

# STRIKE

ISSUE 11

PERFECTLY UNWELL



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# ABOUT THE **ISSUE.**

*Issue 11 explores the identity behind mental health issues, anxiety and OCD. This will show both the beauty and pain behind throughout our chosen images that reflect how people with anxiety and OCD feel. It catches the brief moment of peoples inner-struggles of being lonely, feeling overwhelmed, being depressed, feeling empty, while feeling confined in a tight space of our own mind.*

*Mental health matters in our day to day lives, as it grows and effects more people everyday. I want to show these issues through the works of fashion photography on how we wear our clothes, how fashion can act as our inner voice, and how repetition, structure and restriction can act as a metaphor for our own control.*

*As a hard journey of conflict and reflection, you will find yourself to be heavily rewarded in the end.*

## **EDITORS NOTE**

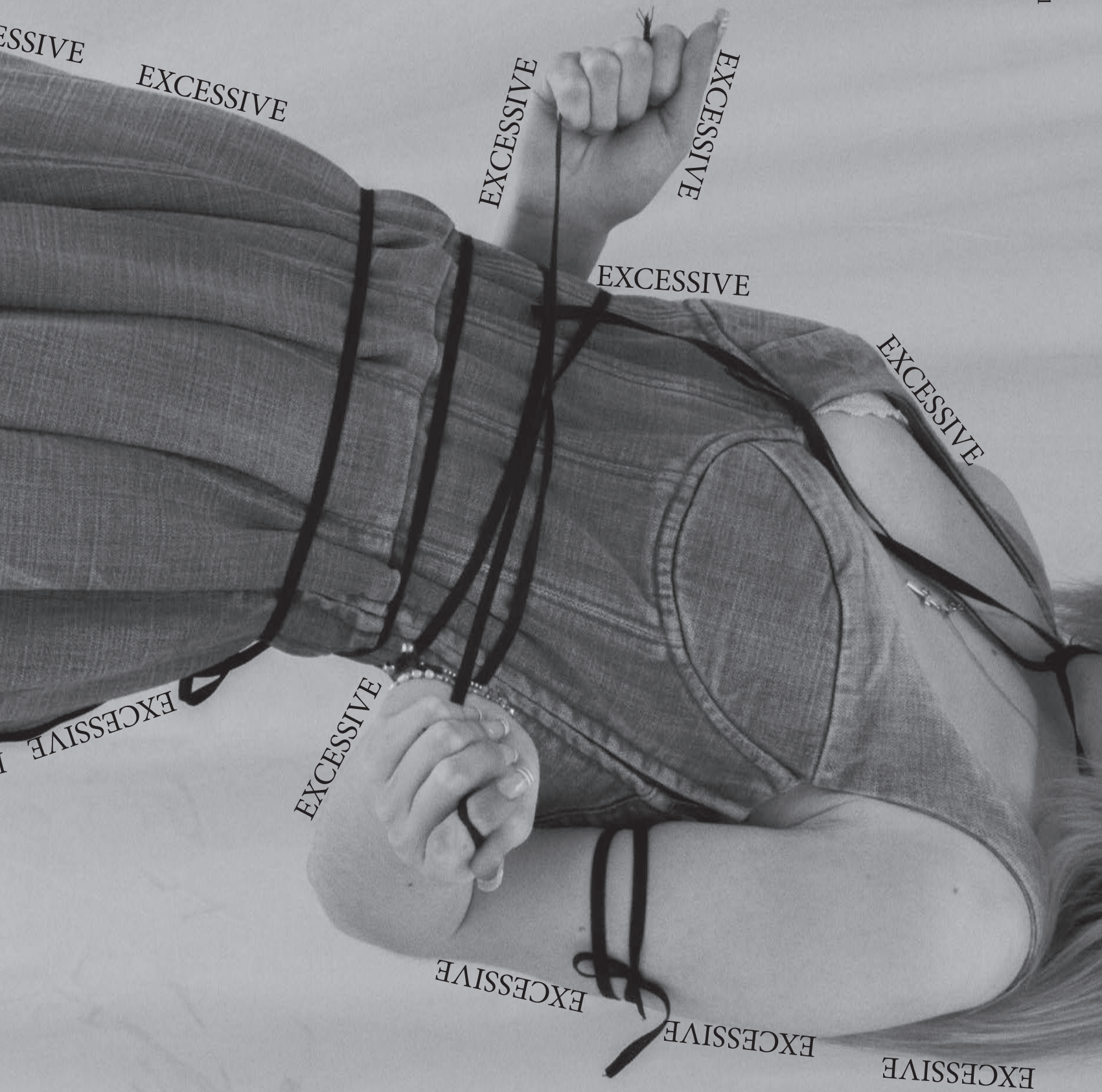
*This issue holds an immense significance to me. To be able to reflect on these issues that I hold dearly to myself means to notice yourself truly rather than pushing yourself away. Strike has given me a voice like no other time before. I have no one else to thank but the creatives who put this magazine together.*



**THE  
PRESSURE  
OF  
PERFECTION**



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# MY CAGED FREEDOM



**CONFINEMENT CONFINE**

**CONFINEMENT CONFINEMENT**

**MENT CONFINEMENT**

The lack of independence can cause the walls to close in. The lack of protecting yourself can cause the walls to close in. The lack of control can cause the walls to close in.

“You don’t have to control your thoughts; you just have to stop letting them control you.” - Dan Millman

**MENT**

**CONFINEMENT CONFINE**



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## ***UNWANTED THOUGHTS.***

***dont let them control you. you can learn to redirect your mind onto more positive patterns of thinking.***

***“You can’t always control the circumstances - only how you react to those circumstances; you can always control your attitude and your effort.” - Jenny Finch***













# ISSUE 11

Photography by Kenzie Claydon

**THIS IS  
STRIKE.**

**OUT.**

**S**

TRAIKE



