MOSTLY SUNNY
HOW'S THE WEATHER THERE?

Publisher :

Health Institute of Split-Dalmatia County

Department of Mental Health Care and Outpatient Treatment

For the publisher: MSc Jasna Nincevic, MD epidemiologist

The comic was created as a product of "Mostly Sunny"project activities, with the aim of stimulating the emotional development of children and young people.

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Printing: School of Design, Graphics and Sustain Building – Split

Circulation: 1500 cca

ISBN: 978-953-56756-2-2

Split, 2014.

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How's the weather there? How do you feel today?

In certain situations, children, young people, and often adults need help in understanding and coping with their emotions. Emotions can become deep and can become a burden if they are isolated, suppressed or hidden from others, from yourself.

Sometimes, the inner sources of fear and sadness can make us behave hastily which is not always a useful occurrence. If you are able to talk about your emotions, you will realise that you are not alone in your troubles, and together with a close person or a professional you will find the solution, the way out of your problems. Then you will be able to overcome and accept difficult moments. If you think your problem cannot be solved quickly, through conversations you can find the comfort and support we all need!

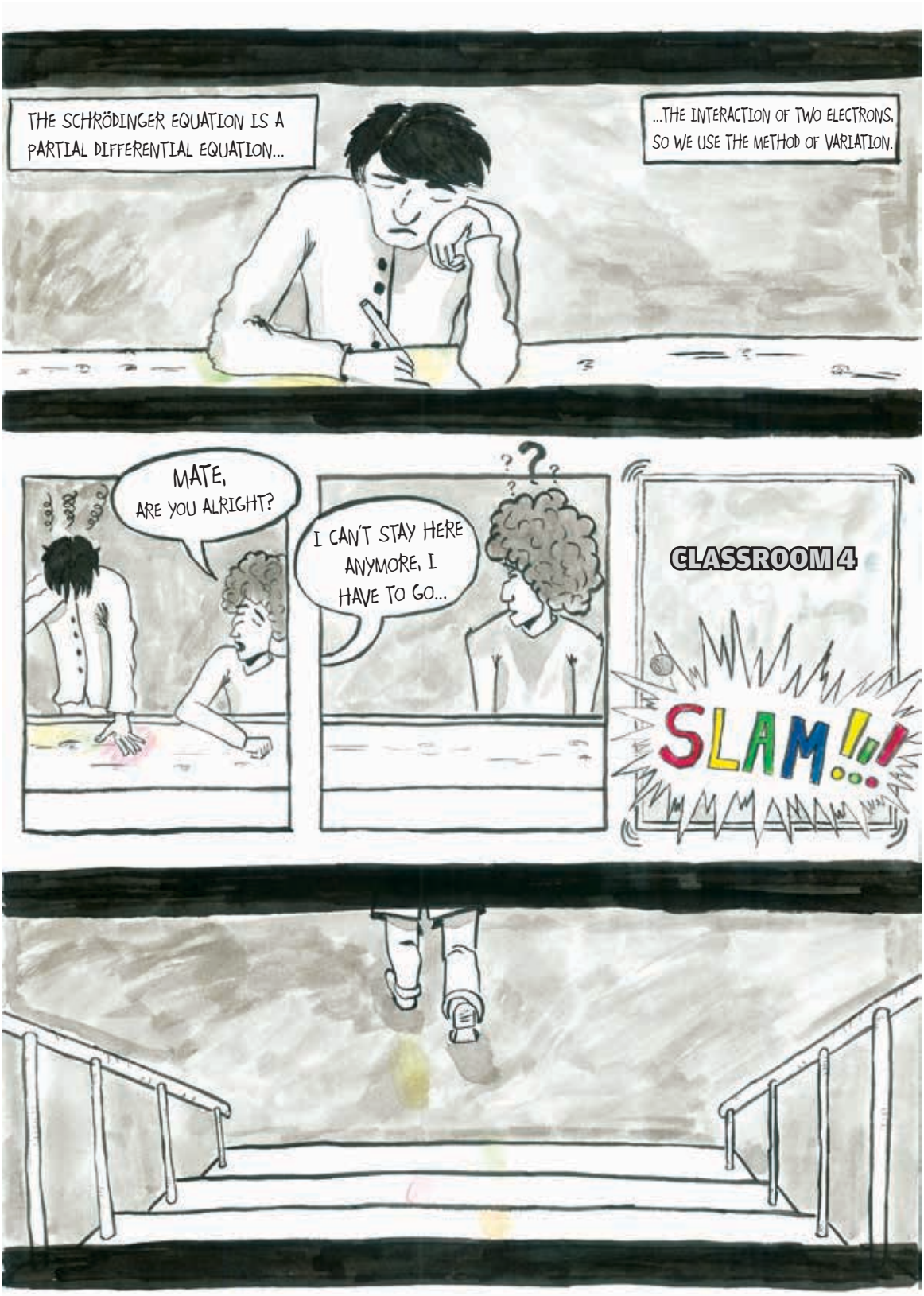
I would like to thank everyone who contributed to the creation of such unique project materials and who decided to draw the public's attention to the importance of the protection and improvement of young people's mental health using the authentic comic book medium, for their personal and professional open-mindedness, creativity and courage!

A special thanks to the children and young people: "Along with drawing, photography, singing, playing, there is a film – only inside my head, like a daydream or a comic..." S.C. 16 years old

Did they succeed? See for yourselves!

