# • Vol II •




By
Osef

# • DRY HEAVE •

# • Vol II •

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# • DRYHEAVE •

# Introduction

***dry-heave***
verb
1.
experience the reflex of vomiting; retch.

This is not a zine about self help or self care. Nor is it a zine for tips or life hacks for anxiety and how to treat mental health. This is a zine about my experience with anxiety and mental health. I do, however, hope you (the reader) can relate, feel, and understand what I go through. Maybe you know someone who has a hard time dealing with mental health issues and can try to see what they might go through. For me, it is extremely hard to explain. Especially when I'm having an attack or an episode. My world is inverted, distorted, and irrational thoughts flood my mind. Every twitch, every thought, every whisper brings impending doom. "Death is here and I am weak." My hands lock up, face goes numb, my vision becomes blurry. I leave the table of my friends or loved ones to go to the bathroom and pace. Shaking my hands and checking my pulse every 20 seconds. "Am I still alive? Am I still here?" These things happen out of no where. Sometimes they happen because I am thinking about something that hasn't happen yet(and usually never does) or thinking about the past and delve too deeply into self introsepction. These things happen and I have become better at riding it out. I cannot control it, I don't know if I ever will. What I do know is that it is apart of me and that I accept that it is. Which in return has made these attacks much less impactful on me when they do come on.

If you gain anything from this I hope that it's this; You are not alone, what you may think or feel, You are not alone in those feelings and thoughts. Be courageous, be brave and speak up to anyone. Write it down. Vocalize, write, and express what you feel in a constructive and safe way. I love you.

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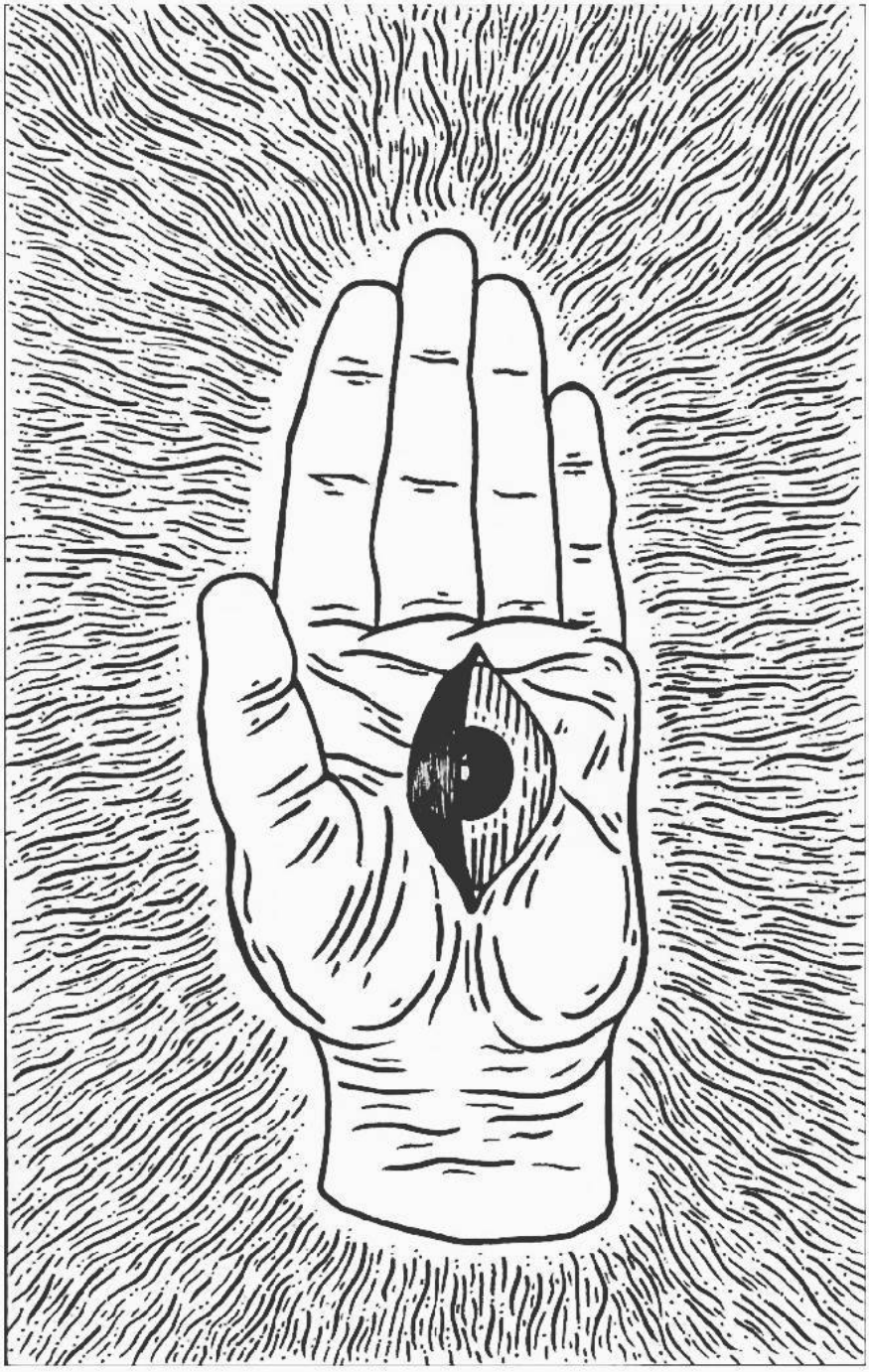
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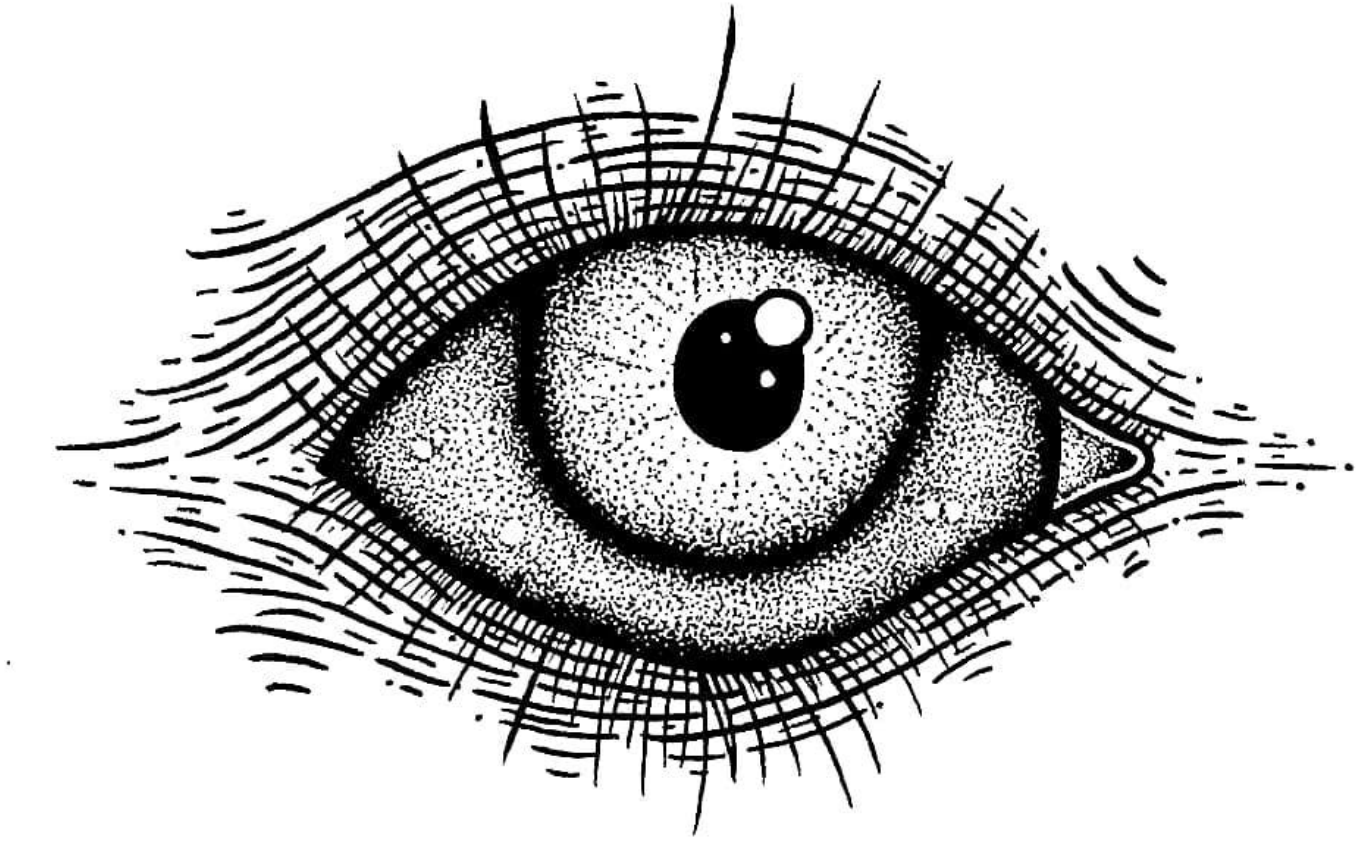
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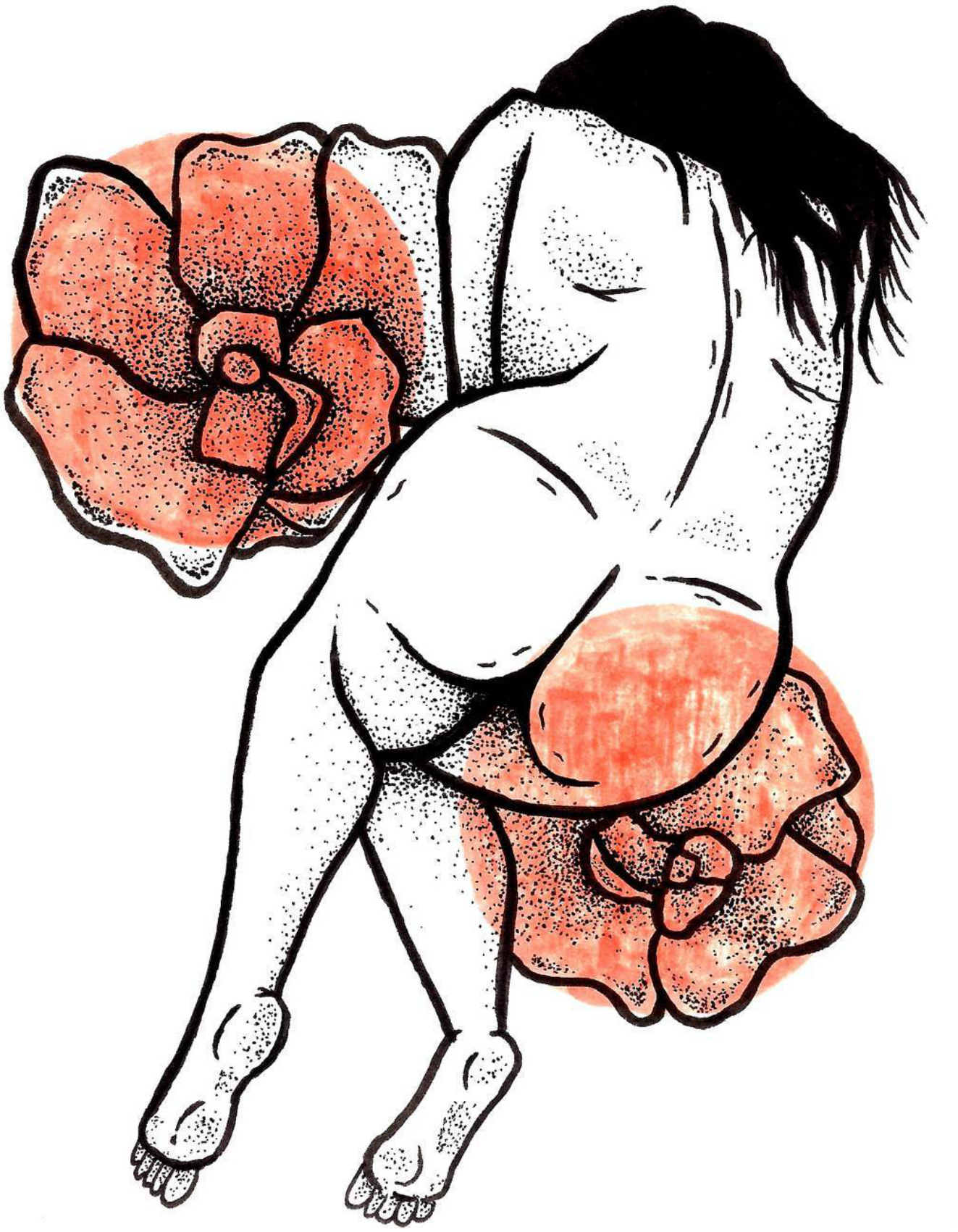
