

SOMETIMES IT IS HARD TO MAKE THINGS OR DO ANYTHING THESE DAYS. THAT IS TOTALLY OK. NOT BEING FINE, IS NORMAL NOW.

I AM THANKFUL FOR MY FRIENDS AND FAMILY. ~~WITH THIS~~ ~~I HAVE~~ ~~ANYTHING ELSE I HAVE TO SAY IS CORNY. THEY KNOW WHO THEY ARE AND HOW I FEEL.~~

"FEEL LIKE I'M GOIN CRAZY"

EVERYONE I HAVE TALKED TO HAS FELT SOMETHING ALONG THESE LINES. FOR ME I AM OVERTHINKING, HYPER ANALYZING, AND WORRYING ABOUT EVERYTHING. SO I MADE A ZINE QUICKLY, WITH A PEN, NO TIME TO OVERTHINK. JUST MAKE IT.

I STARTED A JOB THIS WEEK, FORCED MORE SOCIAL INTERACTIONS, AND OTHER LIFE STUFF.

MY BRIAN IS FRIED. THIS IS A ZINE ABOUT HOW I CANT MAKE A ZINE RIGHT NOW.

THIS IS A
ZINE

MADE IN
5 MINUTES

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