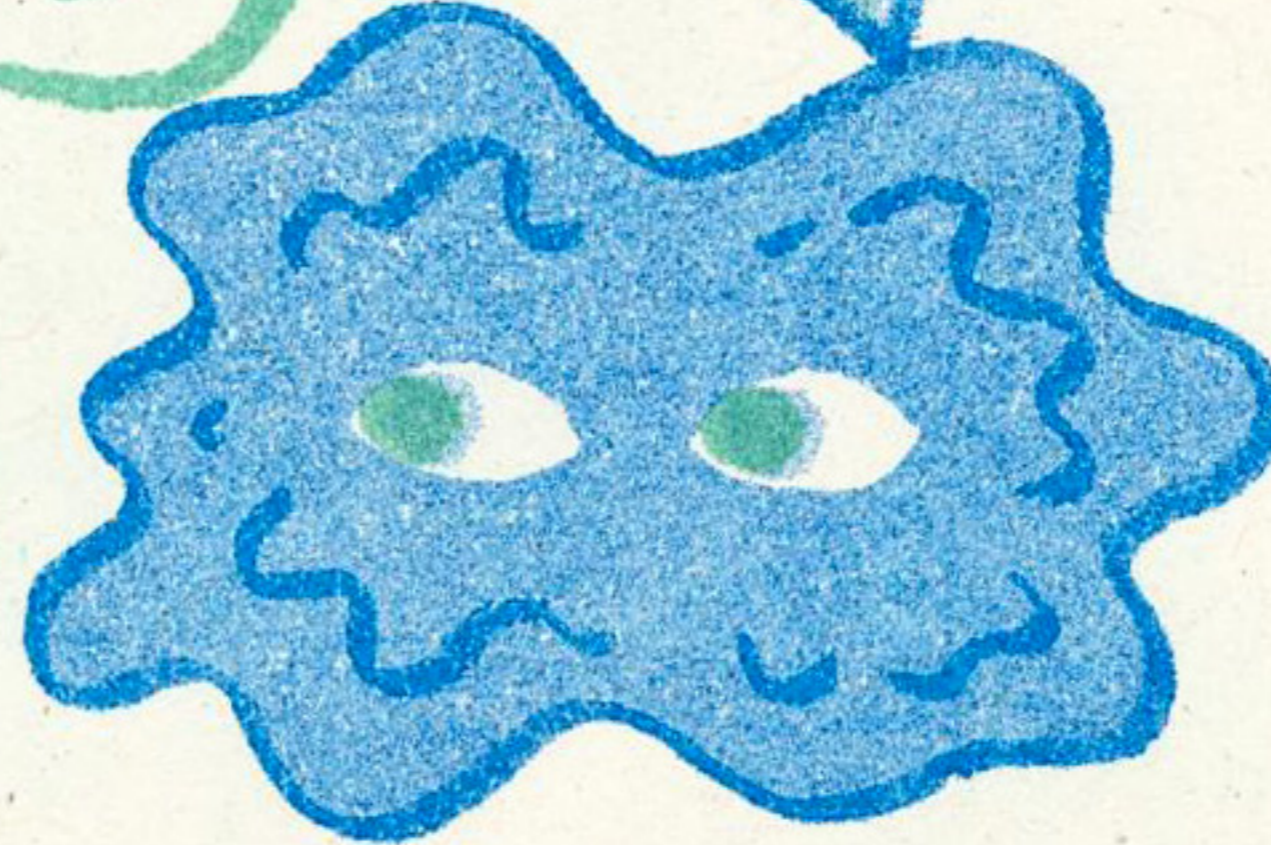


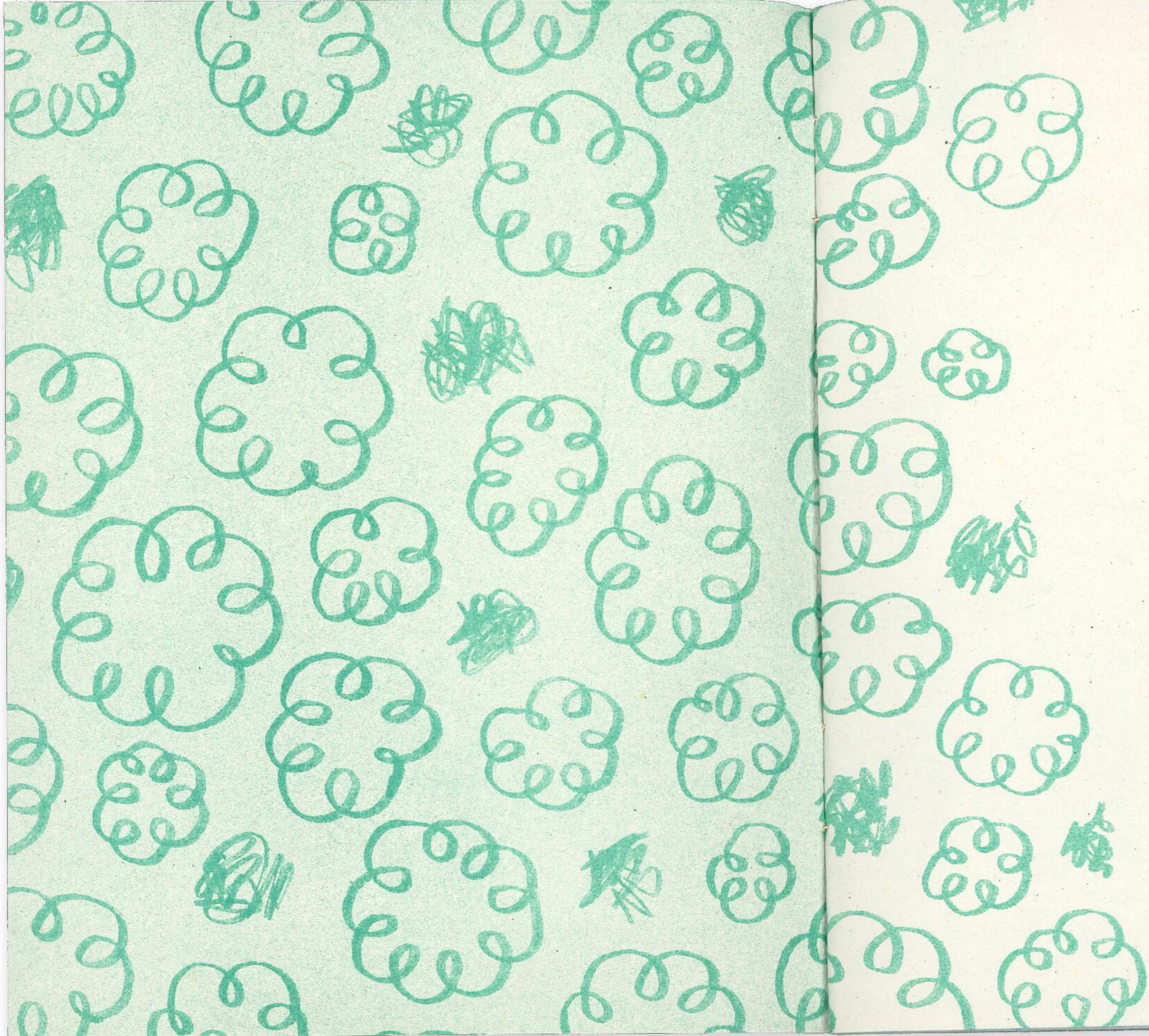


I wait
around



Ashley
Ronning





I've recently been
having a rough time
with my mental health.

I've had depression and
anxiety for my whole
adult life. Luckily most
of the time it hangs out
in the background while
I get on with life.

