I wait around

Ashley Ranning
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.
can't stop scrolling on my stupid phone.
I don't even enjoy it.

sigggghhh
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 Wiradjuri people of the Kulin nation. Sovereignty was never ceded.

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"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