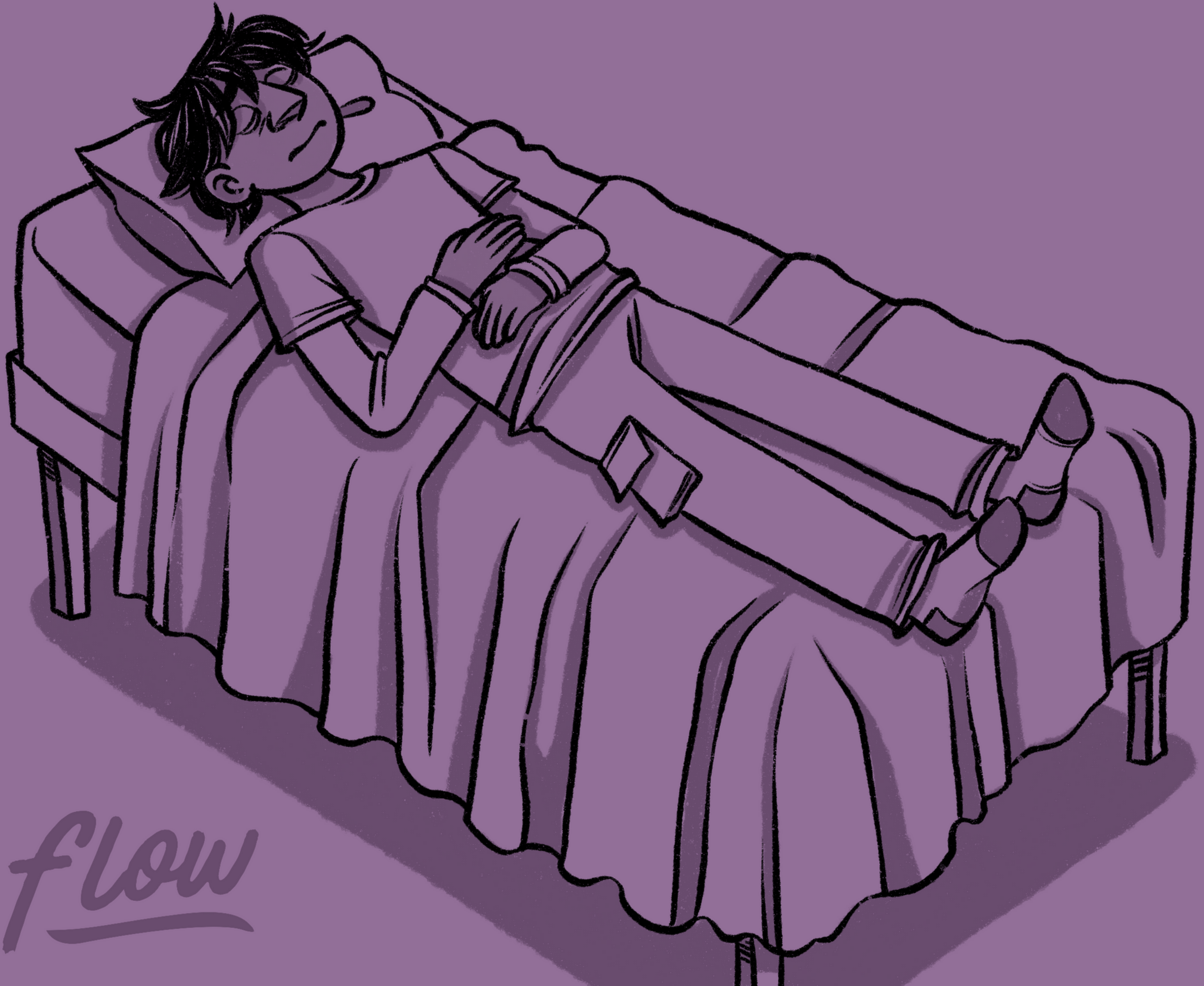


You ever have a day where you barely have the energy to be a person?



*flow*



You got plenty of sleep, you're not sick or anything, but you still feel crazy lethargic.

Sometimes, in these slower moments, feelings of sadness can very sneakily meander their way into your mind.

ALONE

SAD

BLEH

LEFT BEHIND





It can even take a turn and you can begin beating yourself up for not being more "productive."



"You don't even have a good reason for being tired? Why aren't you doing anything?"

But, at the end of the day, isn't



taking care of yourself productive?

Slow days are okay. They are  
not wasted.



There do not have to be big feelings  
attached. You are allowed to just  
be sometimes.