Serija fanzina o mentalnim bolestima

Heberling, Klara

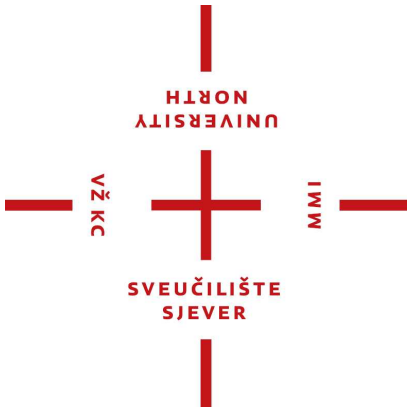
Supplement / Prilog

Publication year / Godina izdavanja: **2021**

Permanent link / Trajna poveznica: https://urn.nsk.hr/urn:nbn:hr:122:160323

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Download date / Datum preuzimanja: **2024-03-29**



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ANXIETY
KLARA HEDERLING
PREDIPLOMSKI STUDIJ MEDIJSKOG DIZAJNA,
SVEUČILIŠTE SJEVER, 2020/21
MENTOR: DOC. ART. NIKO HIMMLIEVIĆ


SELF
SABOTAGE


BIPOLAR DISORDER
KLARA HEBERLING
PREDIPLOMSKI STUDIJ MEDIJSKOG DIZAJNA,
SVEUČILIŠTE SJEVER 2020/21.
MENTOR: DOC. ART. NIKO MIHALJEVIĆ




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




OCD
KLARA HEBERLING
PREDIPLOMSKI STUDIJ MEDIJSKOG DIZAJNA
SVEUČILIŠTE JJSTER 2020/21
MENTOR: DOC. ART. NIKO MAMIĆ


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, IRRITABLE, 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 DOING THE OBSESSIVE 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.


YOU ARE GOING TO BE OKAY
BUT MAYBE NOT IN THE WAY YOU PLANNED TO BE.
IT'S NOT BEGINNINGS AND ENDS THAT COUNT, BUT MIDDLES.

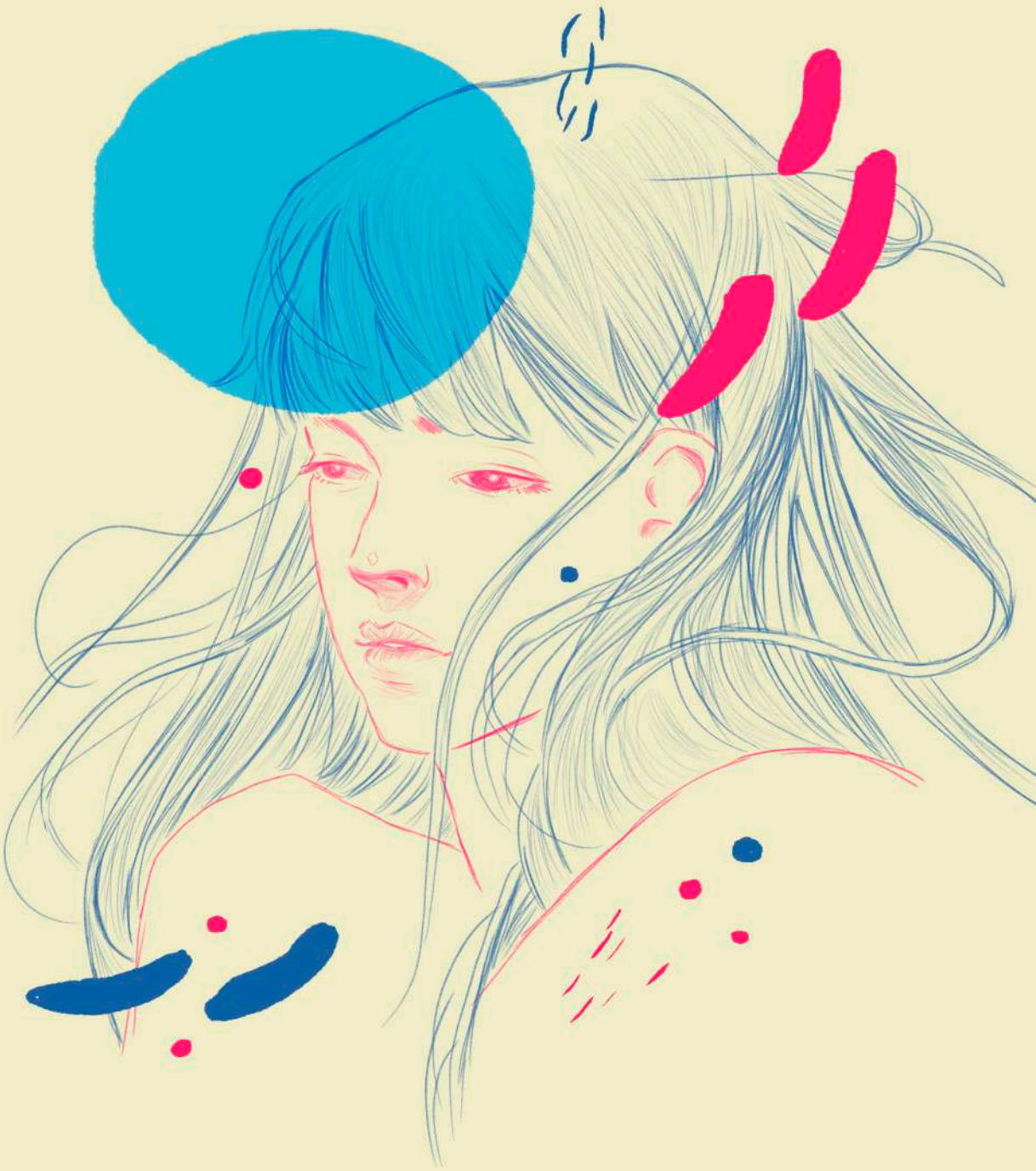

BE GENTLE WITH YOURSELF
BE AWARE OF YOUR STRENGTHS AND WEAKNESSES
ACCEPT IMPERFECTION
FORGIVE YOURSELF
STOP JUDGING YOURSELF