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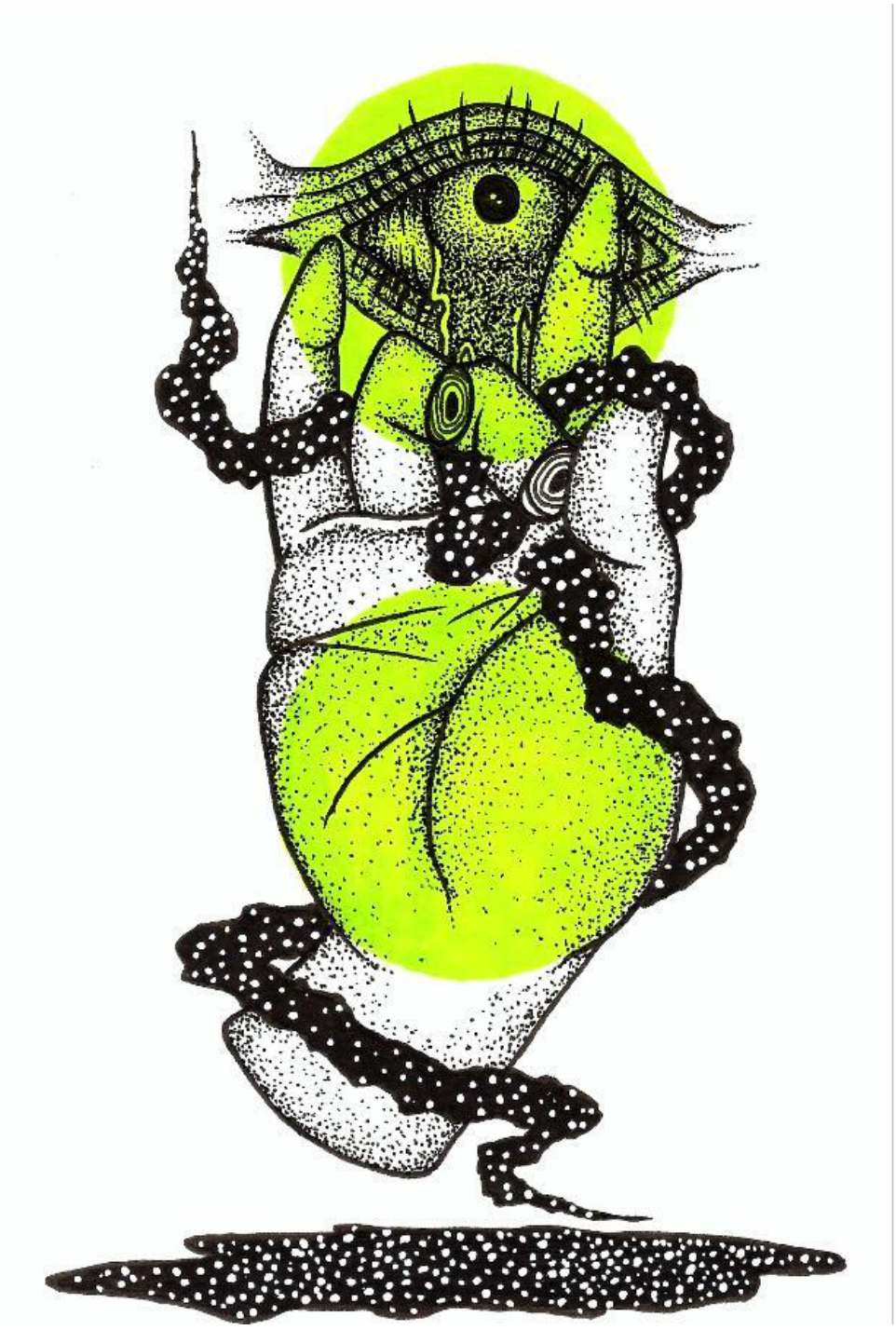
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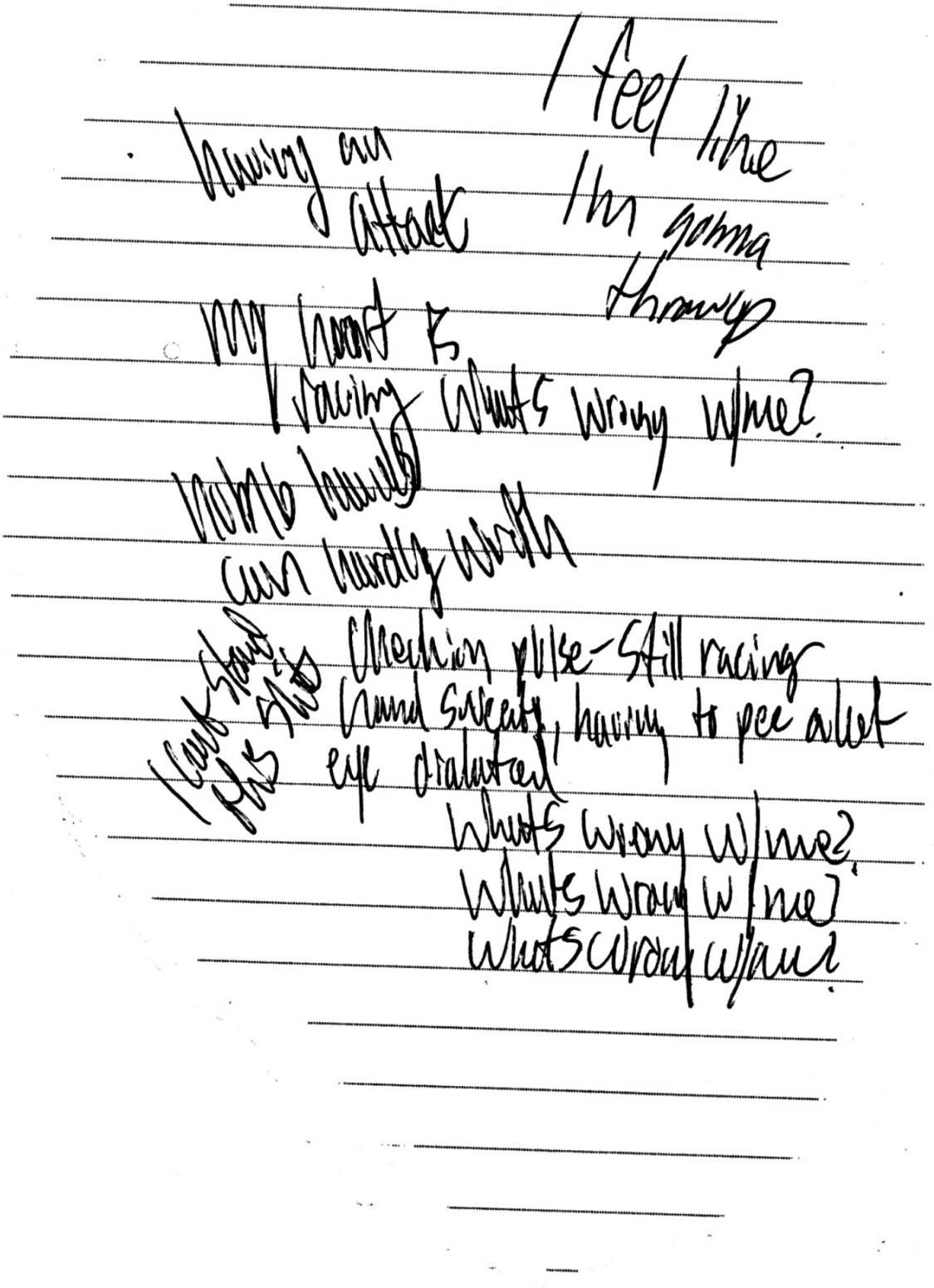
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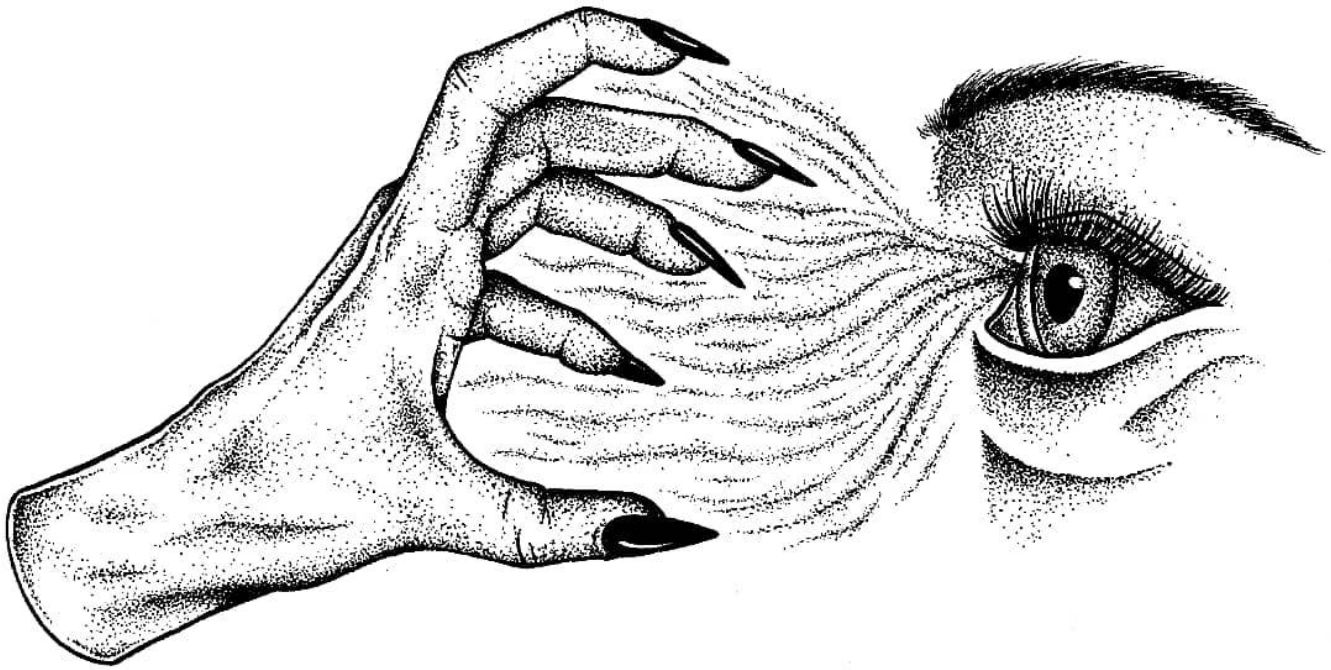
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I feel like
I'm gonna
throw up
having an
attack
my heart is
racing what's wrong w/me?
vomit
can hardly
Check pulse - still racing
Hand sweaty, having to pee alot
eye dilated
what's wrong w/me?
what's wrong w/me?
what's wrong w/me?

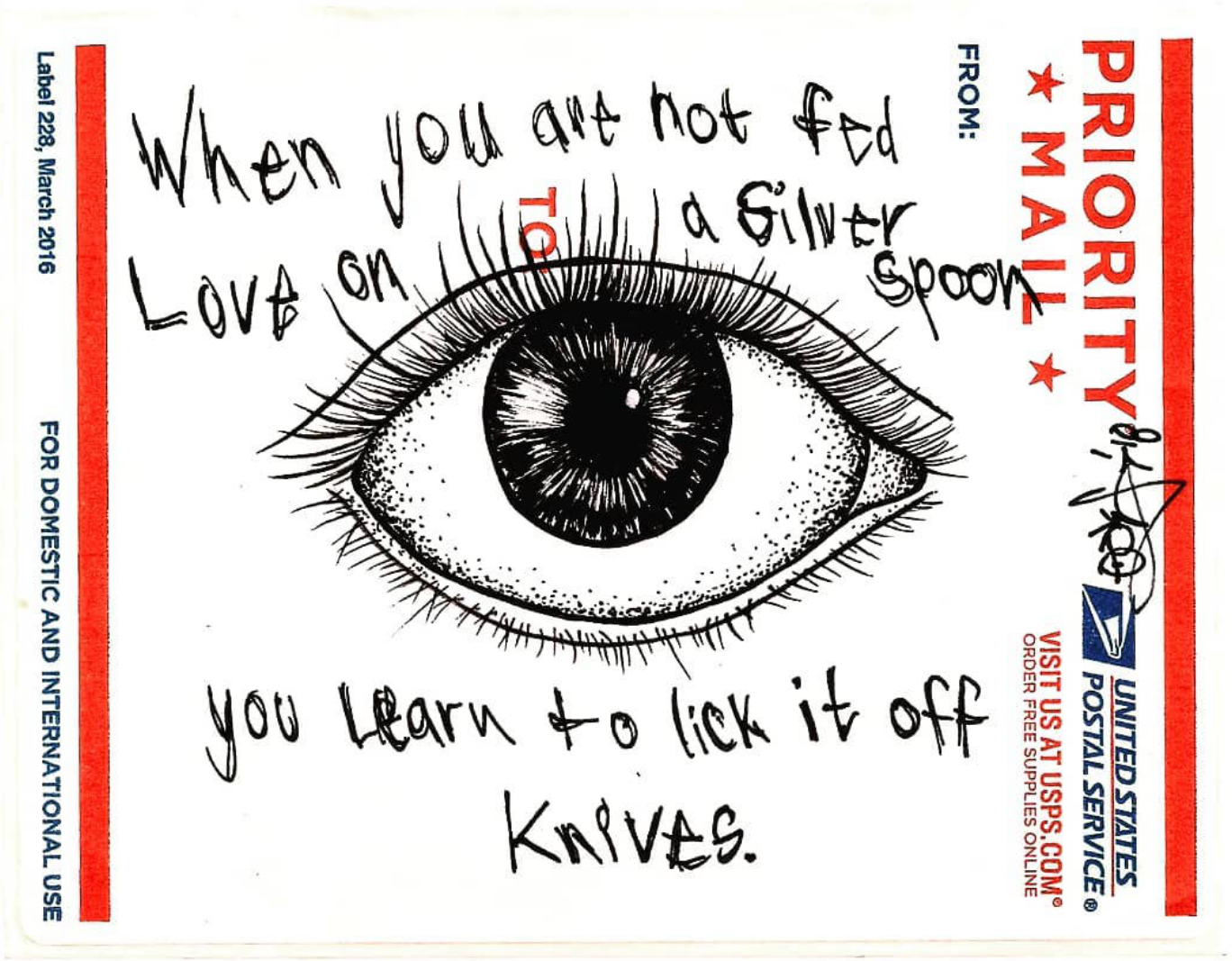
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When you are not fed
Love on a Silver Spoon
TO
you Learn to lick it off
Knives.
