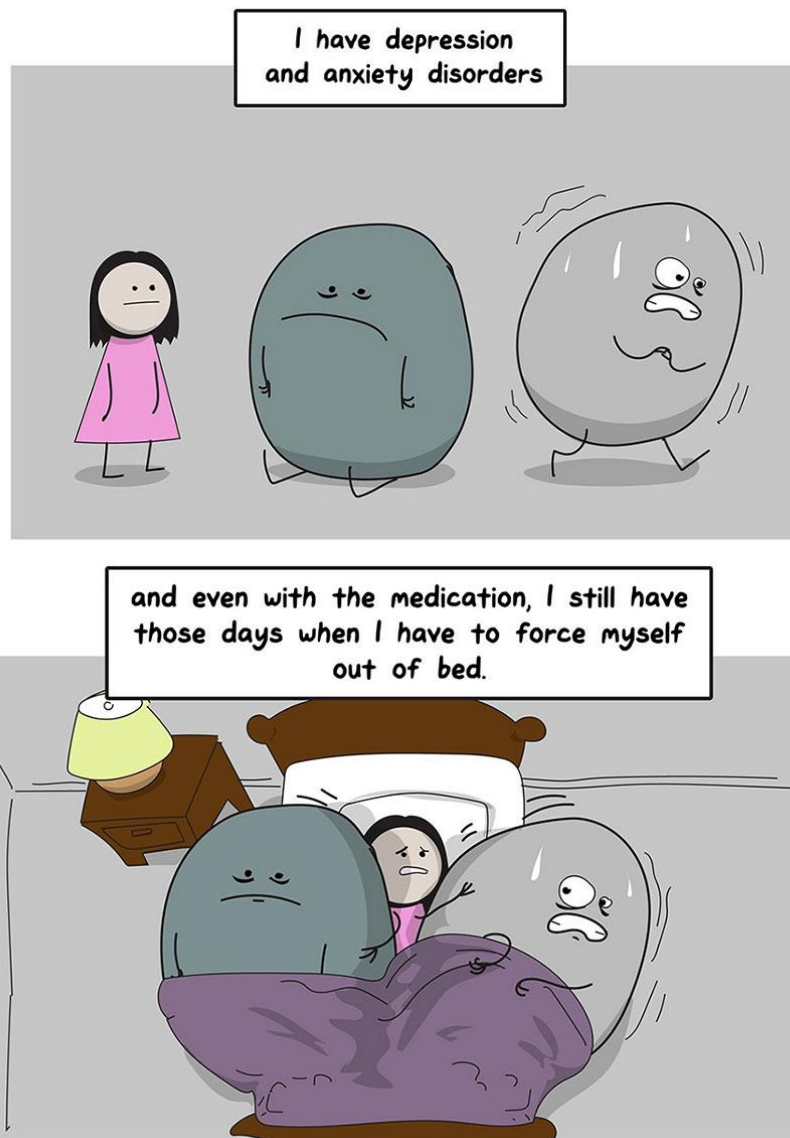


## This Comic Perfectly Explains Why Anxiety & Depression Are So Difficult To Fight

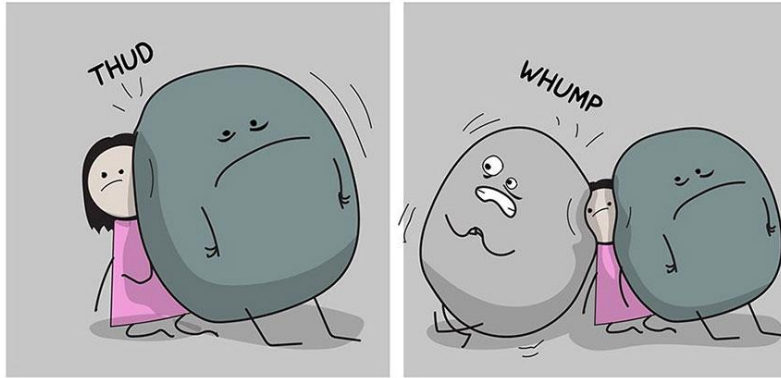
Anxiety and depression are two mental health disorders that many of us simply don't get. Nick Seluk, the artist behind the popular Awkward Yeti web comic, partnered with Sarah Flanigan, a reader who submitted her story to him, to explain how dealing with these disorders is a daily struggle.