WHERE ARE YOUR FEELINGS?
ARE THEY IN YOUR HEART,
YOUR STOMACH,
YOUR LUNGS?
DO NOT ANALYZE.
LOCATE


SIMPLY
TEND TO
OURSELVES







ANXIETY
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SVEUČILIŠTE SJEVER, 2020./21.
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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 MOVMEMENT
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 WHIT A SMILE FULL OF HAPPINESS
THE SMILE CONTORTS INTO A 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?

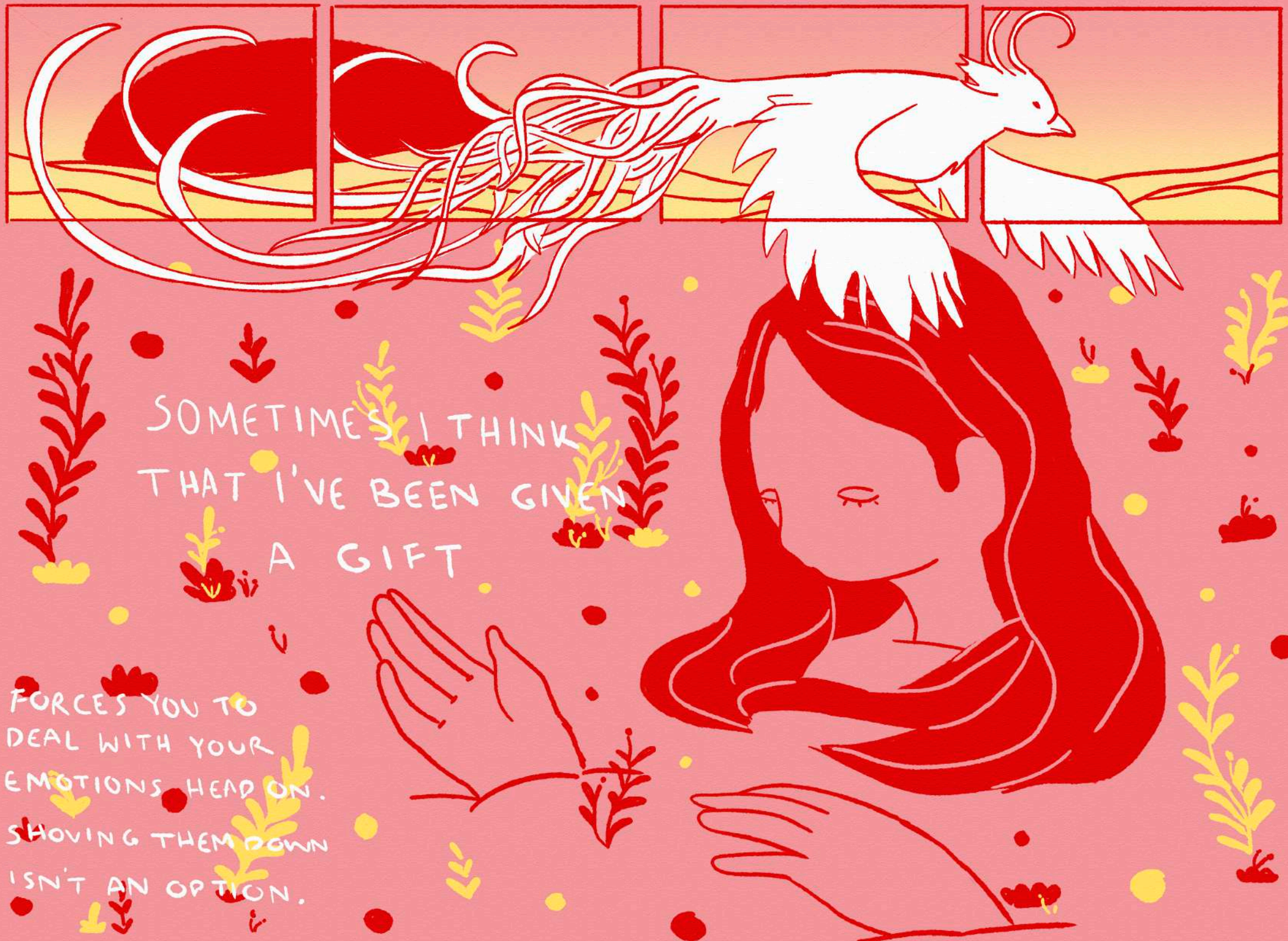



DEATH



BIPOLAR DISORDER
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PREDIPLOMSKI STUDIJ MEDIJSKOG DIZAJNA,
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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.