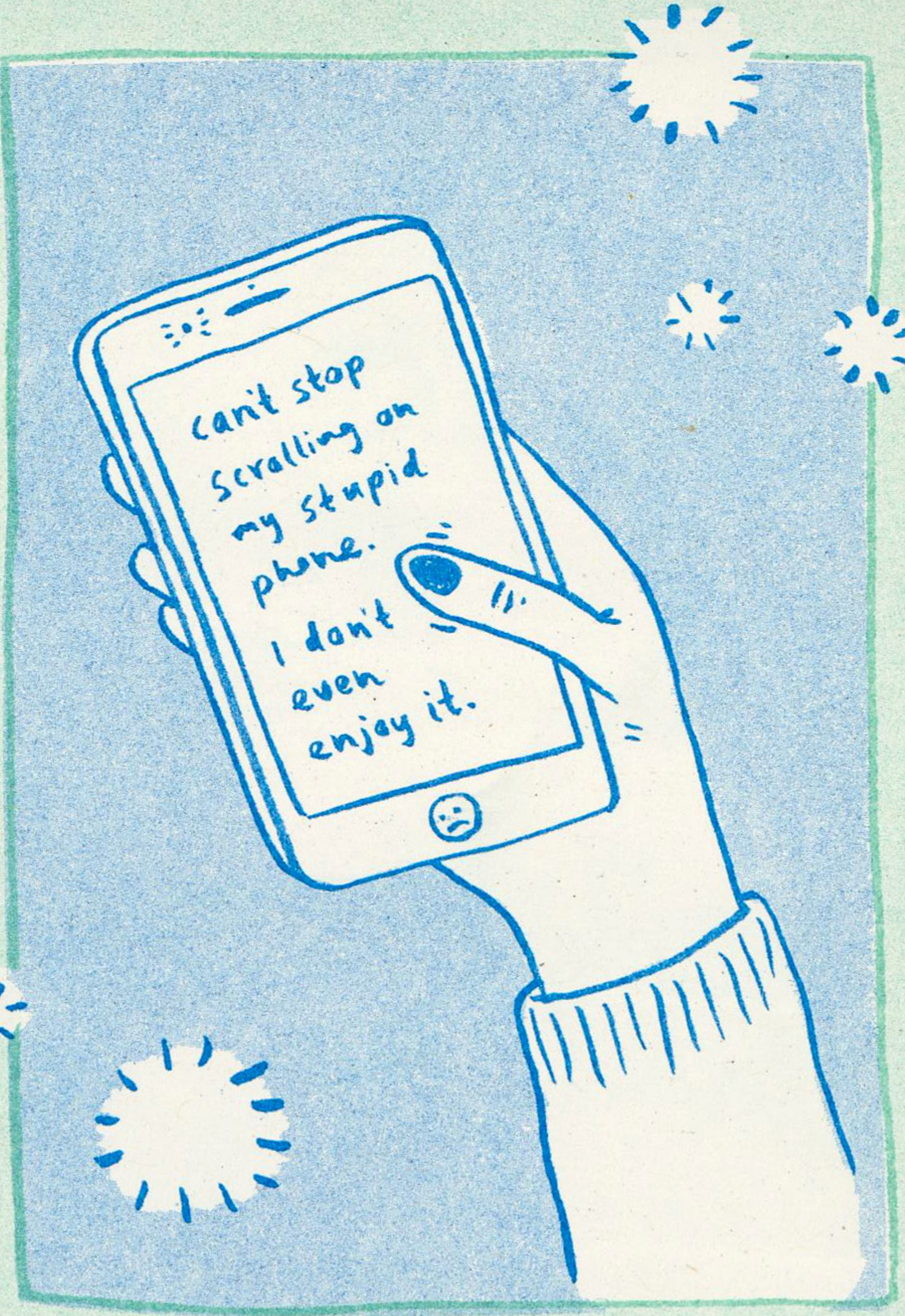
Every few years it
takes over my brain
and everything becomes
very difficult.