We all experience anxiety and depression at one point or another, but some of us experience these feelings chronically. It can be difficult for those who don't suffer from these chronic disorders to understand those who do, so they can sometimes say some fairly insensitive things; "Why don't you just get over it?" or "What happened? You were so energetic yesterday."

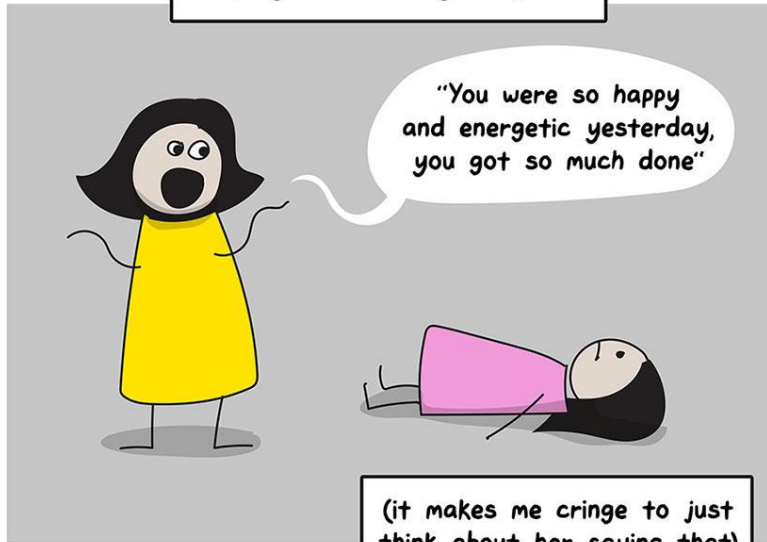
"As someone who's experienced and has been around anxiety and depression, it was easy to illustrate in a way that complemented the storyteller," Seluk told Bored Panda. "Sometimes those who haven't experienced the extremes don't understand what it's like, almost to the point of resenting it."



and I can't rally the energy or motivation to do anything.

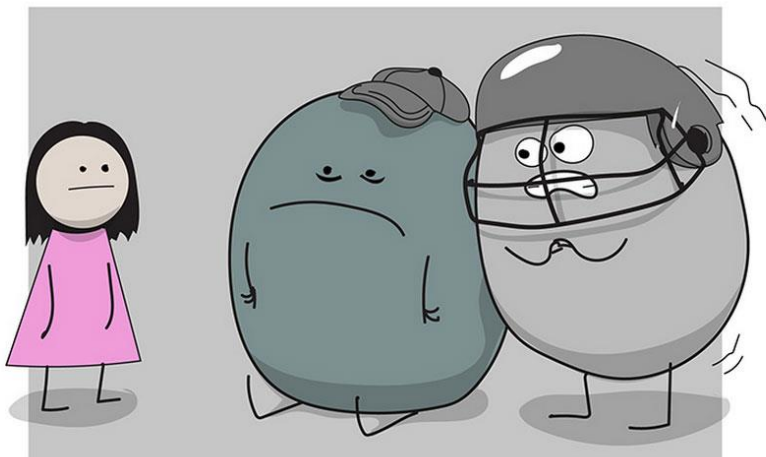


And, my mom will say things like

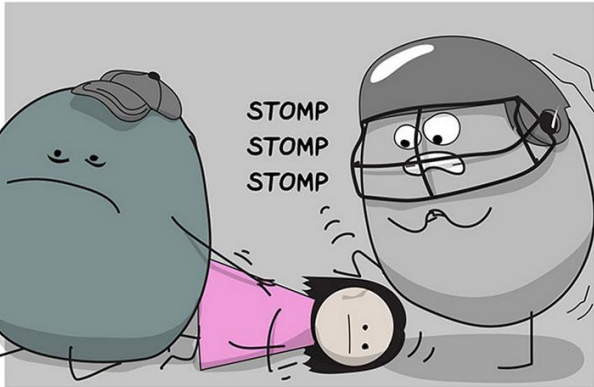


(it makes me cringe to just think about her saying that)

