

Darkness



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Maybe you think that
I'm ok...



...but, the truth is
something's wrong



Some years ago, I was
detected depression and
anxiety



It was really hard to do
easy thing, like getting up
from bed...



I've tried meditation, drugs,
even drawing illustrations...
... but it stays with me...



People reproach me being
wrong, because "I don't have
reasons for to be like that"



Do I undervalue
what I have?



Don't I deserve
what I have?



And if I'm not
enough?



WHAT IF...?





Then I breath



The darkness

is scary...



I hear a cry



from the ghost of
my past...



Don't despair,
don't cry



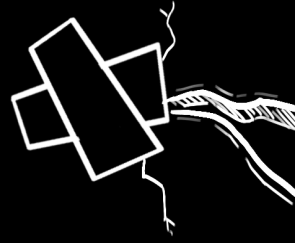
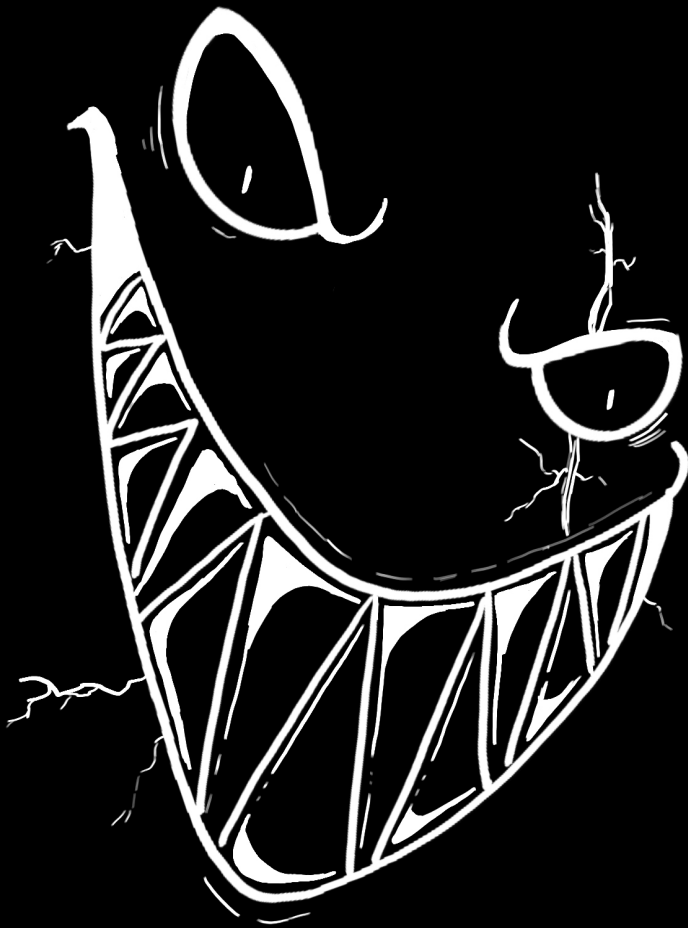
None of this is
easy...



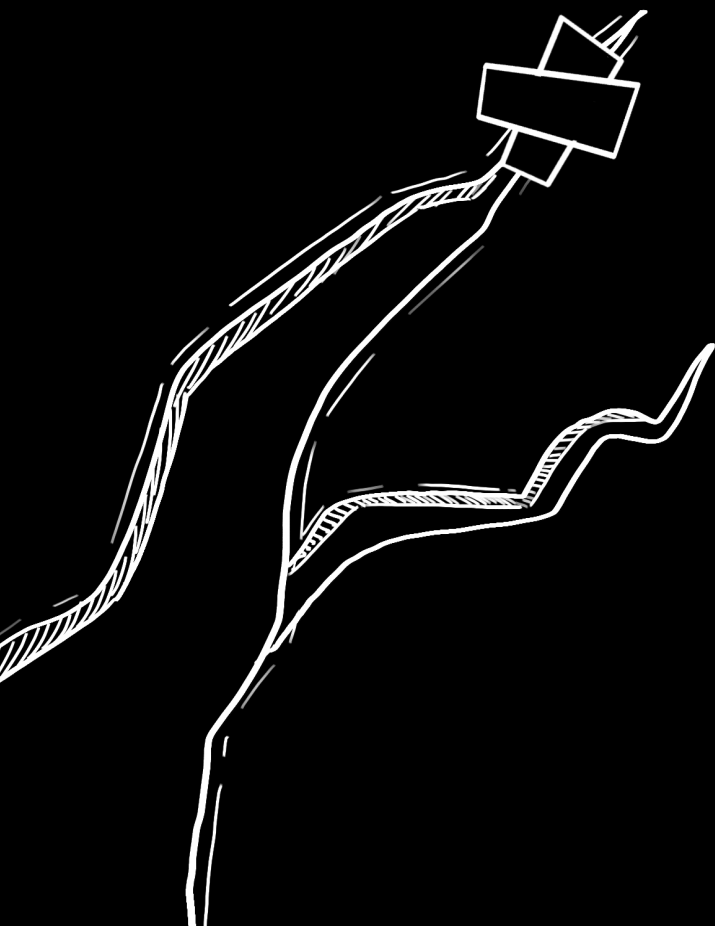
But you're so
strong...



It's a matter
of time...



...That we defeat that
darkness at once!



If you suffer depression and/or anxiety disorder:

The first and most important step is to admit that you have a problem. It's preferable that you can share it, either with family, friends or with a therapist.

Accept that your feelings are real, but they don't reflect the reality of your surroundings.

Don't be alone with those things on your mind. If you can't talk to anyone, you can write what you think, then delete or burn it.

If you live with someone who has depression and / or anxiety disorder:

Do not even think about blaming him/her that he/she has no reason to be wrong because you always see him/her happy. It's usually hidden so as not to worry anyone and to avoid these types of deals.

Listen and give support. Many times it isn't even necessary to speak. Just be and give the feeling that that person is not alone.

Please, stop saying "oh well, stop being sad." You don't just say to someone with a cold "well stop having a cold", right? Both depression and anxiety disorder are illnesses. Mental, but illnesses after all.

I send you lots of strength and courage!

You can do it!



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