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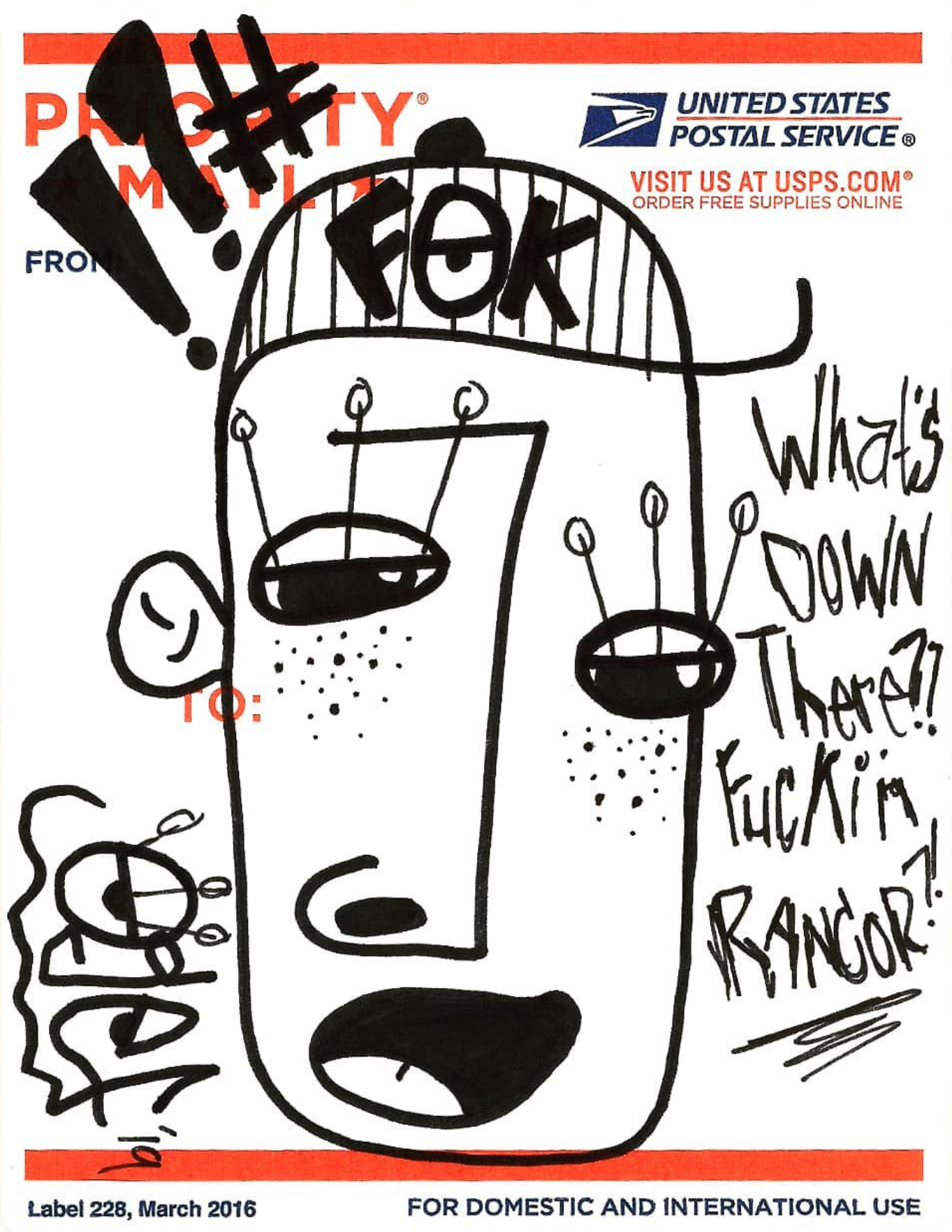
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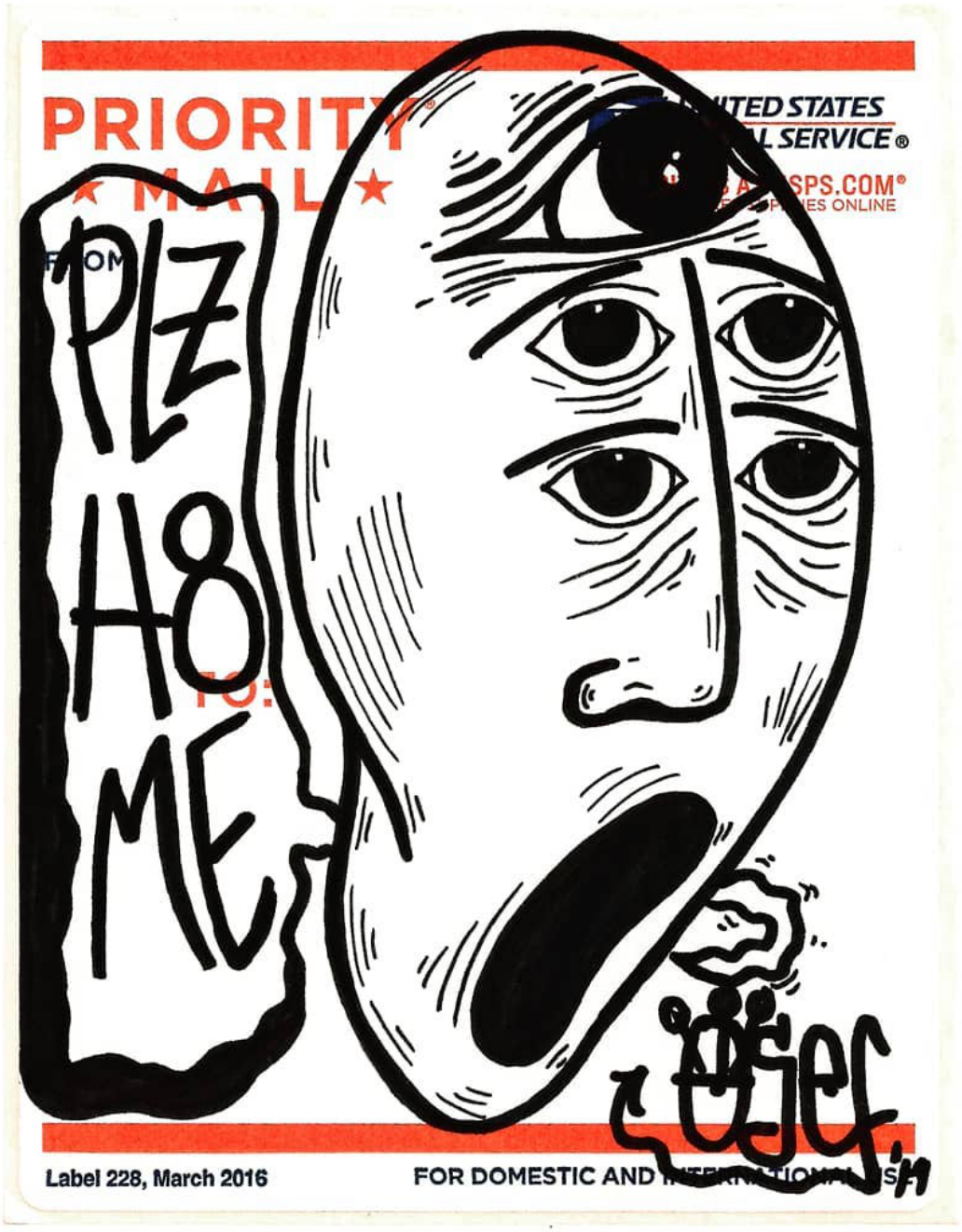
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TO:
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FeK
What's DOWN There?!