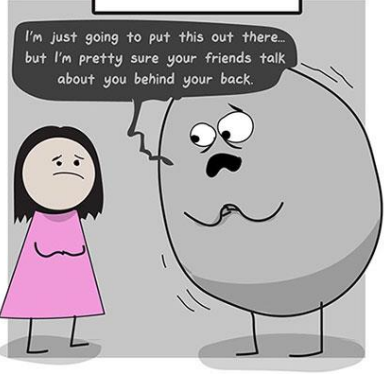
So I told her this:  
Depression and anxiety are teammates  
and I'm the opposing team.



Their one and only goal is to drag me down.



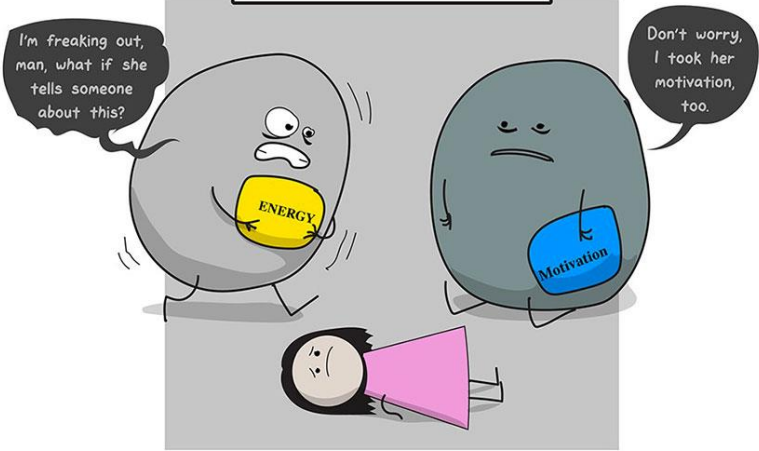
They make me paranoid,



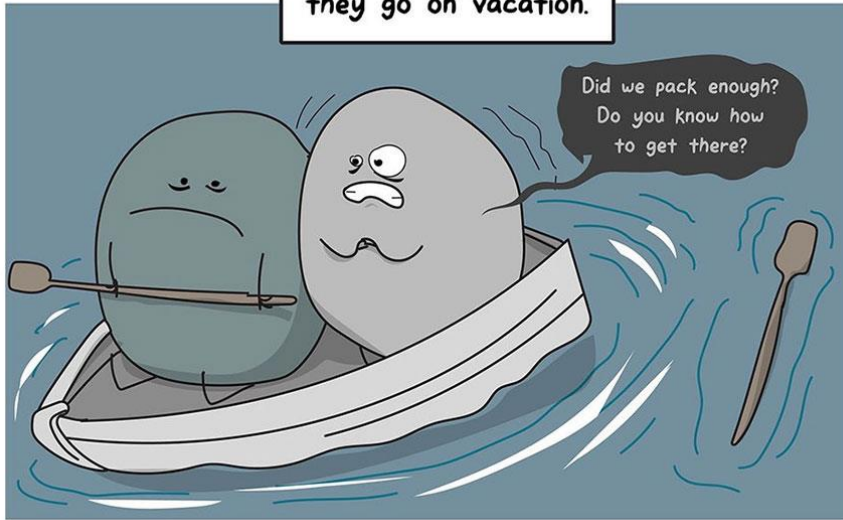
they make me feel useless,



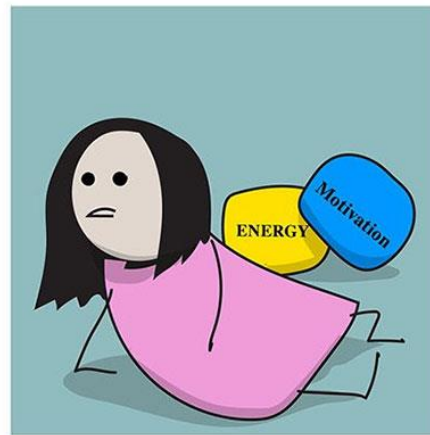
and they steal all my energy and motivation.



However, sometimes,  
they go on vacation.



