

There's different levels of sad.
There's "I'll cry about it & then
get over it", & then there's
"I can't get out of bed."

flow

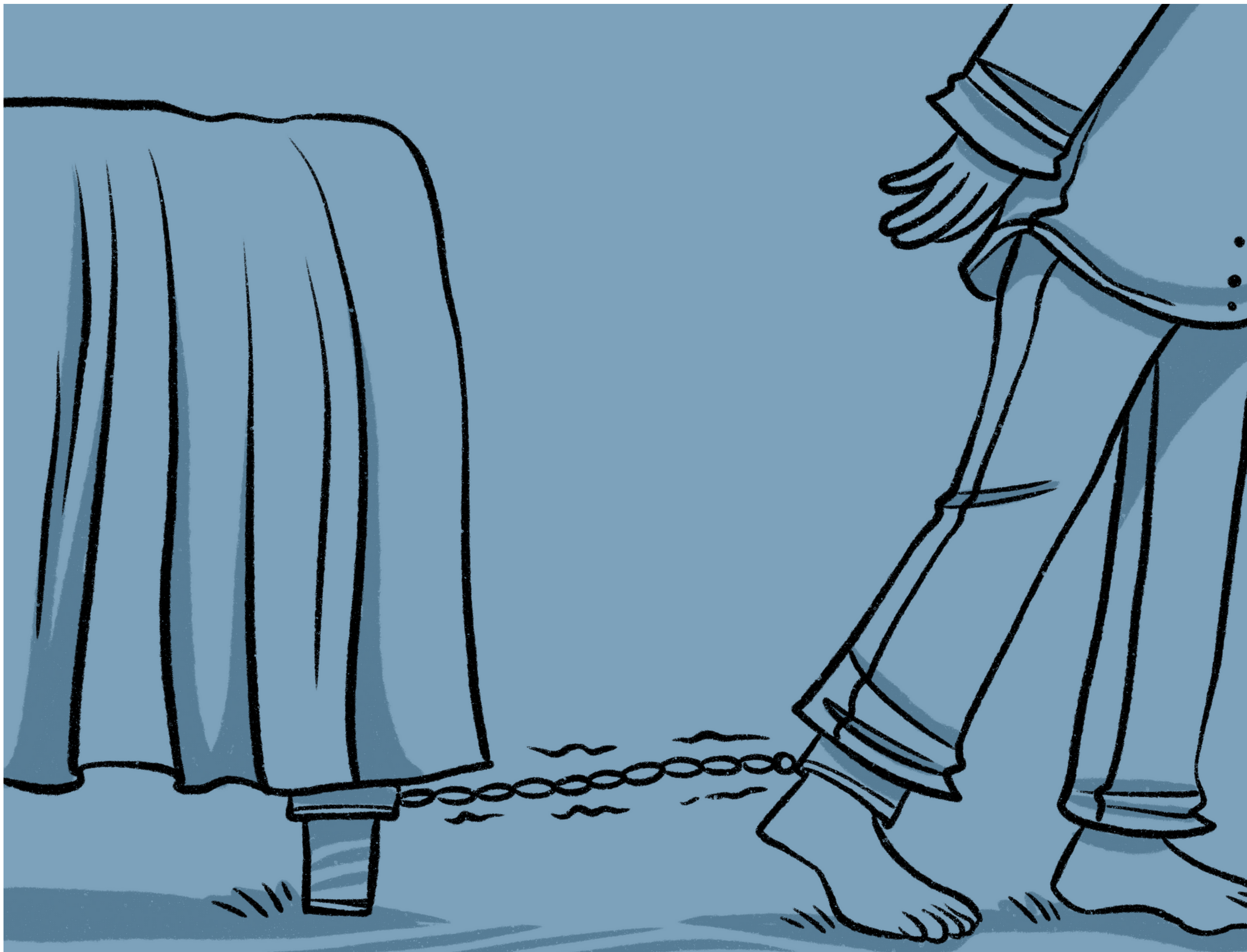


When you're
depressed,



It can
consume
you.
Pulling you
down
down

down

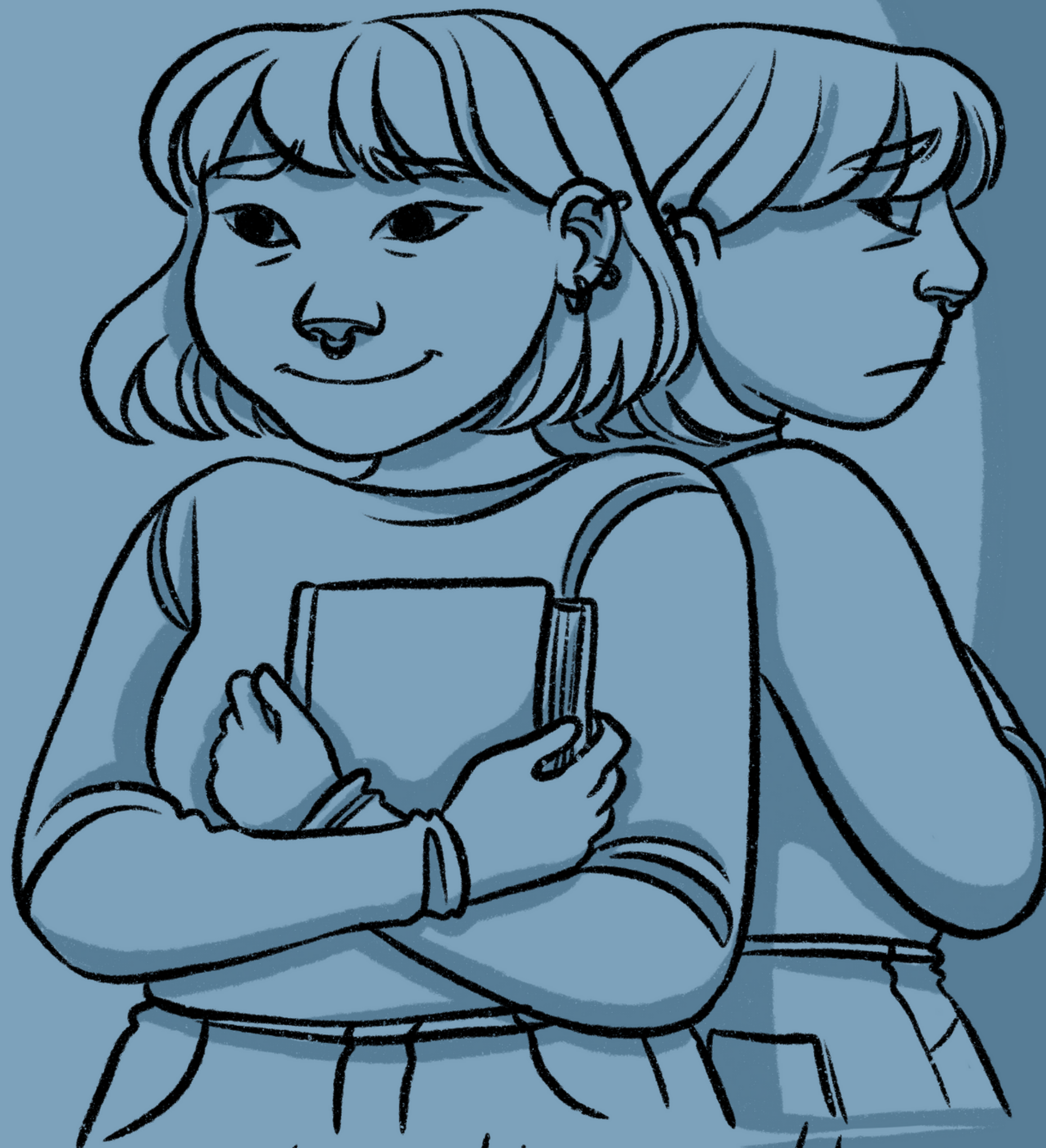


Until you feel stuck.

The more stuck you feel,
the easier it is to take it on
as your identity.

