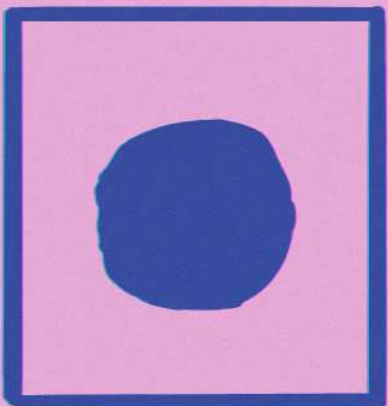
N'T.

MENTAL EXHAUSTION IS MY NEW



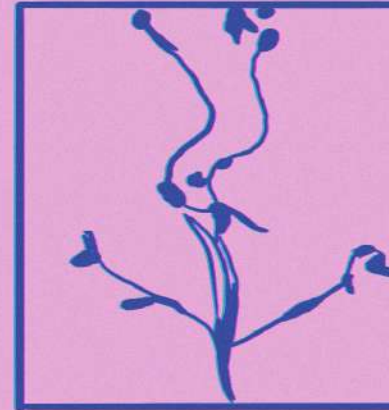
BEST FRIEND.

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.