



DEAR YOU,

Dear you, who is struggling to make through every day, dear you who wishes a car would run you over or that a fan would fall on you. Dear you who thinks that giving up and ending things will be easier and so much more peaceful. Dear you who always puts others, even those that have hurt you first, but are never prioritized. Dear you who used to be so happy once upon a time, but can't see the world in colors anymore, dear you who cries yourself to sleep and thinks that the blade is your only friend these days, dear you who says your fine while your breaking on the inside and faking smiles left and right...I see you. I see you waking up every day and fighting the same battles over and over again. I see you living when you don't even know how to anymore and I see you fighting and trying so hard. You are so strong. So strong for just continuing when you just want to give up.it gets better I promise. Your fighting will be worth it, you will smile a genuine one soon, Please stick around for the days that sunsets look beautiful again, for the day you get up and dance around when your favorite song starts to play, for the day you run in the rain and feel almost normal and happy again. Because that day is waiting for you. It may not feel like it but it's there. It's a terrible phase not a terrible life. I was at that point once, exactly where you are right now, and I am now so glad to be alive because life can be absolutely incredible. This is a chapter, not the book so please don't stop reading yet because the good part, the best part is yet to come, that is a promise. Pinky promise actually (because everyone knows those are unbreakable). So dear you, I will end this letter with one of my favorite song lyrics, 'you wanna fight, but you don't know how. Just hold on tight, your closer than you know'

Love you to the moon and back,

- S



DEPRESSION-HOW TO MAKE IT OUT OF THE STORM

STEP 1- REMEMBER THAT YOU DON'T ACTUALLY WANT YOUR LIFE TO END. YOU DON'T WANT TO DIE. YOU WANT THIS PHASE OF YOUR LIFE TO. YOU DON'T WANT TO NOT SEE ANY COLOURS AT ALL, YOU JUST WANT TO STOP SEEING THE WORLD IN BLACK AND GREY.

STEP 2- REMIND YOURSELF OF YOUR WORTH. TAKE A PIECE OF PAPER AND WRITE DOWN SOMETHING GOOD ABOUT YOURSELF. AND I DON'T WANT TO HEAR YOU SAY 'BUT THERES NOTHING GOOD ABOUT ME'. WRONG. THAT'S WHAT THE WORLD HAS CONVINCED YOU TO BELIEVE, BUT THAT DOES NOT MAKE IT TRUE. SO WRITE DOWN ONE GOOD THING RIGHT NOW, IM WAITING. HAVE YOU WRITTEN IT? GOOD. NOW ADD 1 THING TO THIS LIST EVERY DAY OR EVERY OTHER DAY OR WHATEVER WORKS FOR YOU, AND STICK IT SOMEWHERE YOU CAN SEE IT, EVERY DAY. LOOK AT IT. LOOK AT IT AND BELIEVE IT BECAUSE IT IS TRUE.

STEP 3- REMIND YOURSELF YOU ARE NOT WHAT YOU'VE BEEN THROUGH. SCHOOL WAS SUPER HARD FOR ME FOR A WHILE BECAUSE MY 'FRIENDS' WERE NOT REALLY FRIENDS, AND I ALWAYS THOUGHT I WASN'T GOOD ENOUGH AND I WAS WORTHLESS THEN I WAS LIKE WAIT A SEC, ITS NOT ME THAT'S THE PROBLEM ITS THEM. THE WAY SOMEONE TREATS SOMEONE SHOWS WHO THEY ARE AS A PERSON. SO EVEN THOUGH IT'S HARD, AND EVEN THOUGH IT SEEMS LIKE A LIE...WHAT HAPPENED TO YOU OR WHAT YOU'VE BEEN THROUGH IS NOT YOUR FAULT. YOU ARE ENOUGH AND ALWAYS WERE. PLEASE START TELLING YOURSELF THAT INSTEAD OF 'I'M NOT GOOD ENOUGH'. WHAT WE TELL OURSELVES IS SO IMPORTANT BECAUSE IT STARTS TO BECOME WHAT WE BELIEVE.

YOU ARE STRONG. YOU CAN DO THIS BESTIE. I BELIEVE IN YOU.



SCARS

They aren't 'just scars'
They are the monsters i fought
At 3 am

They are everything i couldn't contain
They provided me with relief
While the world gave pain

They are my loneliness
And my insecurities
The words like bullet shots
That were aimed at me

They are battle wounds
The symbols of a long fought fight
Against nothing but
Me and my mind

They show what I've been through
And the storms I've survived
So the next time you see them
Keep this in mind



YOUR BODY

Your body
Deserves a huge apology

For all the times
You looked in the mirror
With shame and disgust
Wishing you could change
Its not your fault
That's what they made you think

But look again
And this time
Look at it
As the vessel for your beautiful soul
For all your memories
For all your smiles and laughs and tears and fears

So start feeding it enough
and wear the clothes
At the back of your closet
Behind the loose and oversized tops

You have only one life
And it's too short
To spend watching Chloe ting workouts
Instead eat more than two little squares
Of the chocolate that you love

I'm sorry you were convinced
That your body needs to be fixed
What a lie what a lie
Because darling your perfect