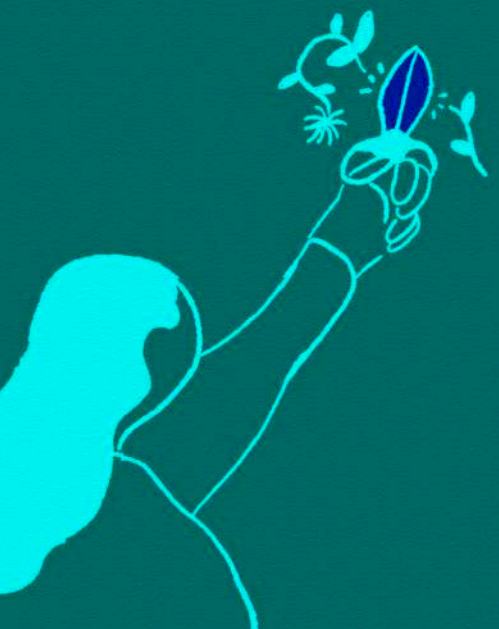




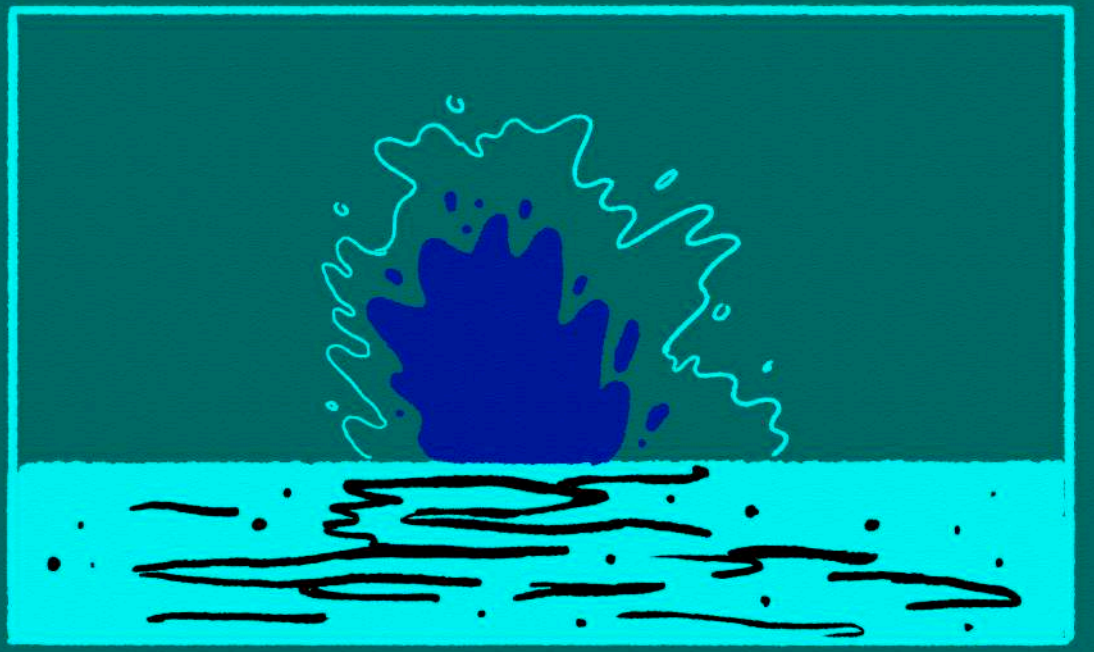
I'M TIRED OF FEELING LOW, ASHAMED AND FEELINGS OF SELF HATE. I WANT TO BE HAPPY AGAIN.

FEEL LIKE I'M GOING TO KILL SOMEONE, I HEAR THESE VOICES AND I CAN'T LIVE NORMALLY

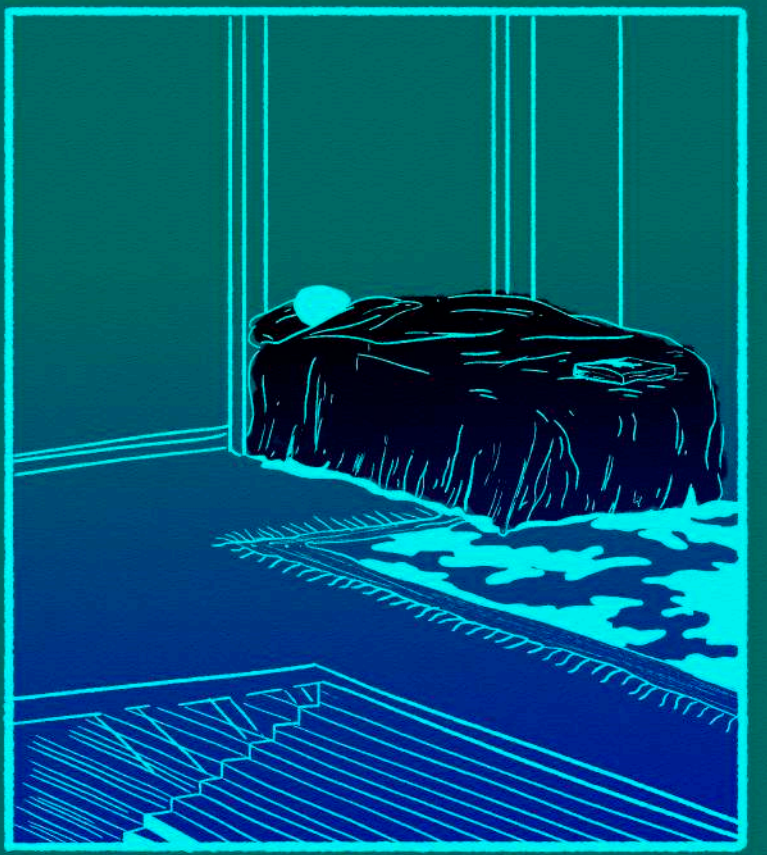
I DON'T EVEN NOTICE HOW I START PLANNING ALREADY AND THEN I FEEL LIKE I'M GOING CRAZY. I'M SCARED.







