

---

FRIDAY, 14. APRIL 2023 AT 22:53



## What has happened in the last years?

When I was living in ...

### München

- Stable job
- Time for other things outside the job / I didn't use the time completely
- Relaxed, less or none stress

### Berlin

- Travelling every week
- Had friends for a couple of months and felt great
- Then no time for relationships of any kind
- Travel stress / work stress / school stress

I left Berlin burned out!

### München

- Tried to have the same thing that i had back then, but...
  - was an scape
  - still travelling

- still feeling burned out

## **Offenburg/Freiburg**

- Escaping, chasing something that was not me

## **Bern**

- Trying to settle down
- Relationship (gave it all / It didn't work)
- Found my routine, my community
- Job related stress was less but felt worthless at work (because of purpose)
- Depression

## **Zürich**

- Escaping, trying to be in a bigger city with the intention of relating and create relationships
- Depression
- Closed people who doesn't like to relate or not with the same interest (superficial)

## **Lugano**

- Escaping, trying to find a place where I belong... Is not working
- Making a lot of money but at what cost?
- Living alone in the sense of people, partner, friends, community
- Stressing about a job without a purpose
- Travelling —> Yes!
  - But at the third day it makes no sense, trying to find something to kill the time
  - I can't drink all the time coffee or wine
  - Killing time instead of spending quality time
  - It would be better to share those travels with someone.  
Doesn't have to be a partner, could be friend or group of like minded people

## **Where to next?**

I need to find peace, enjoy life and be happy

I want to live again, not only exist!

---

VIA CANTONALE 8, LUGANO, TI, SWITZERLAND

---