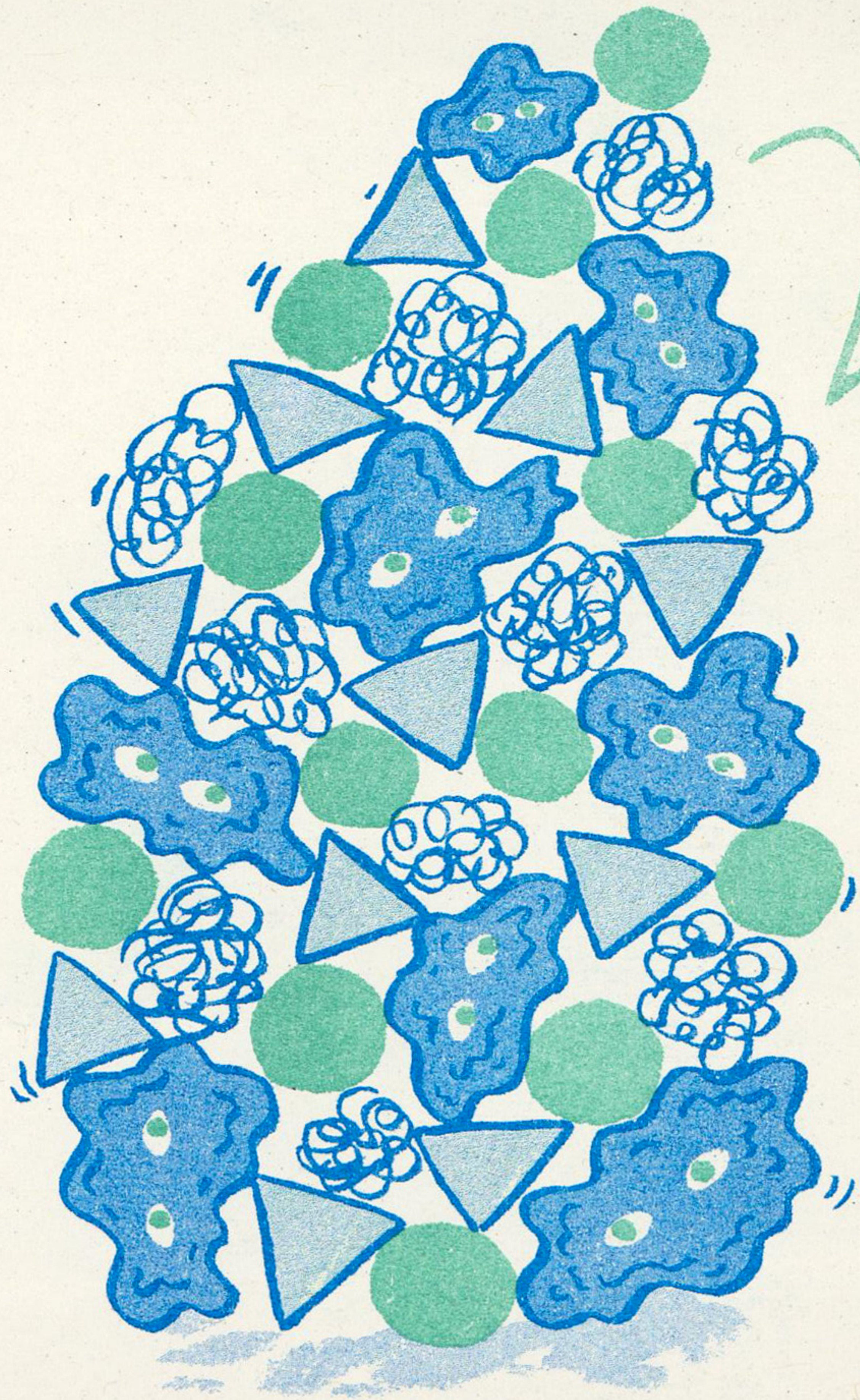
I've been in one of
these dark periods for
two months now.