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

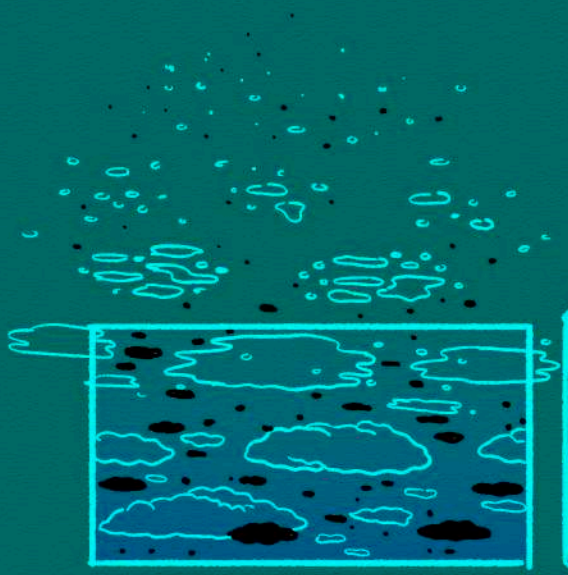




IT MAKES ME FEEL HELPLESS...

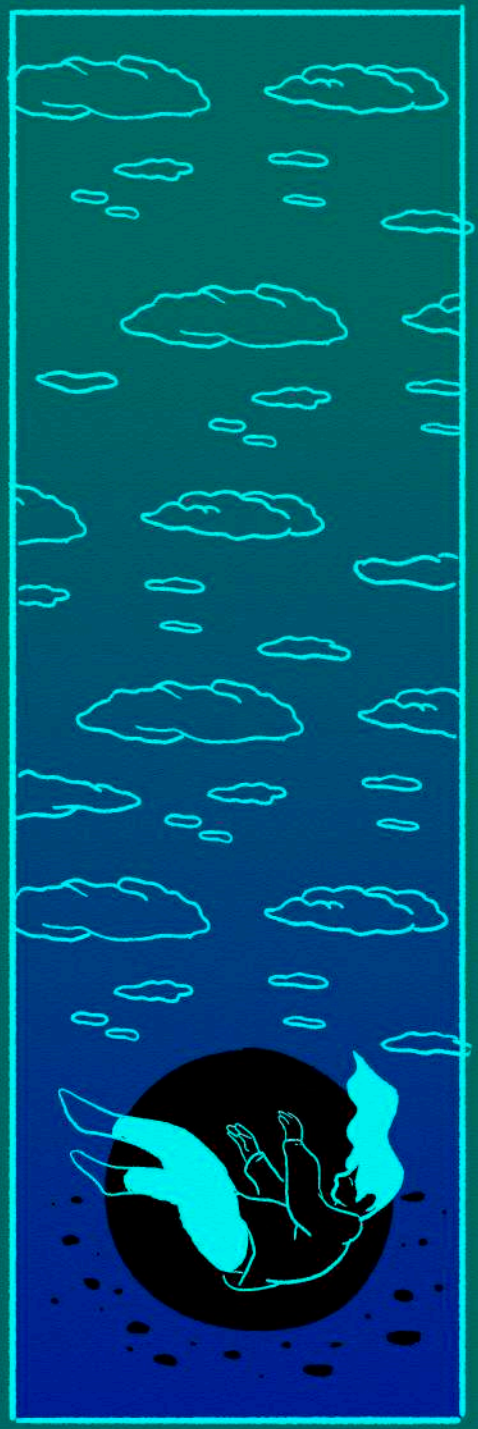
IT INTERFERES WITH EVERY ASPECT OF MY LIFE.