Fuck'in RANGOR?!
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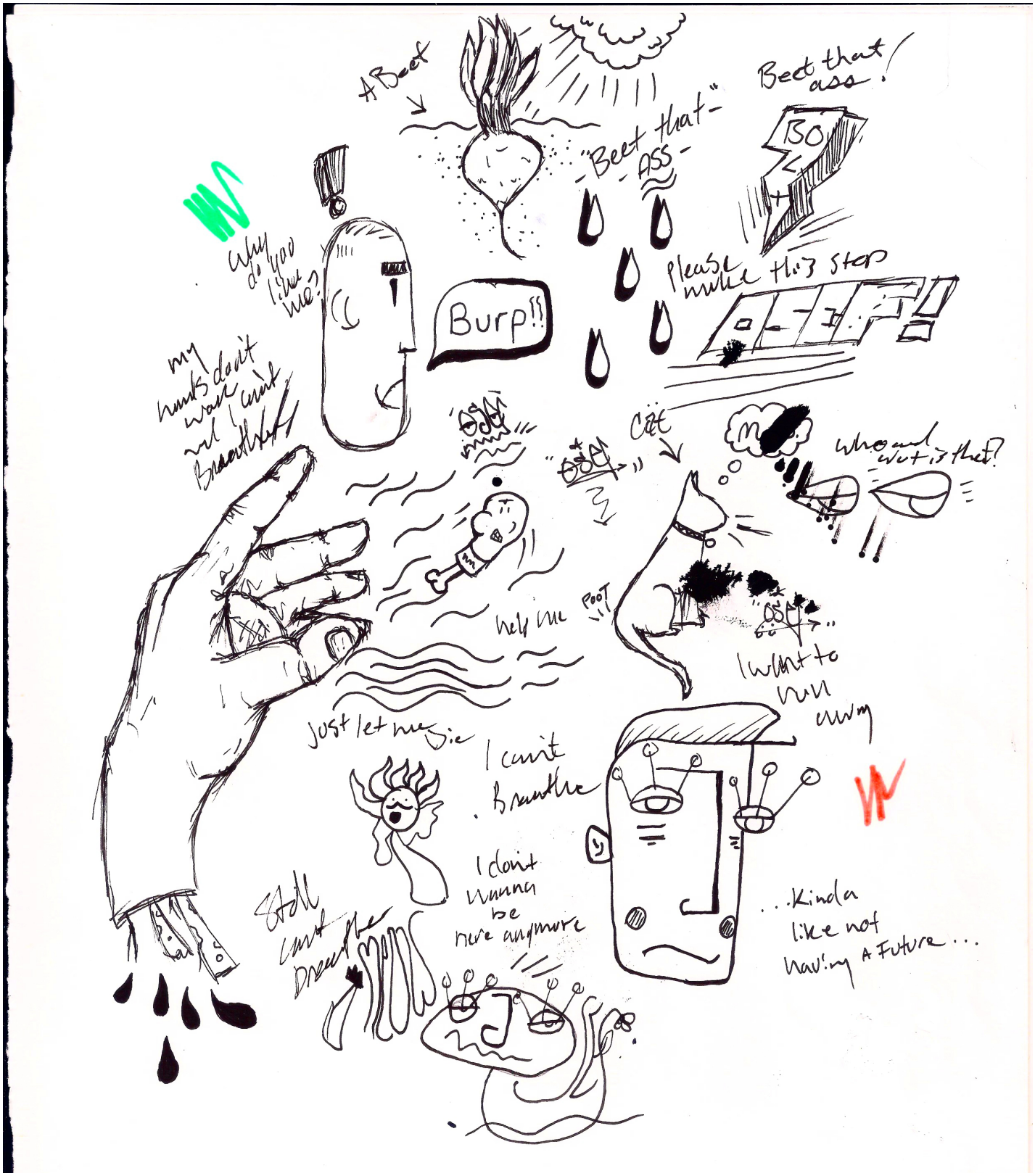
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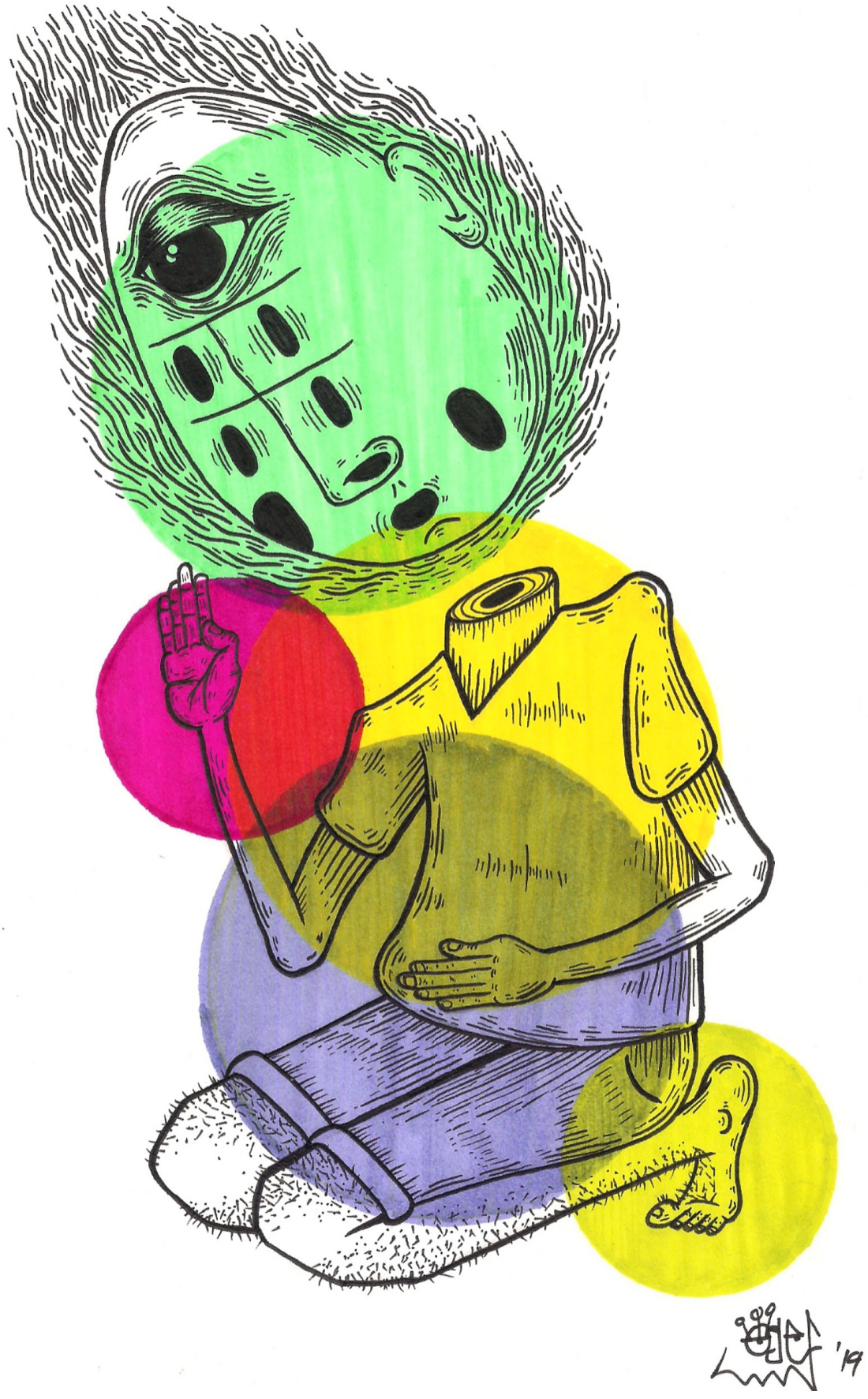
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A Beet
"Beet that ass"
