



Sometimes you feel sad for no reason.



And it's the
worst. It could
be a beautiful
day, sun shining
& warm, & you
can feel totally
GREY.

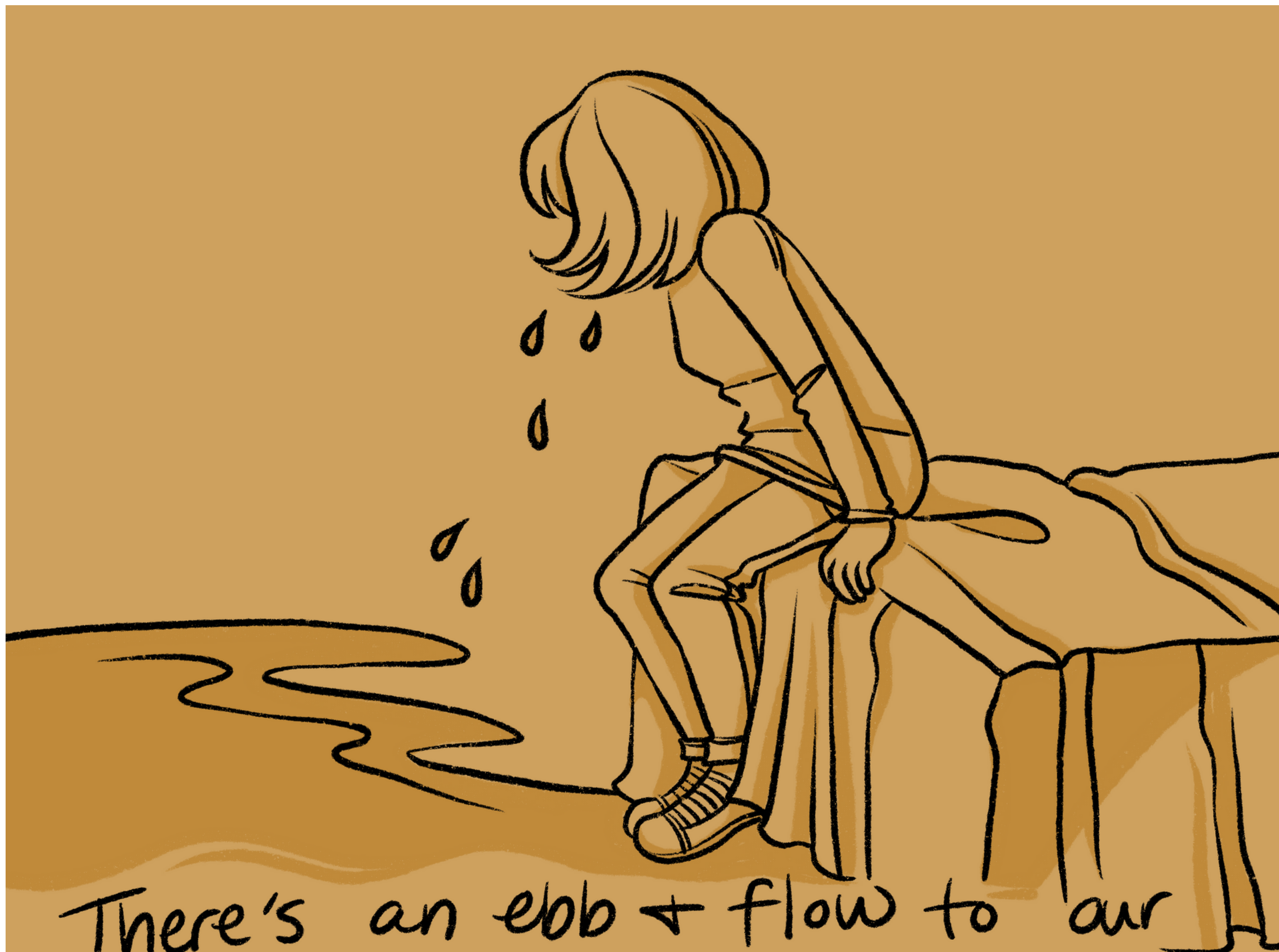
It can make you feel ungrateful.



"Everything is pretty good in my life.
Is that not enough for me?"

You want to waste the whole
day wallowing, but you also
feel shameful.





