



**H A P P Y
W E D N E S
D A Y**

ISSUE #2: ROUGH PATCH

HI THERE,

WELCOME TO THE SECOUND ISSUE
OF HAPPY WEDNESDAY MAGAZINE.

IT'S ABOUT A ROUGH PATCH*.

*TO EXPERIENCE A LOT OF PROBLEMS IN A PERIOD IN YOUR LIFE:
ANDY'S GOING THROUGH A BIT OF A ROUGH PATCH AT THE MOMENT -
HIS WIFE WANTS A DIVORCE.

ROUGH PATCH

20mg

by Raul Quiros

Fluoxetine hydrochloride, trade name Prozac, 20mg, increased to 40mg. Insomnia, erratic appetite, (weight loss 14kgs,) severe anxiety, unable to reach orgasm, homicidal thoughts towards several doctors and drug manufacturers. Discontinued.
Mood: Fucking angry
Affect: Very angry.

[4,48 Psicosis - Sarah Kane]

Don't take that antidepressant pills, if you're depressed you better go and smoke some marijuana.
[from an cannabis forum]

Marijuana users are 4 times more likely to develop depression. One study looked at 1,920 people, and followed them for 16 years. It discovered that people who smoked marijuana were 4 times more likely to develop depression.
[from a medical forum]

Side-effects of The Pill of Happiness (Prozac - Fluoxetine)

Insomnia -- in up to 33 of people
Nausea -- up to 29 percent
Weakness -- up to 21 percent
Headache -- up to 21 percent
Diarrhea -- up to 18 percent
Loss of appetite -- up to 17 percent
Drowsiness -- up to 17 percent
Anxiety -- up to 15 percent
Nervousness -- up to 14 percent
Shakiness (tremor) -- up to 13 percent
Dry mouth -- up to 12 percent
Decreased sex drive -- up to 11 percent
Yawning -- up to 11 percent
Indigestion -- up to 10 percent
Dizziness -- up to 9 percent
Sweating -- up to 8 percent
Impotence -- up to 7 percent
Ejaculation problems -- up to 7 percent

"How hard is it to be happy when you live on a mountainside with breathtaking views of the Himalayas, where your only concern is polishing your wind chimes? What if you had my life, living in the shadow of the new Arsenal stadium, the streets crowded with vengeful Cockney van drivers, the supermarkets staffed by cashiers who pass on the oppression of their wretched existence by drumming their fingers and flinging goods down the checkout at a speed that would have tested Peter Schmeichel in his prime? Not that I'm saying you'd be any happier where I grew up in Manchester, where two of my three uncles have been fired at with Uzis..."

"What", Ricard interrupts, "is an Uzi?"

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You're here ...

She's there ... maybe a thousand miles away.