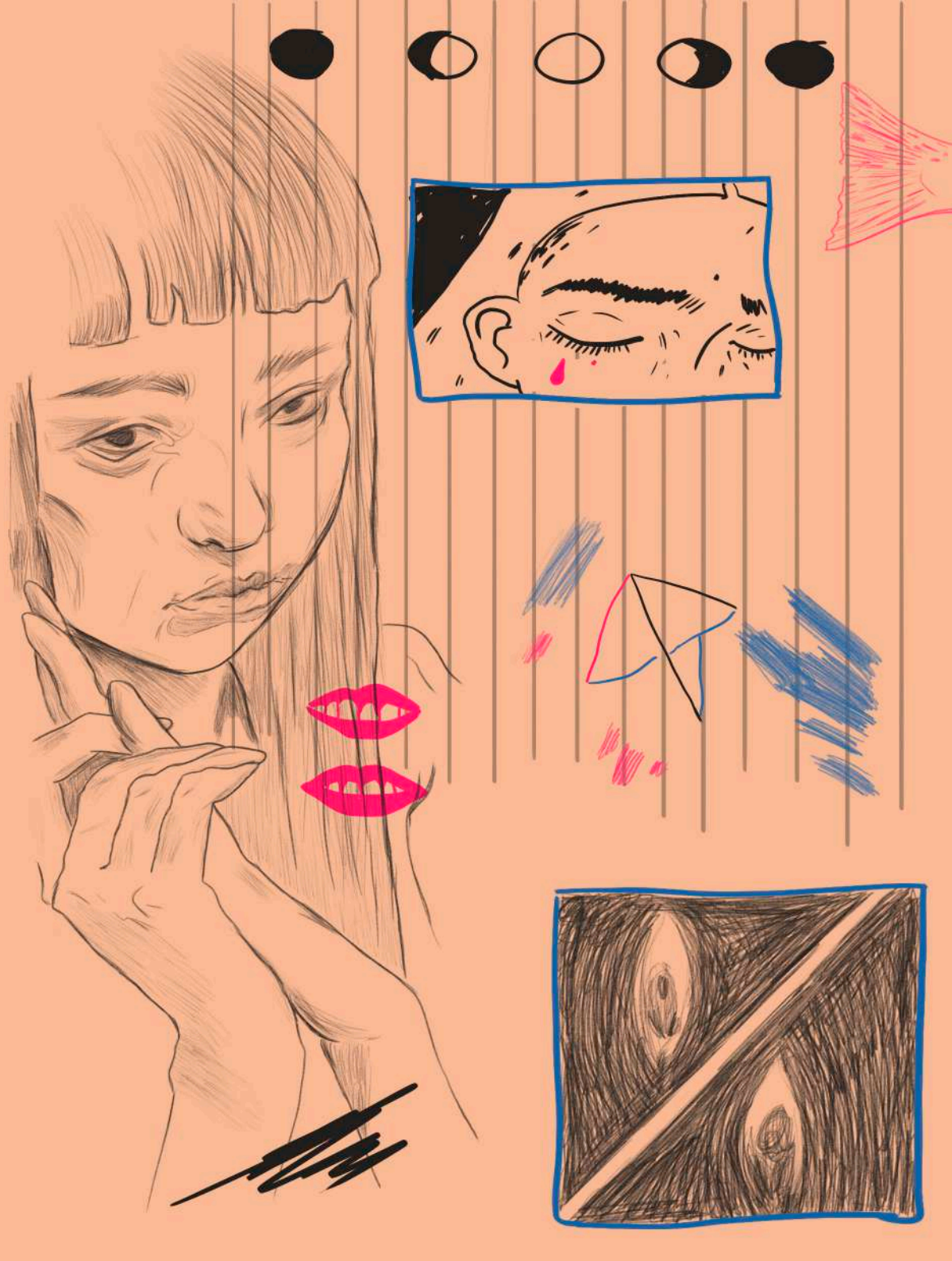
FELL RESTLESS WITH LIFE





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



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....



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 go uncomfortable and try to avoid you.

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

IM REALLY STRUGGLING INTENSELY.

Whatever I wanna go home

you don't matter


I'M A FAILURE
(AT EVERYTHING)
?
I'VE HAD ENOUGH.
HOW DO I ACCEPT IT?
WISH I HAD THE GUTS TO KILL MYSELF

I WISH I NEVER STARTED





ANTIDEPRESANTS

YOU FEEL

DENSE & ALONE

normality is real

Everything is fucked UP!!!

please help.

SOME DAYS i feel myself float out 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 curls tie the belly of the best, missing my home while im away. hate the way it takes my space.



OCD
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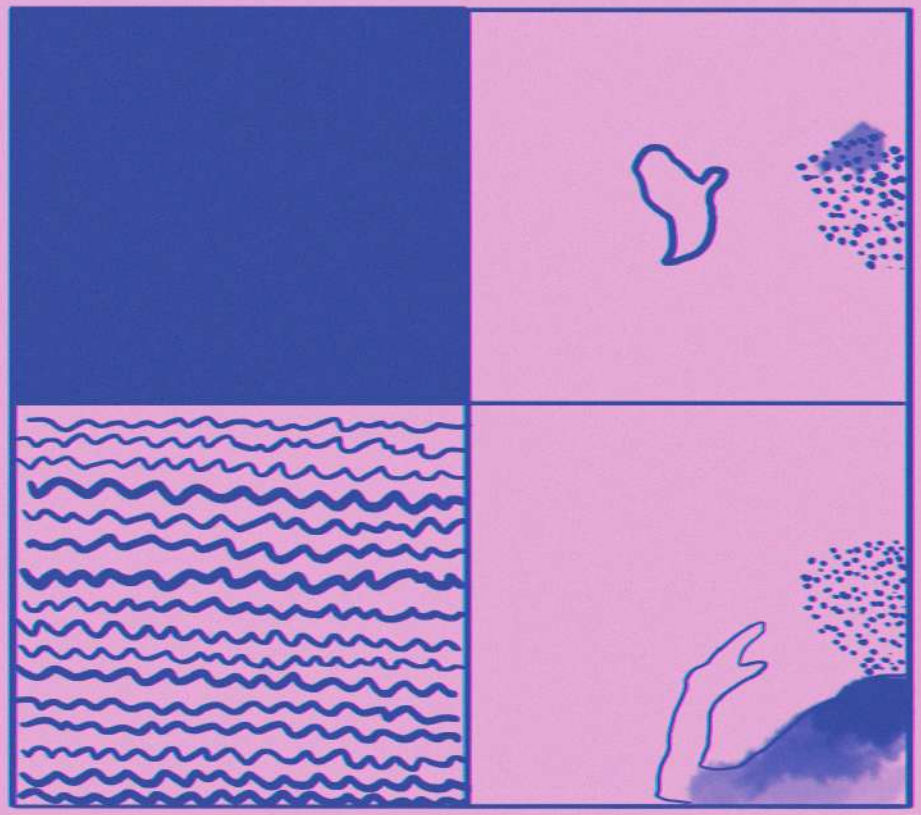