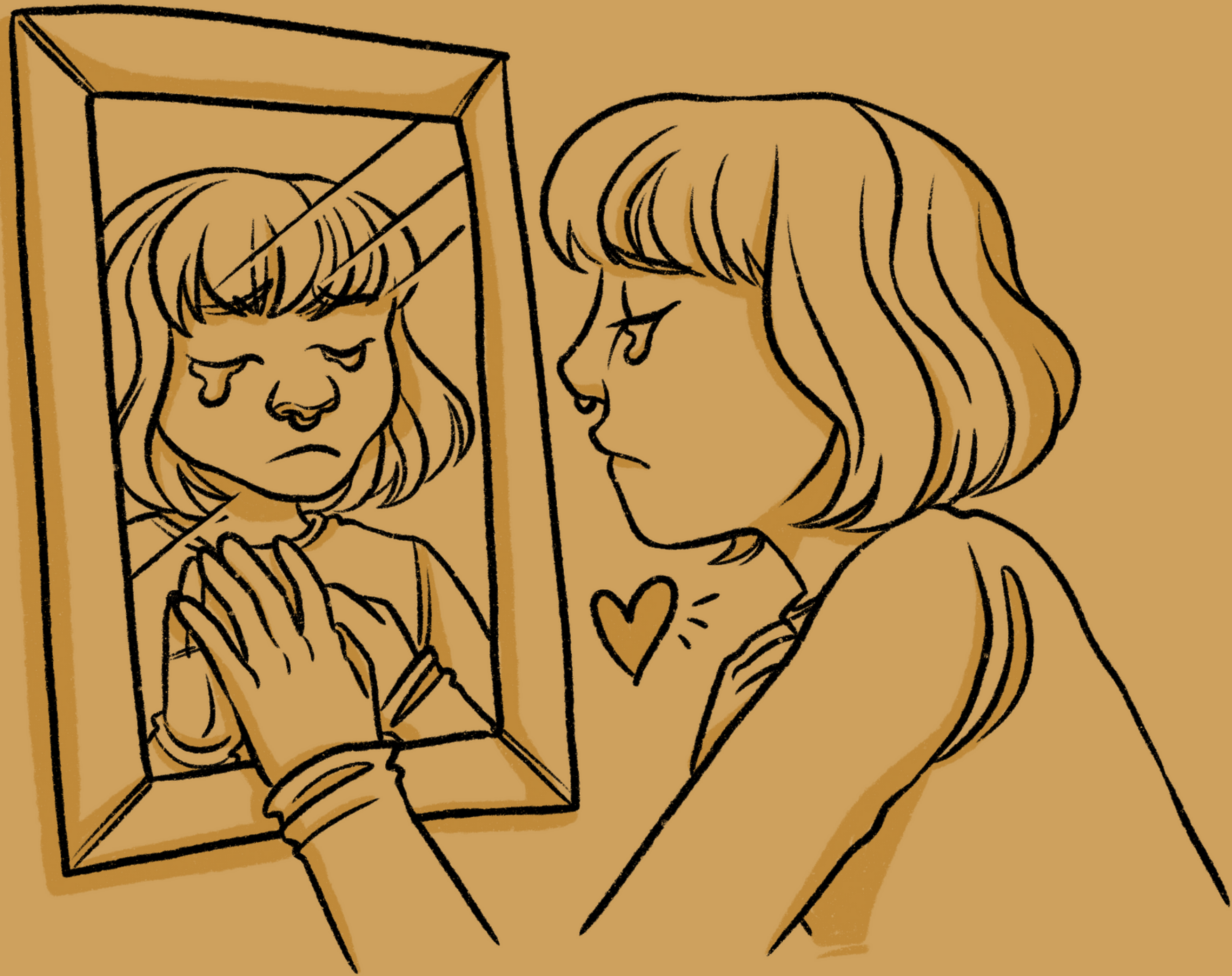
There's an ebb & flow to our feelings. In the same way you can wake up happy or grouchy for no reason, you can simply wake up sad.



Shame makes
everything
(everything!) worse.

There doesn't
have to be
anything
attached to
the sadness.
You can just
let it be.

On those mornings, just pay attention
to your own feelings + needs.



Let yourself have "meaningless
feelings" without shame.