

# contributors to my depression

Years of  
perfectionism and  
high expectations of  
myself



Lack of sleep over many  
years, leading to  
exhaustion

Yawn



A brutally critical inner  
voice beating me up  
constantly



Vitamin deficiencies  
after childbirth &  
breastfeeding



Workaholism and  
neglecting to take the  
time off that I needed to  
rest