אתה פה... היא שם... אולי אלפי קילומטרים



TITLE: YOU ARE HERE

DESIGN: ANA BENITEZ



TITLE: HUSK

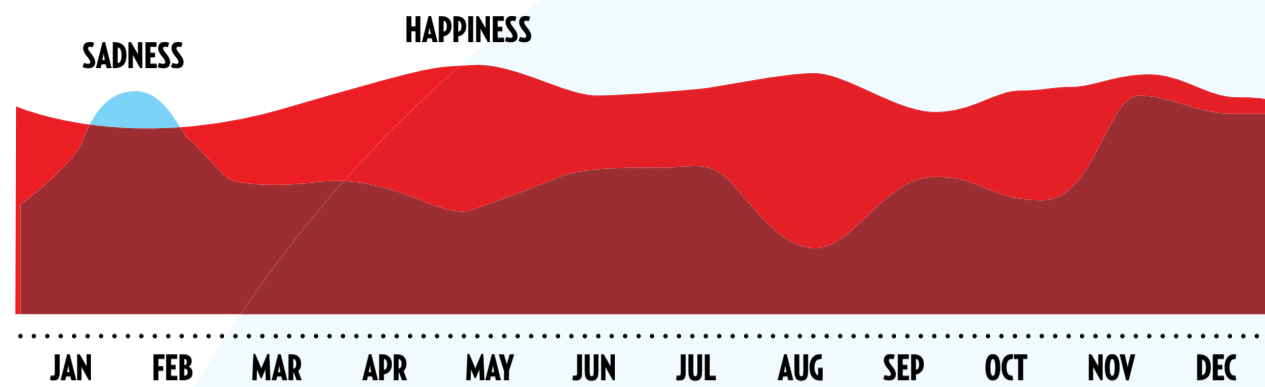
ILLUSTRATION: EDU FUENTES



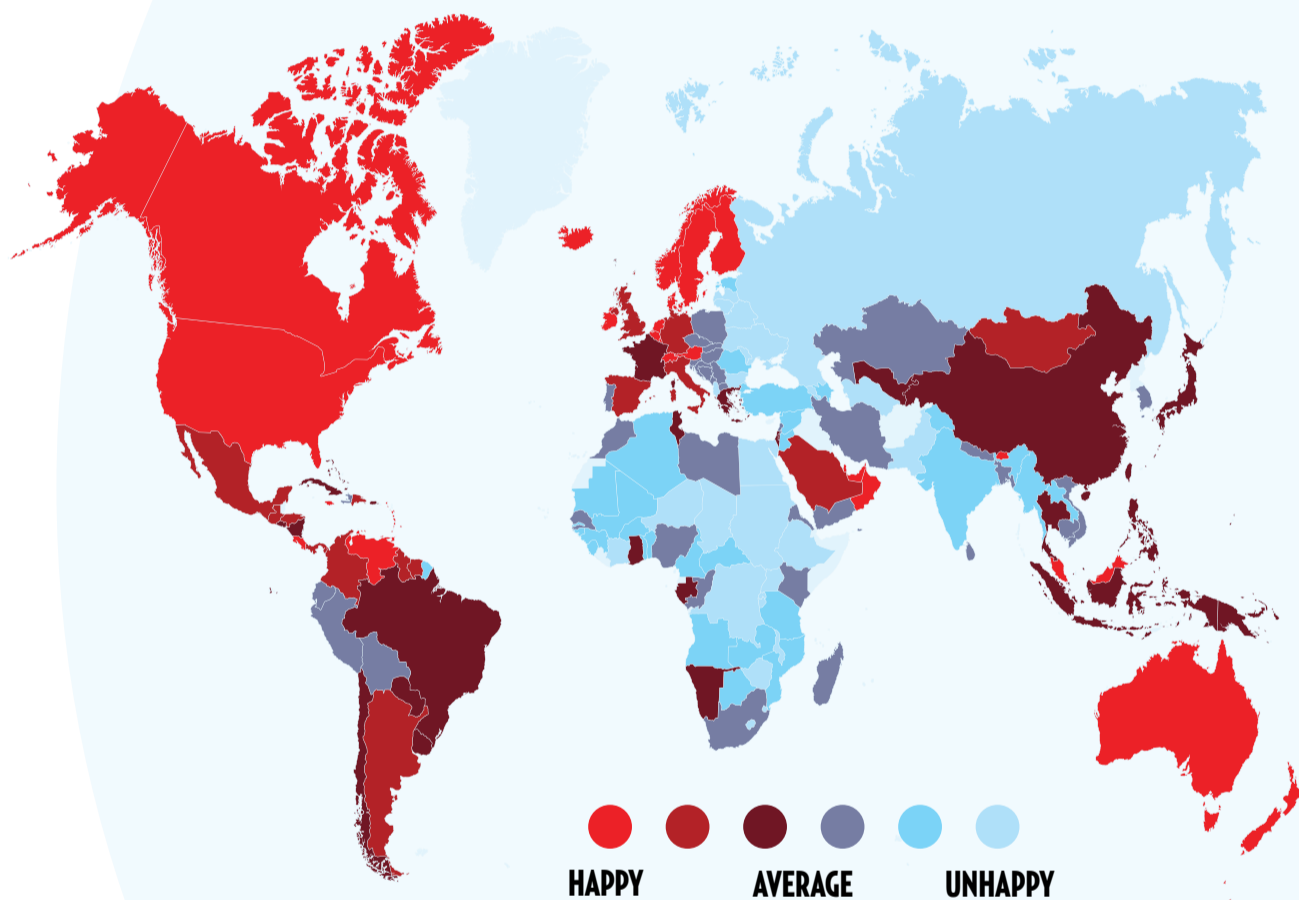


INFOGRAPHICS

IN THE MOOD

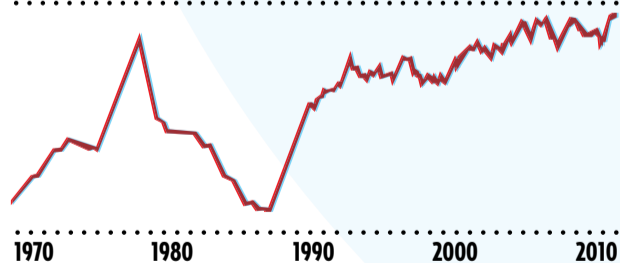


AROUND THE WORLD

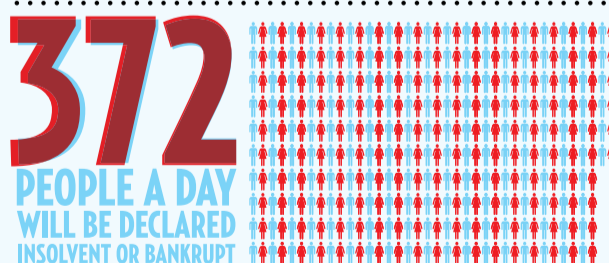


RANDOM FACTS OF THE RECESSION (UK)