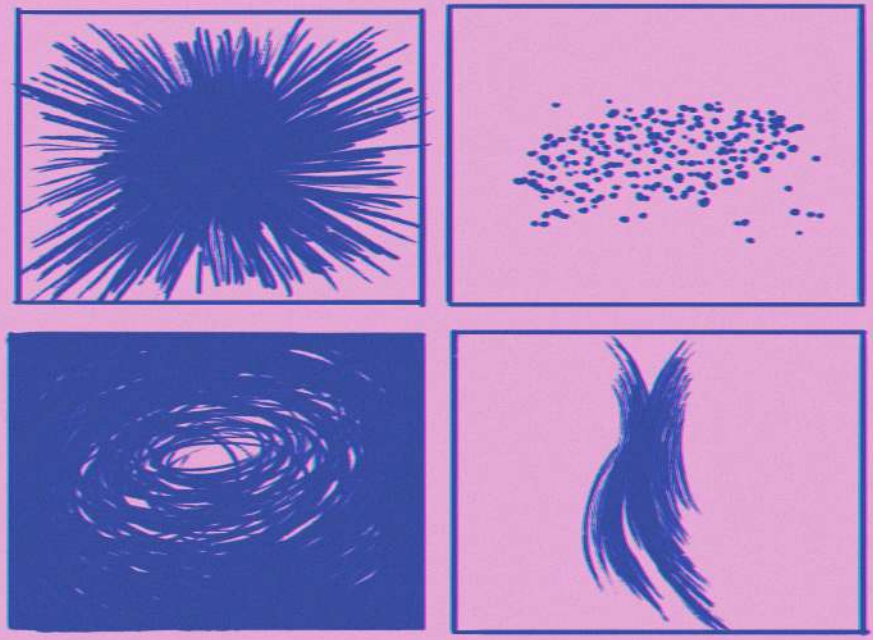
I CAN'T STOP THINKING ABOUT IT

I HAVE OBSESSIVE THOUGHTS AGAIN!

