

Starting to work hard on your mental health is something that takes a TON of courage + hard work (believe me, I know.)

**THIS WAY**  
FOR SIMPLE HEALING!



flow

Once you start on that path, you know it won't be "easy", but you think it will at least be pretty straightforward.



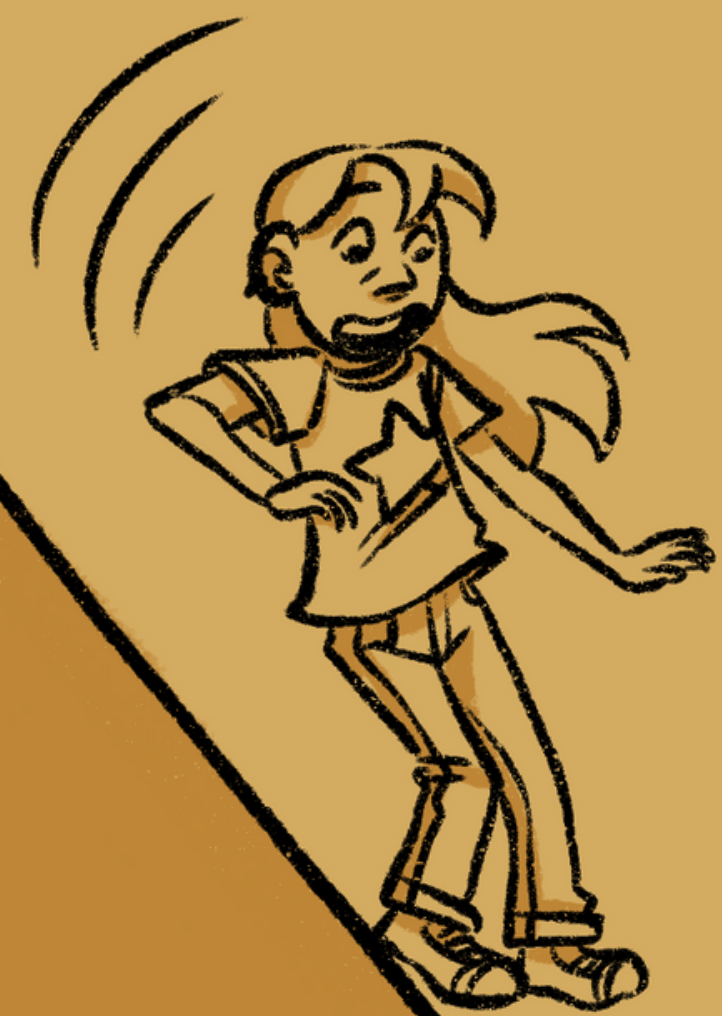


It's almost never that clear-cut, though.



It can be super discouraging when you feel you're really getting somewhere with your mental health...

... And you find yourself hitting a rough patch.





Because you stumbled, you can feel like you have "failed" your journey, ruining all of your progress.





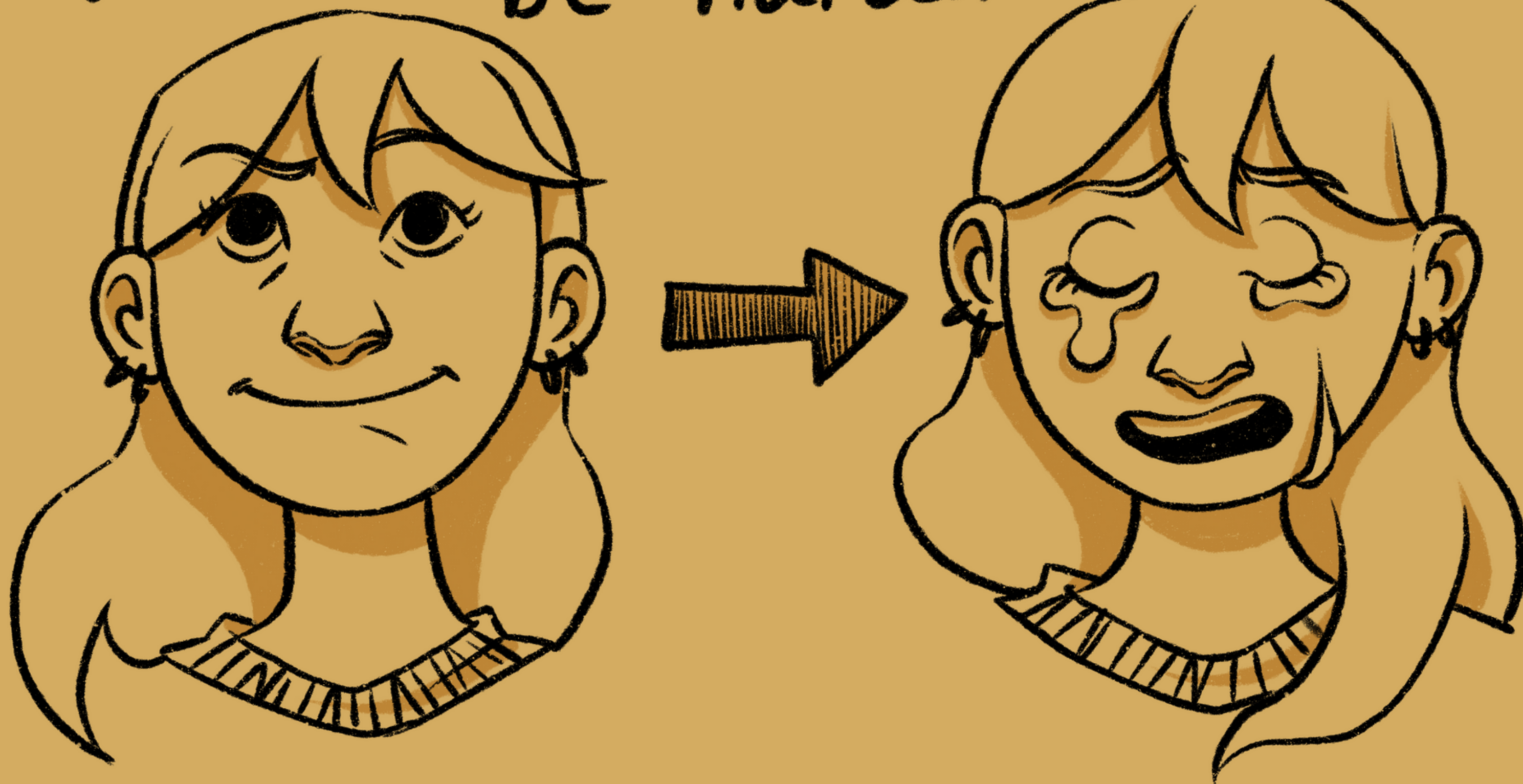


YOU STARTED  
HERE!!

The thing is: healing isn't linear.  
Take a look back + see how far  
you've come!



Some days you may feel  
super confident in the progress  
you've made, other days may  
be harder.



This is not only okay, it is  
**TOTALLY NORMAL!**



Keeping a journal or some  
kind of record of your  
ups & downs can help  
a ton with this -

It's a reminder  
of the truth in  
the downs & a  
way to celebrate  
victory in the  
ups.





There is no such thing as a "typical healing journey." It's super different for us all, full of ups & downs & in-betweens.



It's still worth the work to get better, I promise.