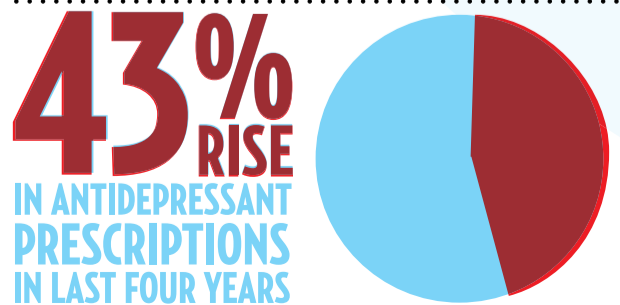
UNEMPLOYMENT



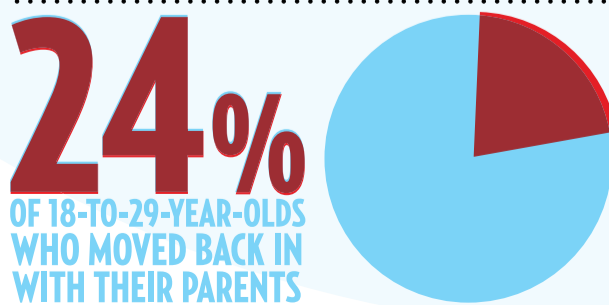
BANKRUPT



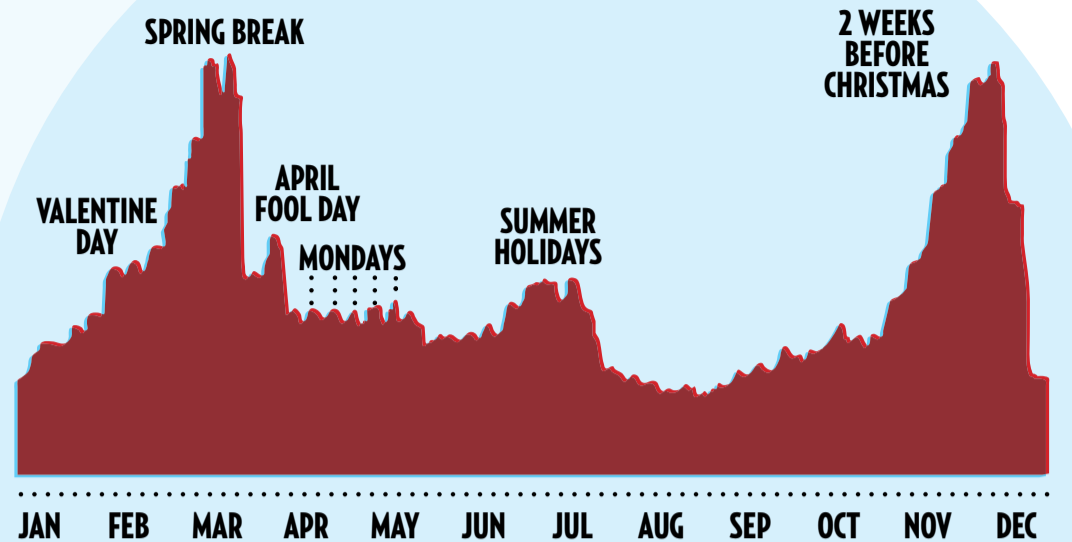
ANTIDEPRESSANTS



YOUNG PEOPLE



BREAK-UPS

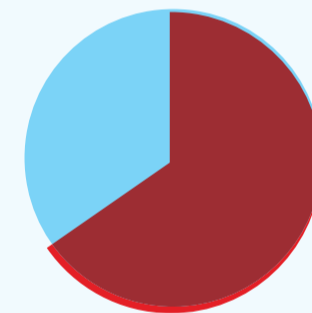


HOW TO DECREASE YOUR RISK OF DIVORCE

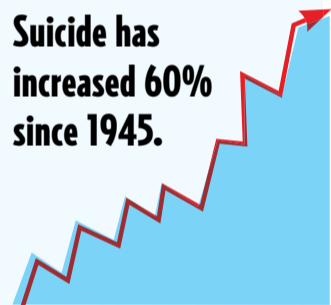
- \$** -30% risk if you earn over \$50,000 a year
- Graduate** -25% risk if you have graduated college
- Family** -14% risk if your parents are still together
- +** -14% risk if you have a religious affiliation

SUICIDE (THE LAST RESORT)

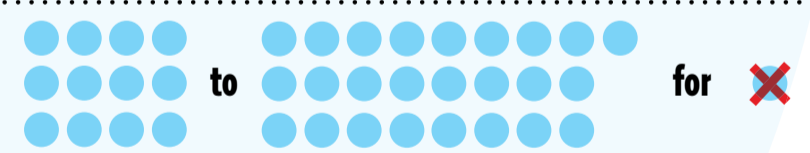
1 Million people per year commit suicide in the world.



SUICIDE IS THE 10TH LEADING CAUSE OF DEATH WORLDWIDE