OCD

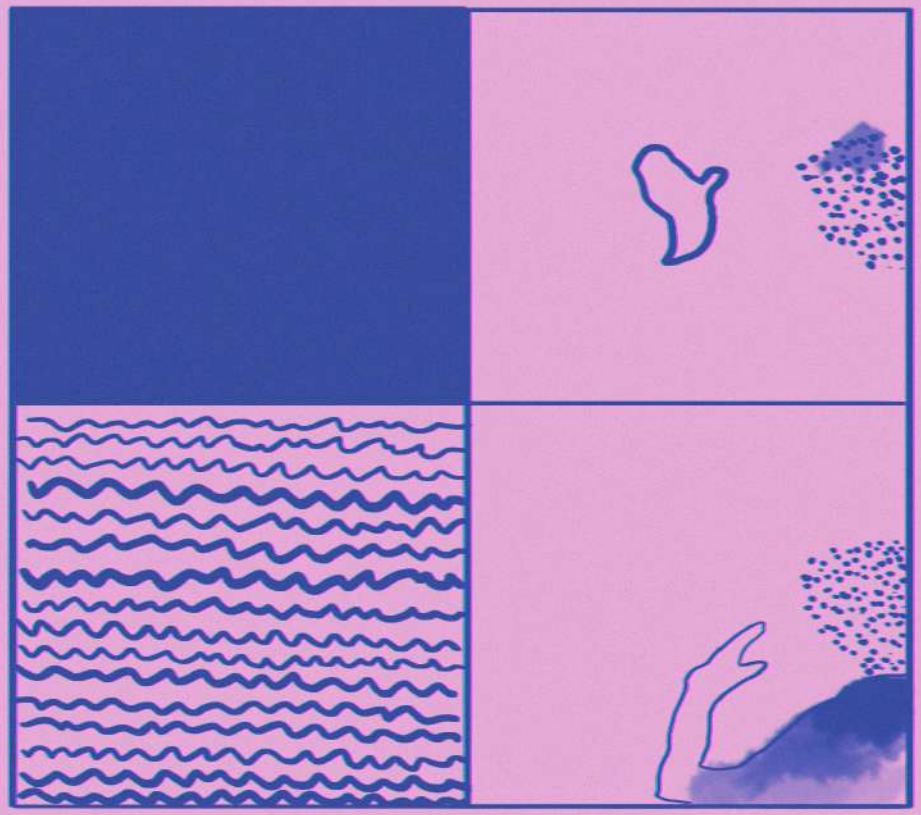


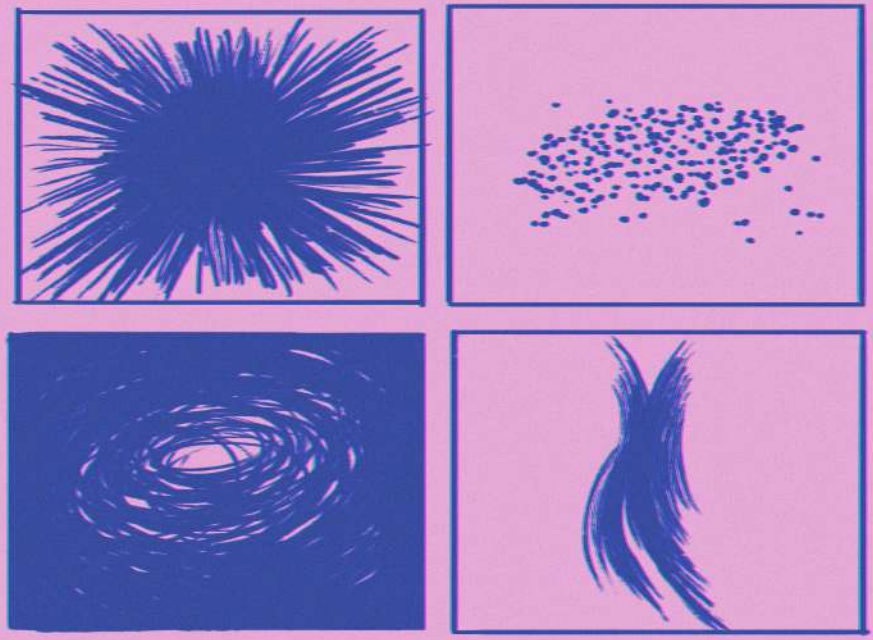




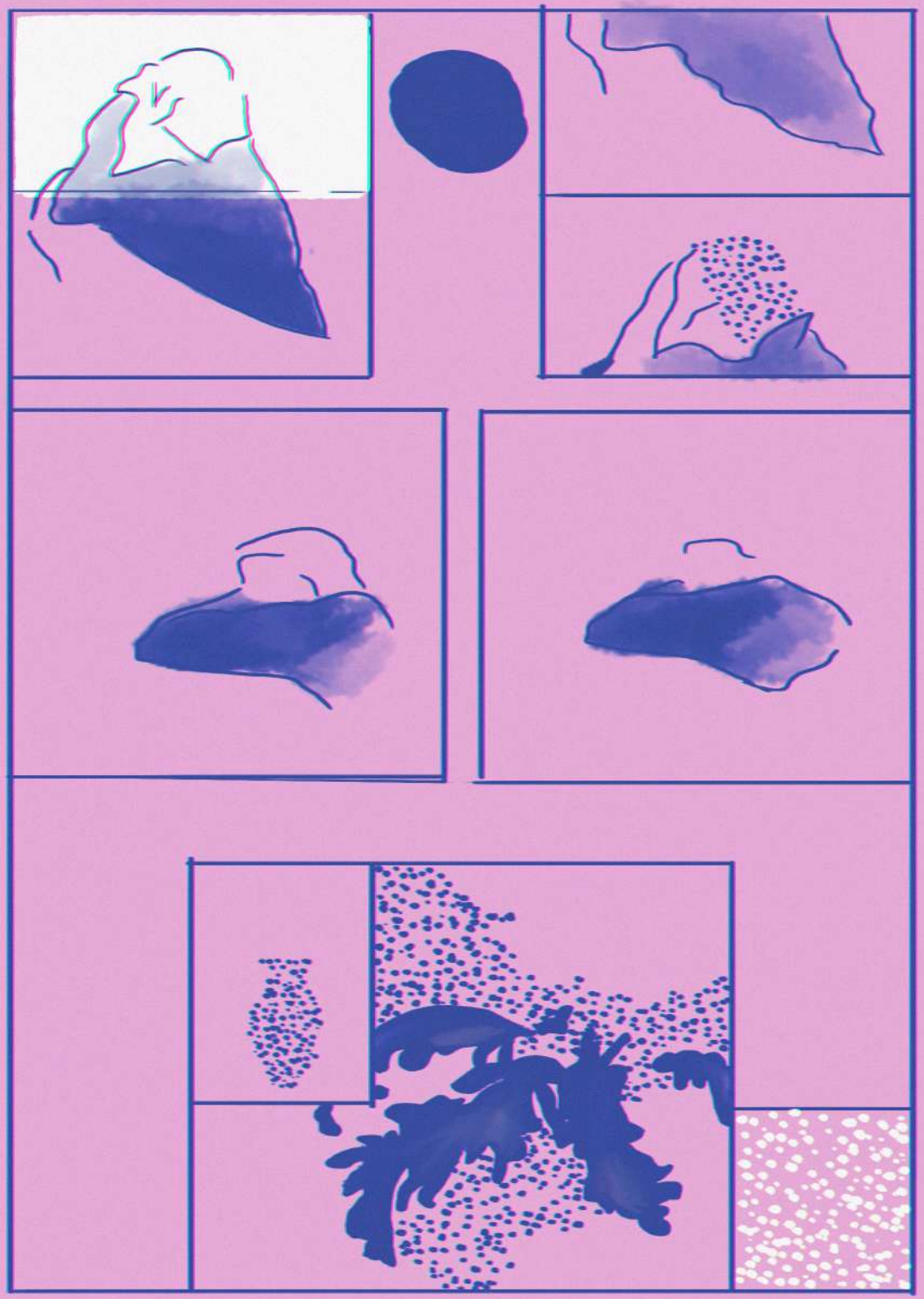












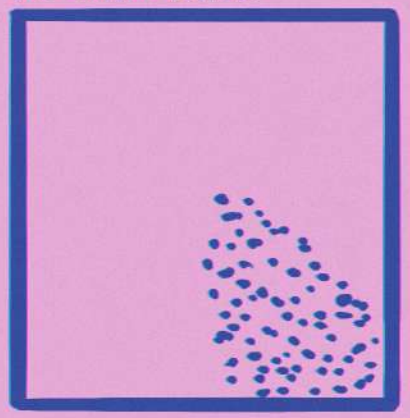
EVER BURN YOURSELF? YOU KNOW THAT FEELING AFTERWARDS THAT JUST WON'T GO AWAY? THE THROBBING? THE GNAWING? THE RELENTLESS ATTENTION-SEEKING, FOCUS-STEALING HARD-TO-GET-RID-OF PAIN? NOW, IMAGINE THAT SAME SENSATION, BUT ETCHED INTO YOUR BRAIN, PERPETUALLY INVADING EVERY TRANSIENT MOMENT OF YOUR LIFE.







