

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  
it'll all work out.  
you're not insane; you're not a monster;  
you have reasons for feeling this way.  
and that's okay.