

When you things don't feel right for internally, just functioning feels impossible.





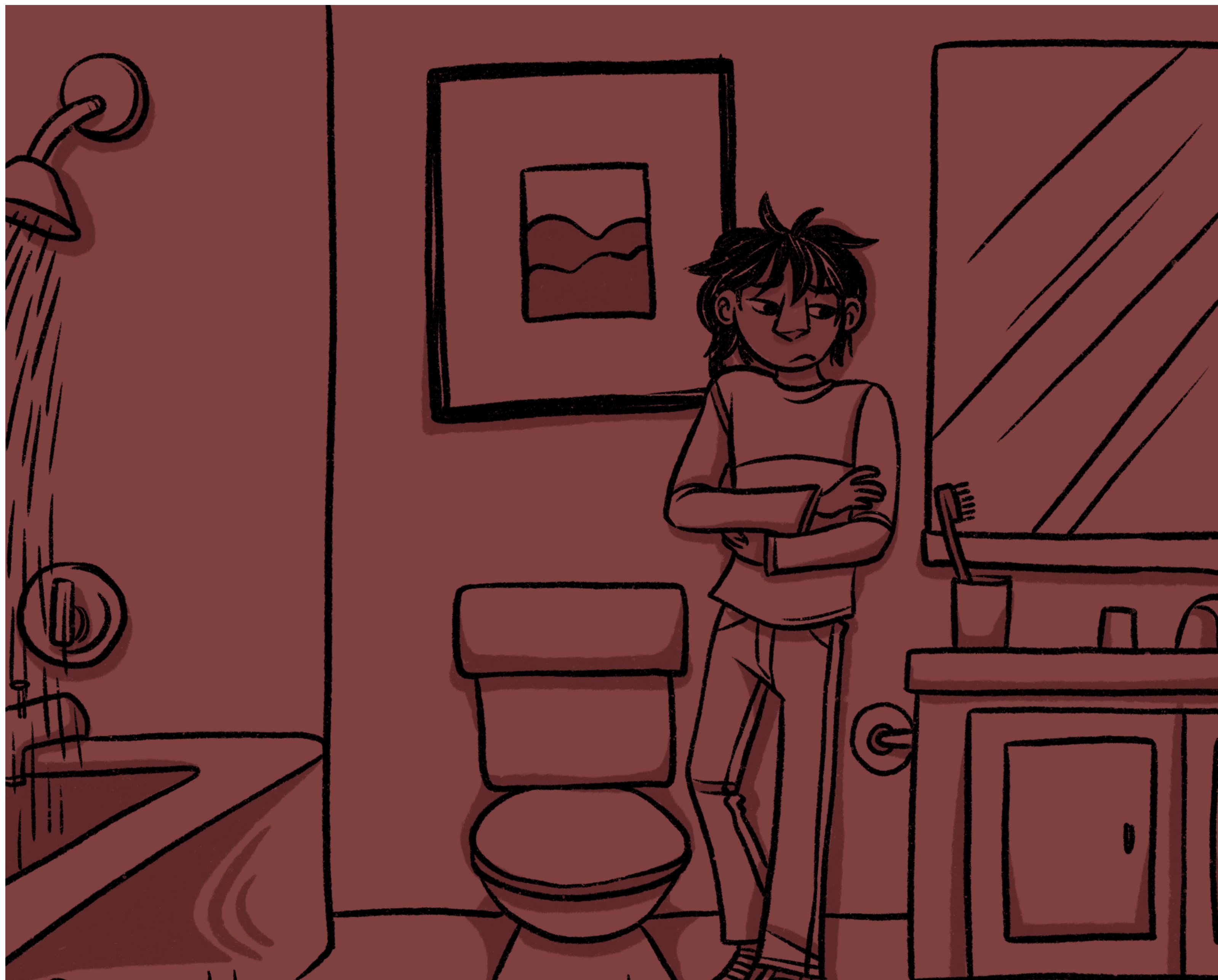
You feel weighed down in your bed, like you could never fight your way out of it.

You know you should eat, but you have no appetite.



Doing things that would usually
bring you joy just don't feel as
compelling.





Something as simple as keeping yourself clean or brushing your teeth can feel out of your reach.

Your brain just
feels fuzzy, like
it's full of fog
that you
can't see through
no matter how
hard you try.



This feeling of
numbness feels so
all-encompassing, like
no matter how much time
passes you will never
escape "normal" or feel
again.



It won't last forever,
though (whether
that's through
time, healing,
or getting
external help.)

One day, you
will feel that
ability to function
return.





In the meantime, it's all about taking those little victories as they come + celebrating them.