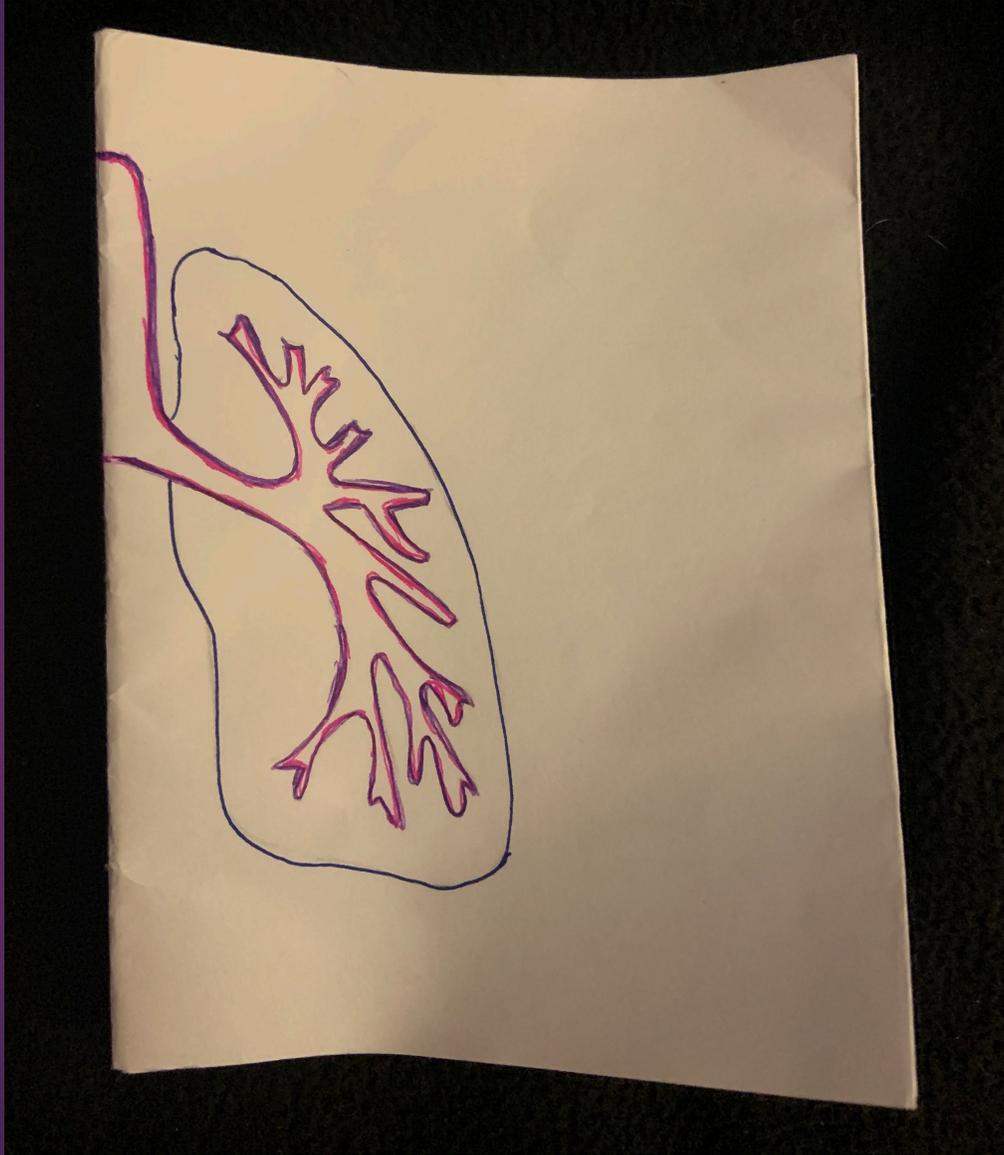


The following images are pictures from a zine I created. Zines are small, self-published, works that could easily be reproduced with a copy machine. Although brief, my zine is about the struggles I have had with my mental health and CF. But more importantly, it highlights a future of accepting all parts of myself!



When I
was a
baby, I
was very
sick.



My parents were really
worried and brought me
to a doctor.



Turns out I have

CYSTIC FIBROSIS



A disease that impacts
my respiratory and
gastrointestinal systems.

When I
was younger,
I was fine
with having
CF.



But as I got older
things got

HARDER

People would ask rude and
intrusive questions. Some really
hurt....

are you
contagious?

will you
die soon?

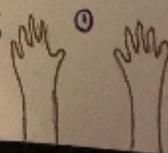
Why are you
coughing?

those pills
are weird...

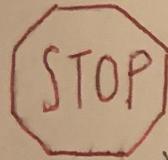


I felt like I was drowning
under CF

DOCTORS



I stopped taking my meds. I stopped talking about CF. I didn't want to accept that this was my life...



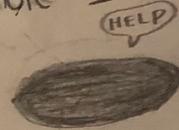
But then I got really sick, both mentally and physically, which made me even hate CF more.



I didn't feel like me... I didn't feel like anybody... And I didn't want to feel

ANYTHING

But I knew this wasn't right and I needed help to get out of the hole I was stuck in



I was able to get some help! Even though I still have a ways to go, I am doing better

