Mental health is never easy, and I know this firsthand; but it can get easier.

I've spent countless hours in hospitals, staring at a clock time in a psych ward, trying to get better
cried myself to sleep more times than I can count.

But it gets better with time

In the words of Tom Petty

"It'll all work out, eventually"

And sometimes you have to

Step back, take a deep breath

And remind yourself that you're okay.

You can do anything for ten seconds.

So count ten seconds at a time

Make it to the end of those ten seconds and if that feels like too much

Try five seconds two seconds even one.

What matters is that you're trying.

And I'm so proud of you.

I know it feels easier to just give in and let anxiety overtake you

Like a cliff you're on the edge of, trying to walk away but you trip and fall off the edge.

Sometimes you want to throw yourself completely into another thing, to distract yourself

School art work anything

But you can't do as well without taking care of yourself first.

This all sounds made up and fake

I'm aware of that.

But I promise you

You're not insane; you're not a monster;

You have reasons for feeling this way.

And that's okay.