



NOT OKAY,
BUT NOT ALONE

① our situation right now



INDONESIA
ISN'T DOING OKAY.
MANY OF US FEEL IT,
BUT DON'T KNOW
WHAT TO DO

Social and political issues come and go. Sometimes there's noise for a moment, then it disappears. But the anxiety stays—building up in our minds and settling into our bodies.

It can leave us confused:

Should I care?
Should I stay quiet?
Should I get angry?
Or just pretend nothing's happening?

Tired.
Confused.
Small.

But actually, we're not alone.

*"Why do I easily get angry, or
sometimes feel empty?"*

*"I want to care, but everything feels
overwhelming."*

These feelings are normal. When things around us constantly feel uncertain or unsafe, our minds and bodies naturally react—through worry, stress, anger, or numbness. If you're feeling unstable, it doesn't mean you're weak. It means, you're sensitive.

Alive.
And still care.



2

our
feelings
make
sense

you don't have to be strong—

When things feel
overwhelming,
start with your breath.

Really.
Breathing slowly
can tell your body,
“I’m safe, right now.”

1
Cross your
arms, placing
your hands on
opposite
shoulders.

2
Gently tap each
shoulder
alternately, like
butterfly wings.

3
Inhale for 4
seconds — hold
for 2 seconds —
exhale slowly
for 6 seconds.

4
Repeat a
few times.

butterfly breathing



It might not calm you
immediately, but it's
a simple first step
to coming back
to yourself.

3
just
breath

Sometimes what exhausts us isn't a big event, but small constant things: endless scrolling, debates online, stressful group chats. If it gets too much, it's okay to step back.

*Mute
Unfollow
Take a break*

Stepping back isn't giving up. It's saving energy so you can keep going later.



it's
okay
to
take
space

4



You don't have to keep all your feelings inside. Emotions pile up and feel heavy if there's no way out. Try expressing yourself through writing, drawing, sounds, movement, or anything that feels safe. Not to impress others—but to stay okay.

expression is a form of **5** *resistance*

Healthy expression = surviving.
And surviving = resistance too.

Not everyone fits
into protesting or
public speaking.
But everyone
can care in
their own way.

It can be through your art.
Through conversations.
Quiet support behind the scenes.
Or simply creating small spaces,
like this one.

Even the smallest action,
matters.

6
caring
doesn't
have
to be loud



we can do this together

7



*“I don’t understand everything yet,
but I want to start somewhere.”
That’s enough.*

This zine isn't an answer.
It's a starting point.
We're creating spaces to talk,
share, and express ourselves—
through zine tours, discussions,
and workshops.

To learn more about
upcoming activities, follow
[@talkmentalhealth.id](#)
on Instagram.

Bring a friend or come alone—
either way is okay. What matters
is knowing there's a space here
for anyone who needs it.



—
lately,
what thoughts
keep coming
back
to you?

—
what's been
weighing
on your
heart these
days?

what small
thing has
given you a
bit of *relief*
recently?

—
if you could
speak to
yourself right
now, what
would you
say?

—

what do you
want to *protect*
or take care of
in yourself?



one form of
expression
you've wanted
to try but
haven't yet?

—
one small
thing I can do
tomorrow to
support
myself

—
notes to
myself

about TMH.id *short copy*

We believe mental health isn't just individual—it's collective.

TMH.id is a space to talk, learn, and grow together through psychological and social perspectives.

We don't give “easy fixes,” but we offer a space to think and feel together.

Follow us @talkmentalhealth.id