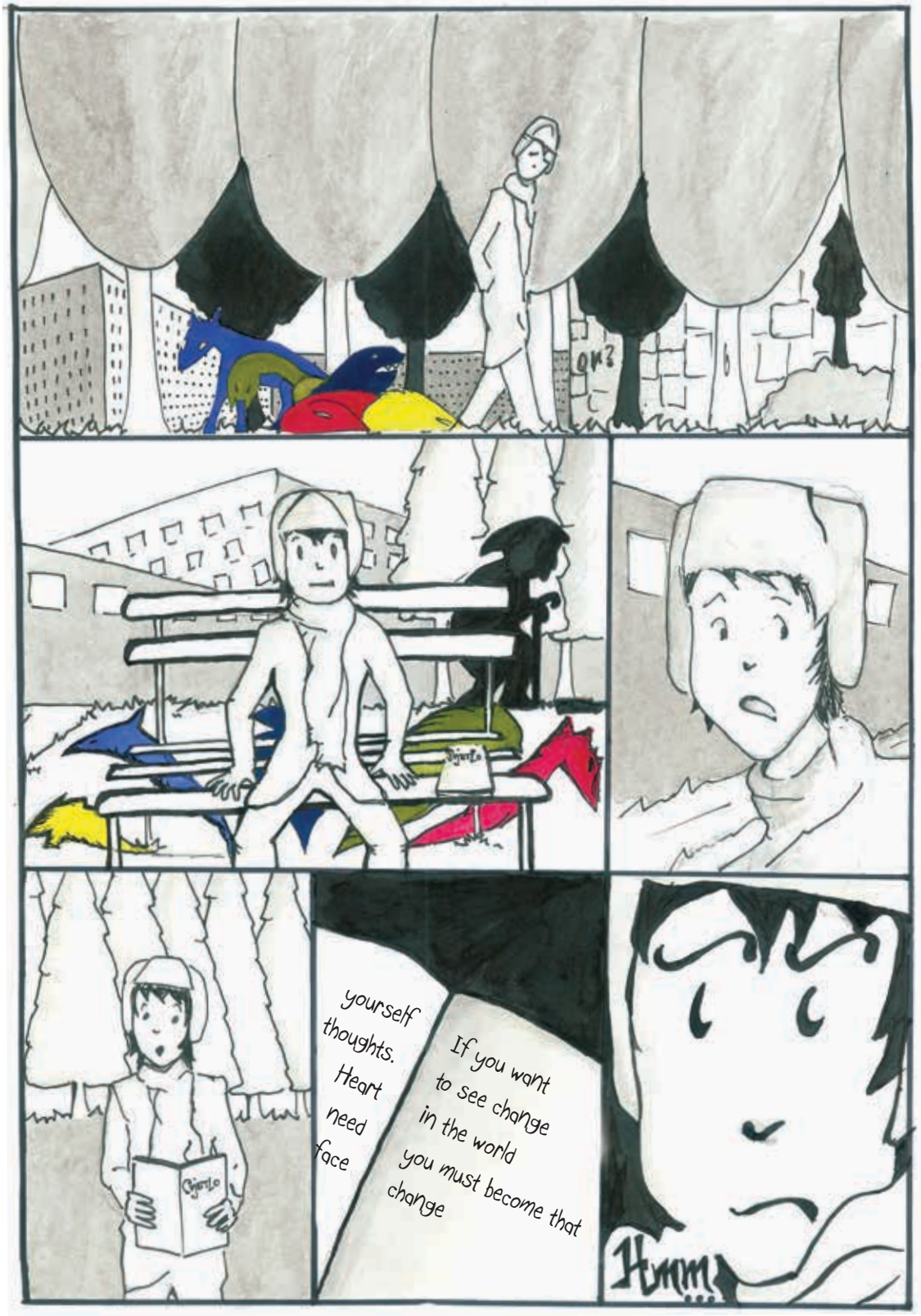
***Zeljko Kljucevic**, MD Psychiatrist*

Head of the Department of mental health care and the outpatient treatment


THE SCHRÖDINGER EQUATION IS A PARTIAL DIFFERENTIAL EQUATION...
...THE INTERACTION OF TWO ELECTRONS, SO WE USE THE METHOD OF VARIATION.
MATE, ARE YOU ALRIGHT?
I CAN'T STAY HERE ANYMORE, I HAVE TO GO...
CLASSROOM 4
SLAM!!!

FLOWER SHOP

NICE WEATHER, ISN'T IT?
...
!


Hmm...
If you want to see change in the world you must become that change
yourself thoughts. Heart need face

MUM, CAN I HAVE SOME PIE?

NICE WEATHER, ISN'T IT?

What young people said...

PROJECT MOSTLY SUNNY- **How's the weather today?**

Shadows which follow us are our problems. Wherever we run, wherever we hide, our problems stay with us. They block the real view of the world.

They will not be washed away by rain, and they will not fade away in the sun.

It is a problem when you run away from problems and when you suppress your emotions and "wander" around with them. You fear confrontations, you think you cannot get rid of them, you do not want to accept your "shadows" and they just continue following you, waiting for you to accept them and free yourself of them.

If you do not accept advice or help from someone else, then this means you do not want changes. When someone offers to let us stand under their umbrella, to protect us, to draw our attention to certain difficulties, we must not miss this opportunity. When we accept help from someone else we will know when and how to help ourselves and others...

The view is different, the other side of the world is prettier, shadows are more acceptable, helping others is simple... You offer your umbrella and say: "Nice weather, isn't it"?

A focus group of Medical High School students and Center for Mental Health of Children and Youth beneficiaries, who's aim was the evaluation of project activities through comics.

"Not every result is an end in itself, therefore this result is intended to create a clearer cognition and communication of the participants, because art mediums are a form of communication with the person holding this comic book. Personal engagement is necessary in order for the comic and emotions to be clear."

Comic Book School workshop leaders

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