

I am safe right now. This will fade away. I feel calmer. I am going to be okay.



This is only temporary. I am in control. I have made it through before and I will make it through again.



It's darkness  
at night and  
things always  
get better.



I am enough.  
I am doing  
enough.



I am more than  
my anxiety. It  
does not  
define me.



When it rains it  
pours, but soon  
the sun will shine  
again.



It's okay if I fall  
down and lose  
my spark, as long  
as when I get up I  
rise as the whole  
damn fire.



After darkness  
always come  
light, you just  
have to wait to  
see it.



You have survived  
every single bag day so  
far.

You got this.



Just  
Breathe.