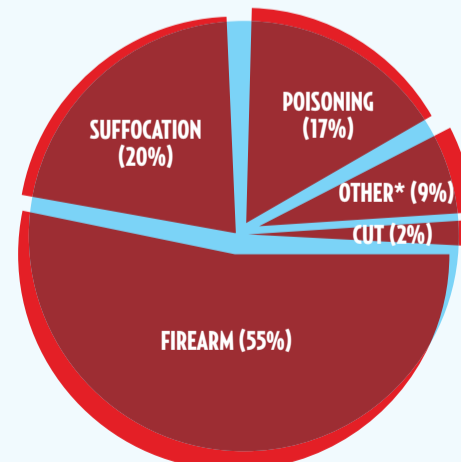


It's estimated 12 to 25 suicides are **ATTEMPTED** for every one that succeeds.



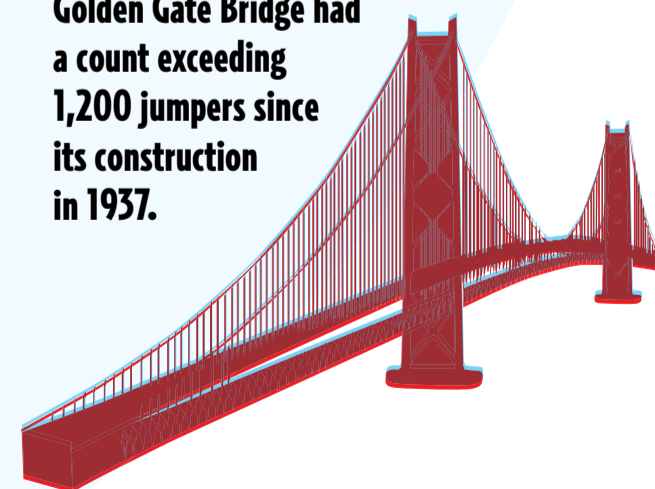
METHODS

They vary dramatically between countries. In USA:



LOCATIONS

Golden Gate Bridge had a count exceeding 1,200 jumpers since its construction in 1937.



*BLUNT FORCE TRAUMA (jumping from a building or bridge, self-defenestrating, stepping in front of a train, or car collision, for example). EXSANGUINATION or BLOODLETTING (slitting one's wrist or throat), INTENTIONAL DROWNING, SELF-IMMOLATION, ELECTROCUTION, INTENTIONAL STARVATION.

Other suicidal hotspots are Toronto's Bloor Street Viaduct, Japan's Aokigahara Forest and England's Beachy Head.