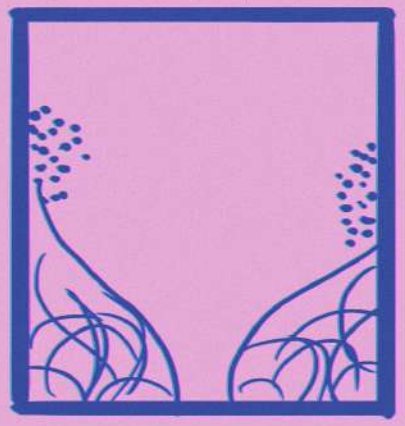
YOU CANNOT ESCAPE.



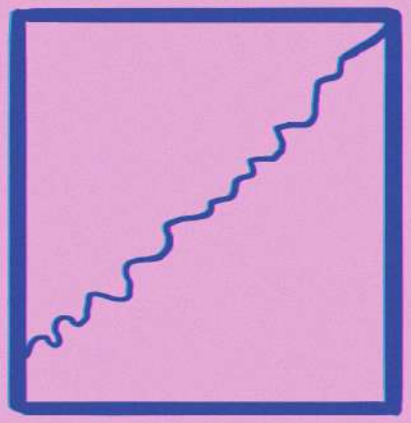
THERE IS NO WAY OUT.



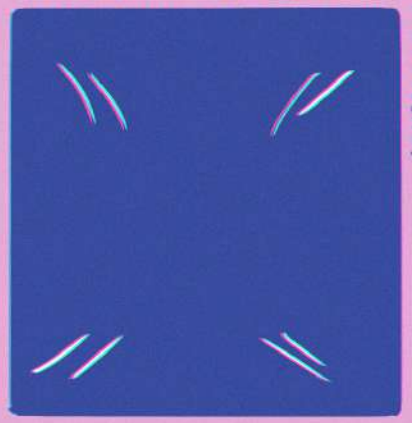
THIS IS YOUR OWN MIND.



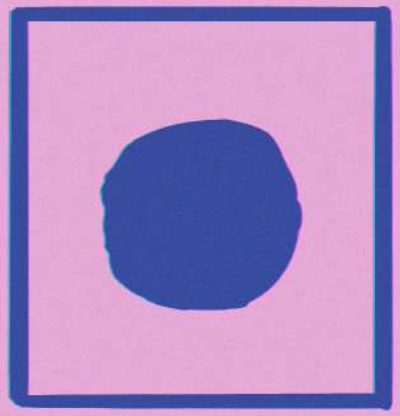
THERE IS NO RUNNING AWAY.



MENTAL EXHAUSTION IS MY NEW BEST FRIEND.



I'M FIGHTING A LOSING BATTLE AGAINST MYSELF

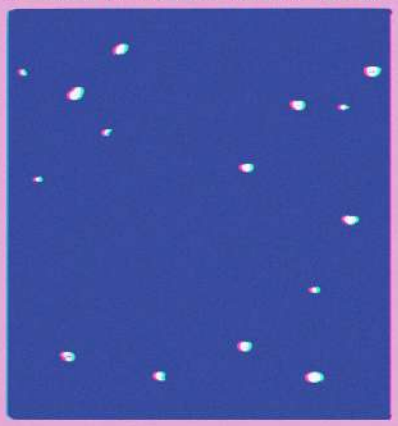


I WANT TO KILL IT. I WANT TO TAKE ITS LIFE. I CAN'T.

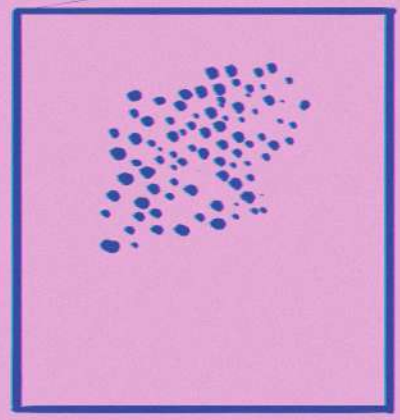
I WANT IT TO STOP



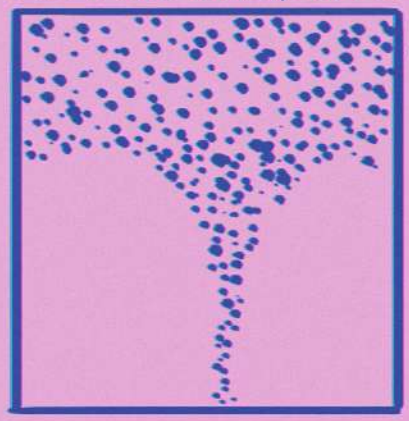
I WANT IT TO NOT BRING DOWN OTHERS AROUND ME.



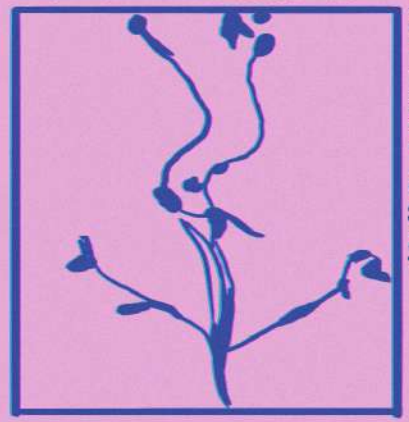
BUT, I CAN'T.



I TRY TO DEAL WITH IT, BUT I CAN'T.



I DON'T WANT TO DIE. BUT I DON'T WANT TO LIVE.



IT'S CUNNING, MANIPULATIVE AND DOWNRIGHT ANNOYING.



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