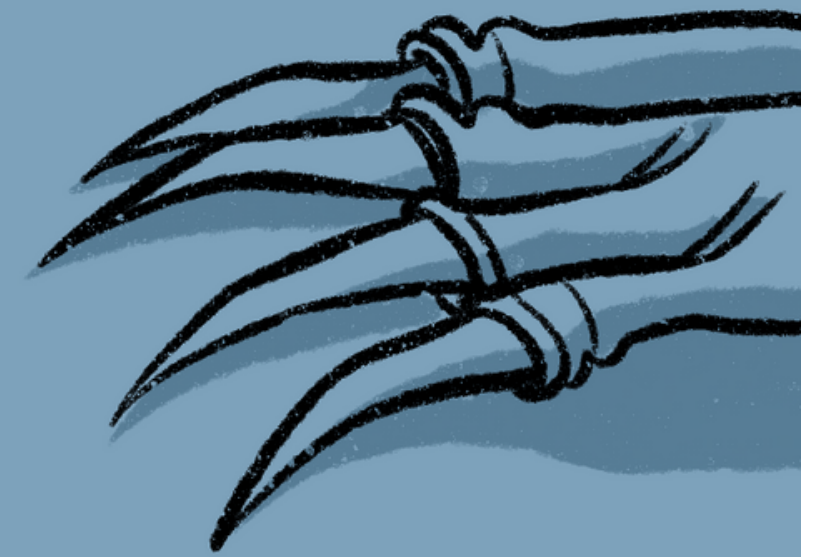


You feel like you are your
depression.



Here's the thing though:
We are not the things we
struggle with. Often, we are
who we are despite the struggles.

The fight against your depression
can feel so overwhelming that
you can lose yourself in it.



But that doesn't define you.

You are not your depression.



You are the one holding your sword.