



Mental Health, The Depression

My disability is Clinical depression. Officially I came across this diagnosis 5 years ago. Before that, for 4 more years, I also felt bad, but I couldn't find doctors who would make the correct diagnosis. In moments like this, nothing gives me pleasure except drawing.

It all started with an attempt to become better - to constantly study and work. Have a rest felt like something bad No, perhaps it all started with my high expectations. Everything(media/internet etc.) around us tells us that if you try, you will succeed. A lot of time will pass when it will be possible to understand that simply efforts and dedication are not enough.



Sooner or later, trying to reach that glass ceiling and break it - you will just get hurt yourself. The more you delve into knowledge on the internet, the less information you find. When you give all of yourself to work after that nothing remains. This is how my story of dealing with depression began. Unfortunately, one way or another, our life has stressful situations, and even more so in working with art.

If you would like to buy a piece of my art, please contact me.

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