I never know how long  
the vacation will last, but  
I Get.



Stuff.

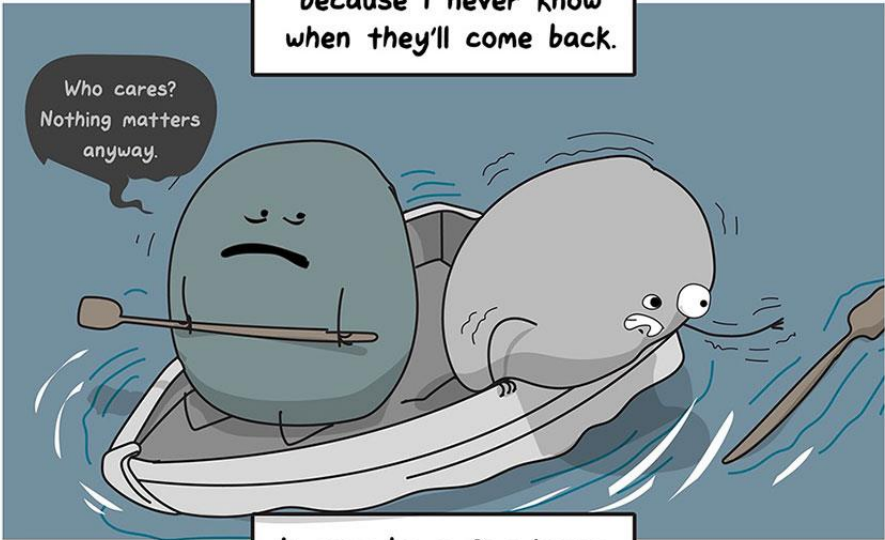
Done.



while they're away.

because I never know when they'll come back.

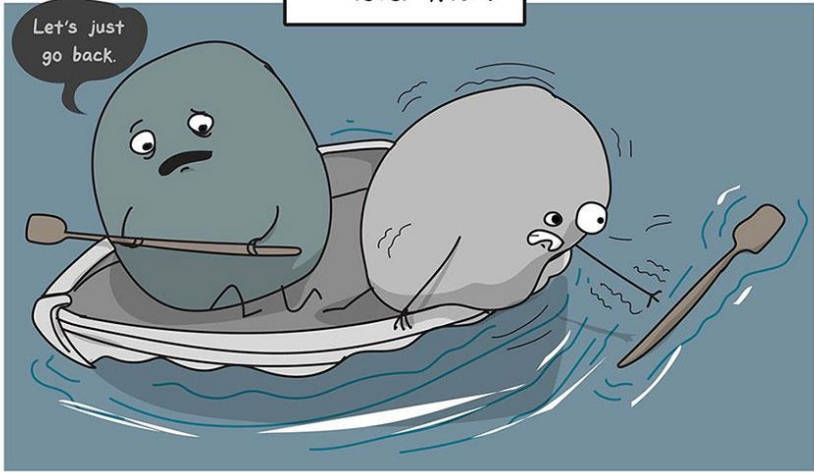
Who cares?  
Nothing matters anyway.



It may be a few hours or a few days.

I never know.

Let's just go back.





I do know that I have to be prepared to go back into battle when they return from vacation.