Beet that ass!
ISO
Please make this stop
Burp!!!
why do you hate me?
my hands don't work and I can't breathe
Ugh
Ugh
Cat
Who and wut is that?
help me
Poot
Ugh
I want to run away
just let me die
I can't breathe
I don't wanna be here anymore
Still can't breathe
...Kinda like not having A Future...

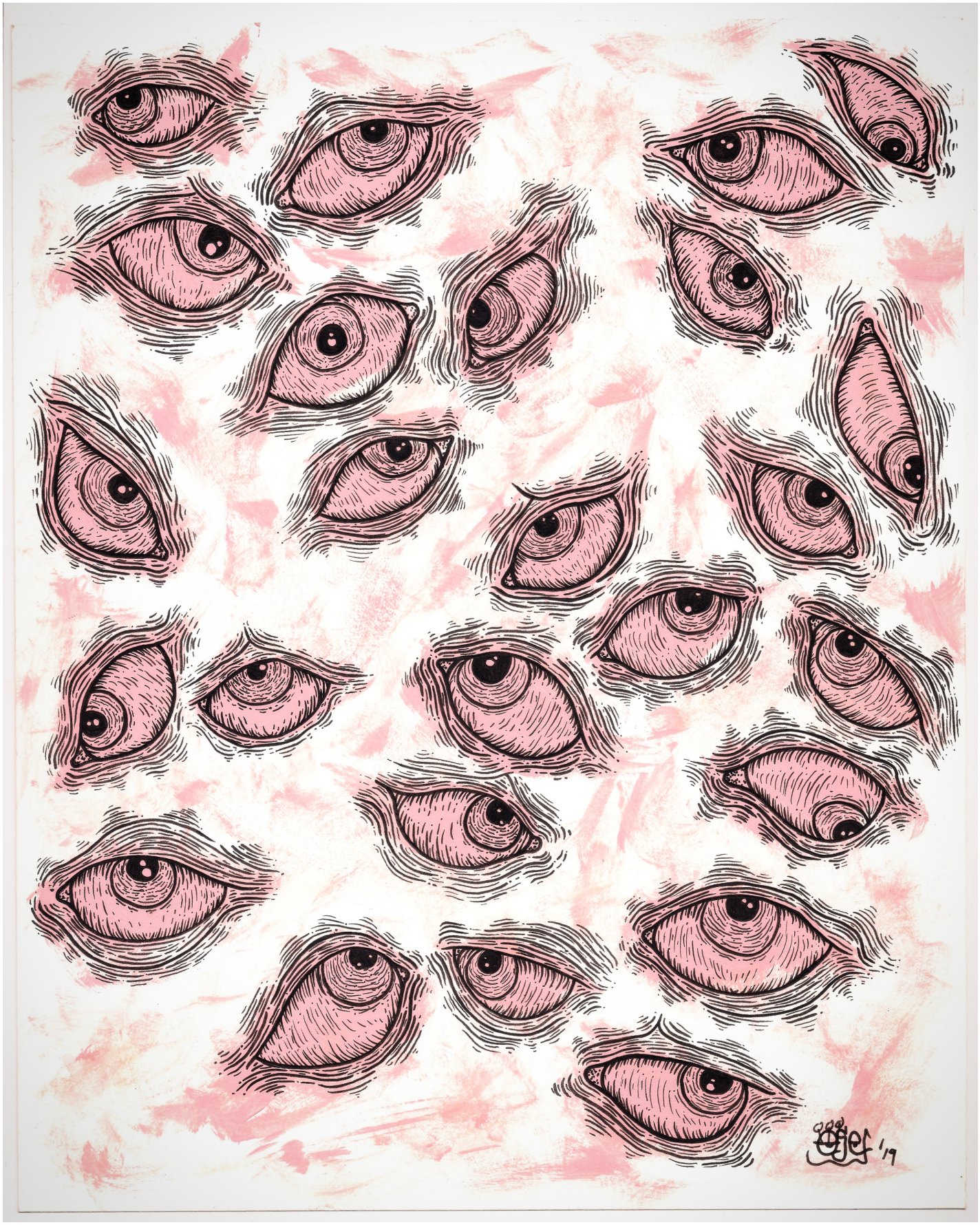
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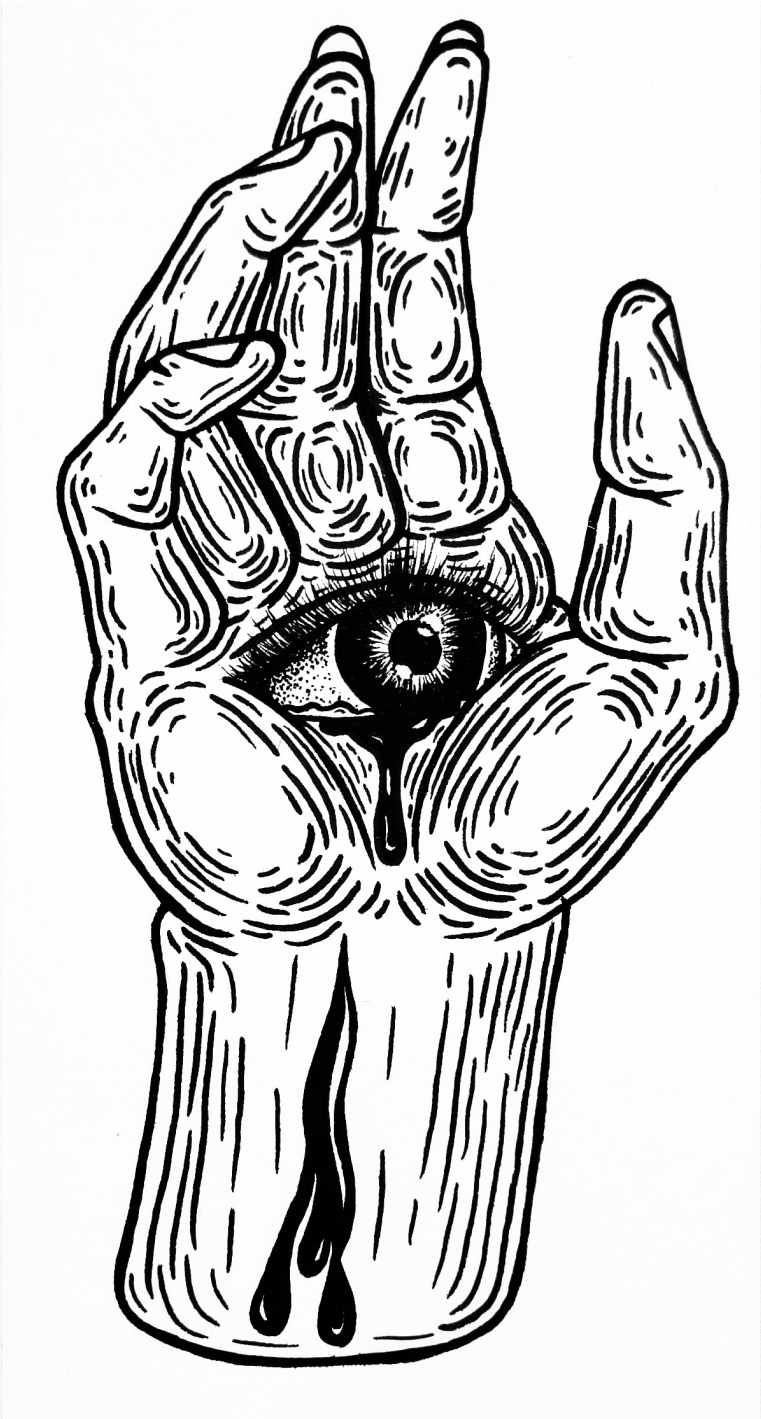
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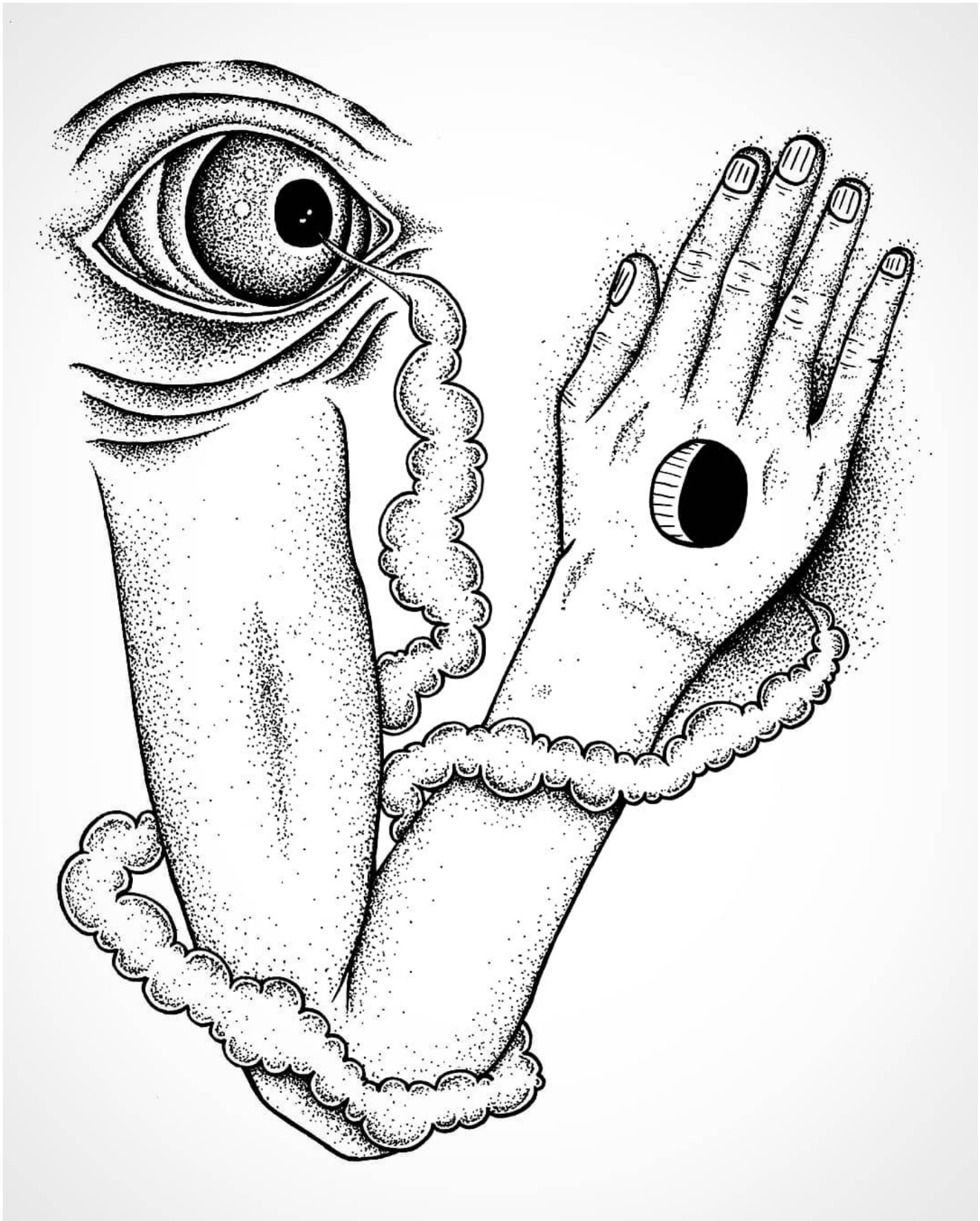
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