I usually don't
have trouble
getting to sleep
but getting out
of bed is
really
difficult

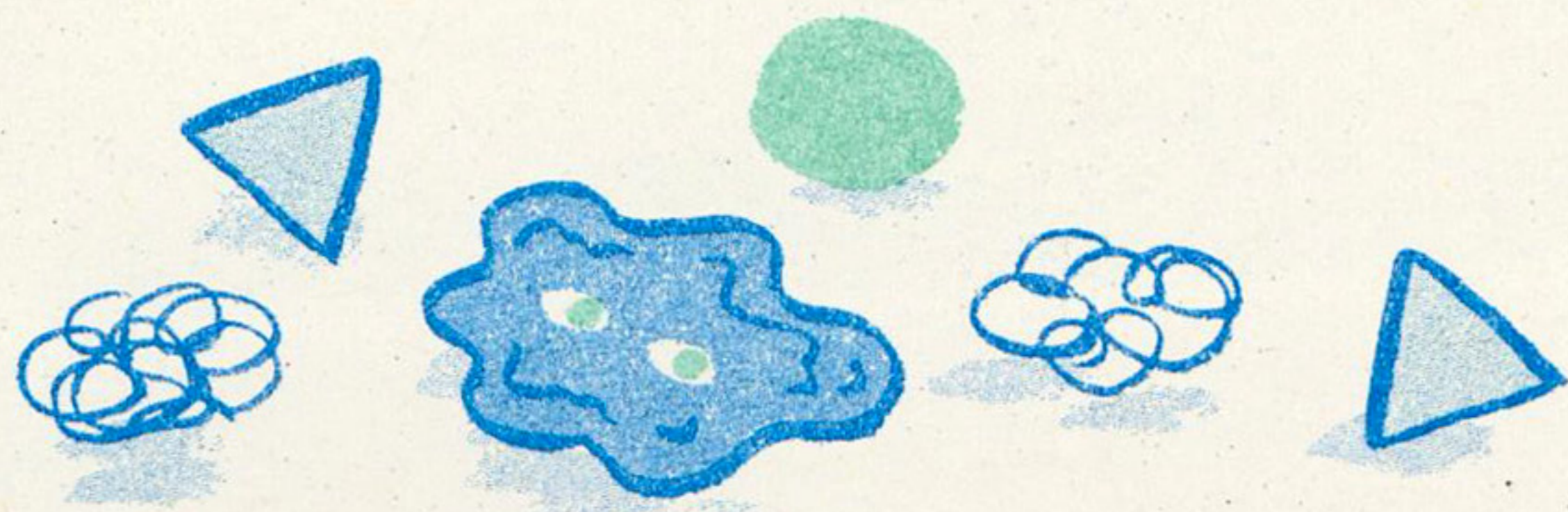
I'm late for
work again

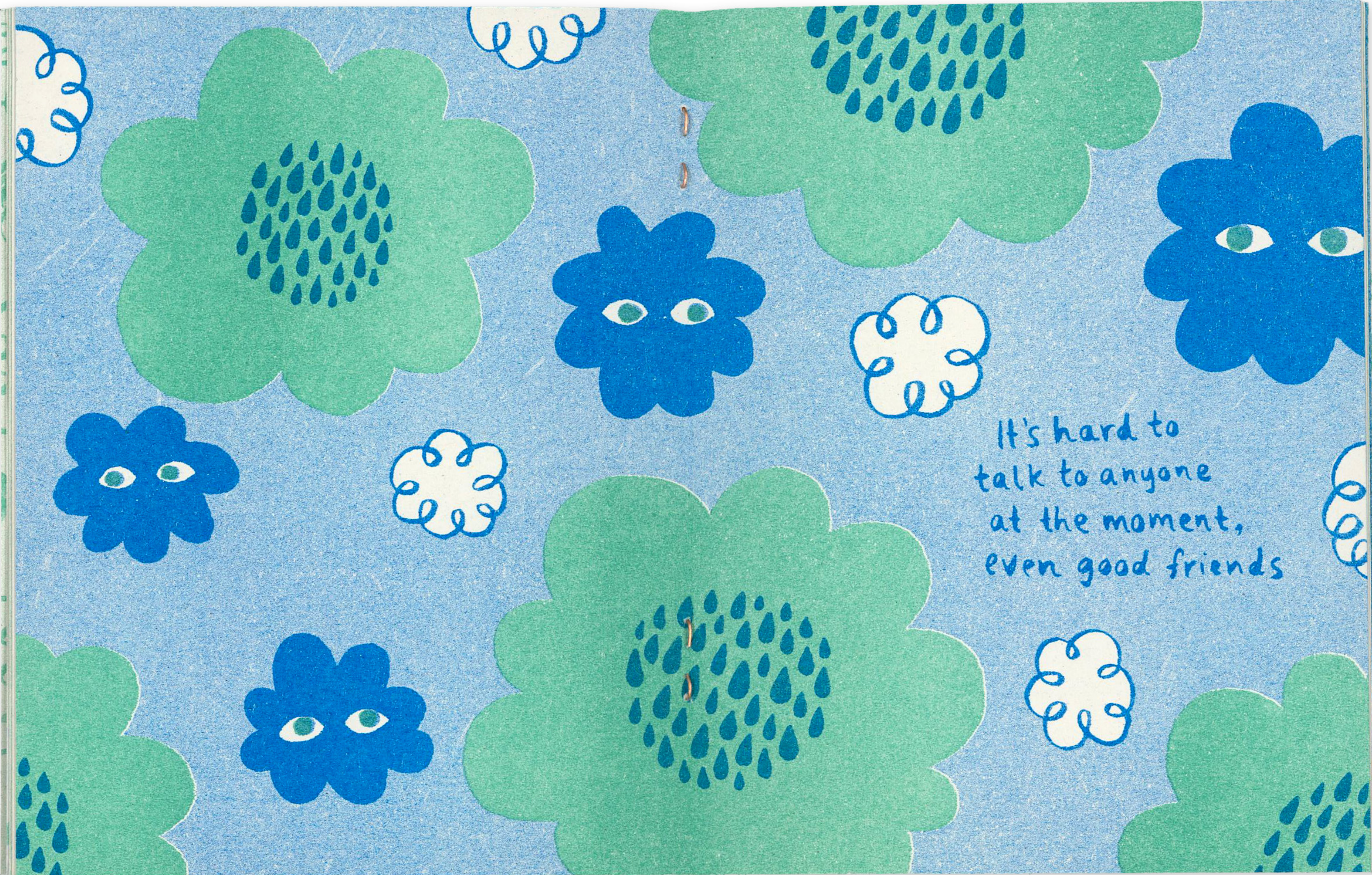






I feel like I
have an endless
pile of stuff to do
and it just keeps
getting bigger





It's hard to
talk to anyone
at the moment,
even good friends

trying hard to
think of some
good things:

