



# Final boss of oxytocin





**MY MENTAL  
HEALTH  
BEFORE ERASMUS**



**MY MENTAL  
HEALTH AFTER THE  
ERASMUS THX TO AMY**

I FEEL WORTHLESS,  
NOBODY LOVES ME

STFU,  
YOU'RE GREAT  
AND WE LOVE YOU

**THE WHOLE ERASMUS GROUP**

A person wearing a blue cap and a green jacket is pouring water from a red bucket onto a campfire. The fire is burning brightly in a stone fire pit. The scene is set at night.

**ME**

**SAD MUSIC**

**MY ANXIETY**

**WHAT PEOPLE THINK E+ IS LIKE**



**WHAT IT ACTUALLY IS LIKE**





**MY THERAPIST**

**COPING  
MECHANISM**

**ME**



**COPING  
MECHANISM**

**MY THERAPIST**

**ME**

**THE FACILITATORS WATCHING  
PEOPLE STEP OUT OF THEIR COMFORT ZONE**

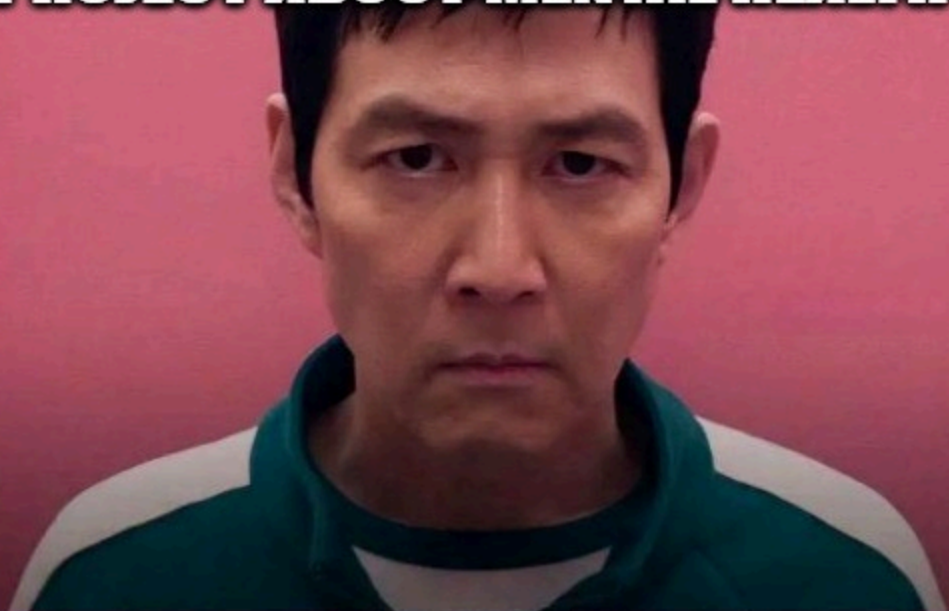


**THEM:**  
**YOU CANT KEEP**  
**HIDING FROM YOUR PROBLEMS**

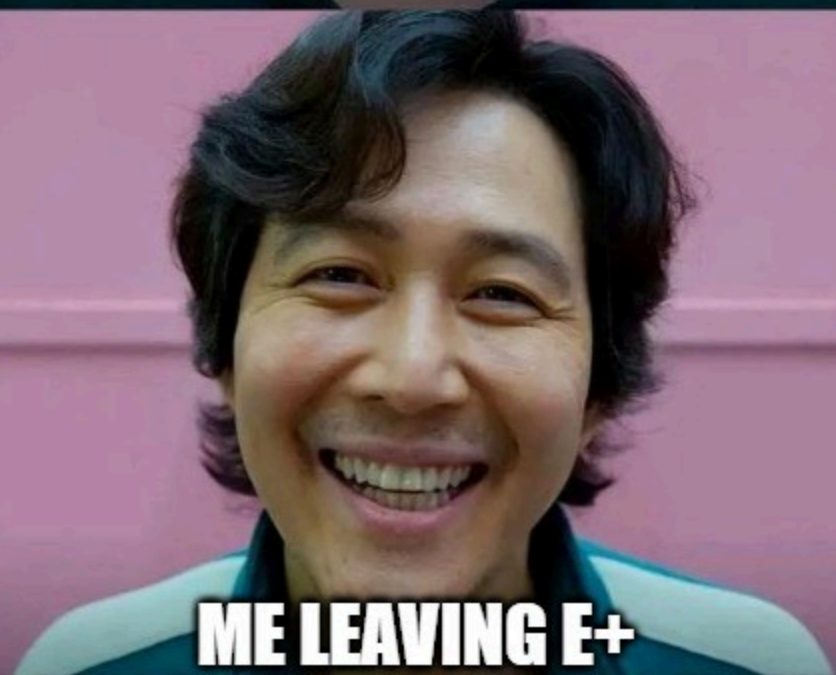
**ME:**

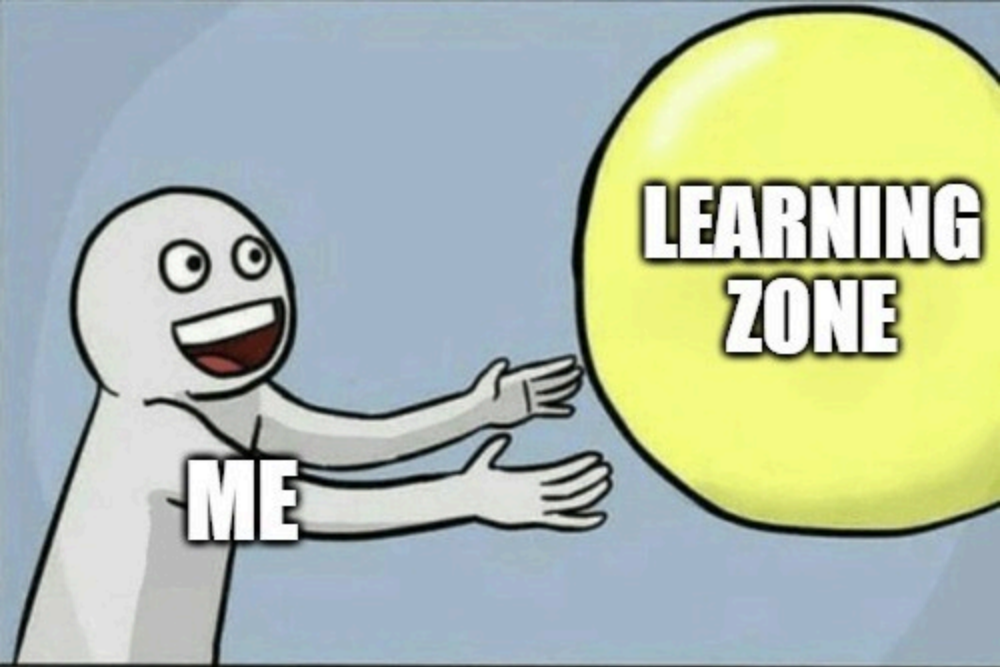


**ME COMING TO E+  
PROJECT ABOUT MENTAL HEALTH**



**ME LEAVING E+  
PROJECT ABOUT MENTAL HEALTH**







**ANXIETY**

**ME**





lashing  
out



taking  
the siberian  
railroad



people  
thinking  
e+ projects  
are stupid



people  
who  
appreciate  
e+ projects