* new monstera leaf

* terrace house

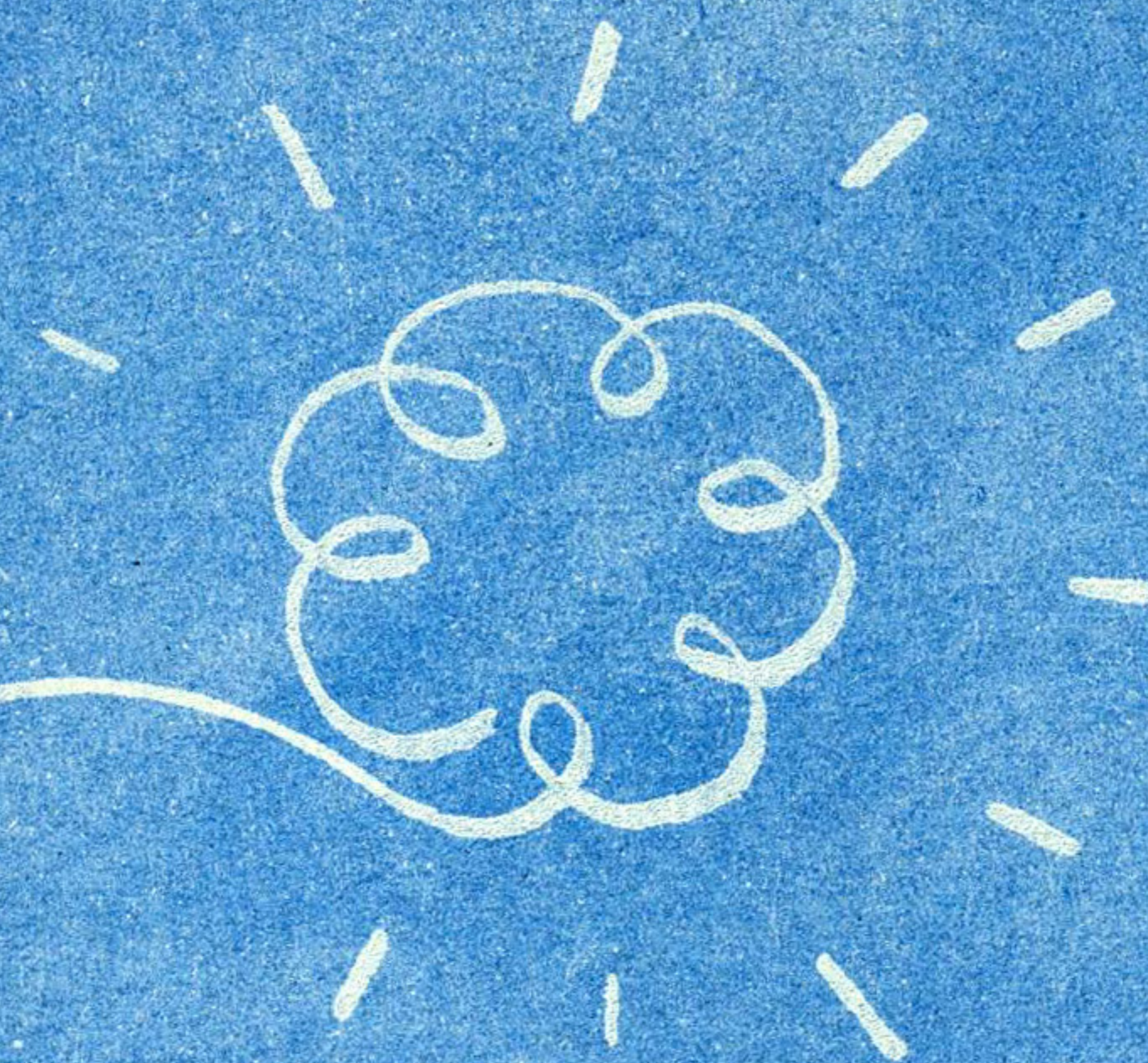
* listening to
the clean

* ?????



(the monstera is in the
bath because there's no
where else to fit it)

I've been through this
before and I'll get past
it again this time.



Making this zine
has actually helped
a lot. It's something
else I can add to
the list of things
that work for me.



This zine was made on the
stolen land of the Wurundjeri
people of the Kulin nation.
Sovereignty was never ceded.

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Helio Press in Melbourne/Naarm

ashleyronning.com
@ashleyronning

"I wait around
for you to show"
(the clean)

this zine is
about depression.
if you need to talk to
someone please call
Lifeline - 13 11 14