

"The most wonderful time of the year?" Yeah. Right.



flow



Maybe for some people, but not everybody.

That holiday magic
can be harder to
really feel when
things are less
than happy at
home.





Or less than happy in your head.

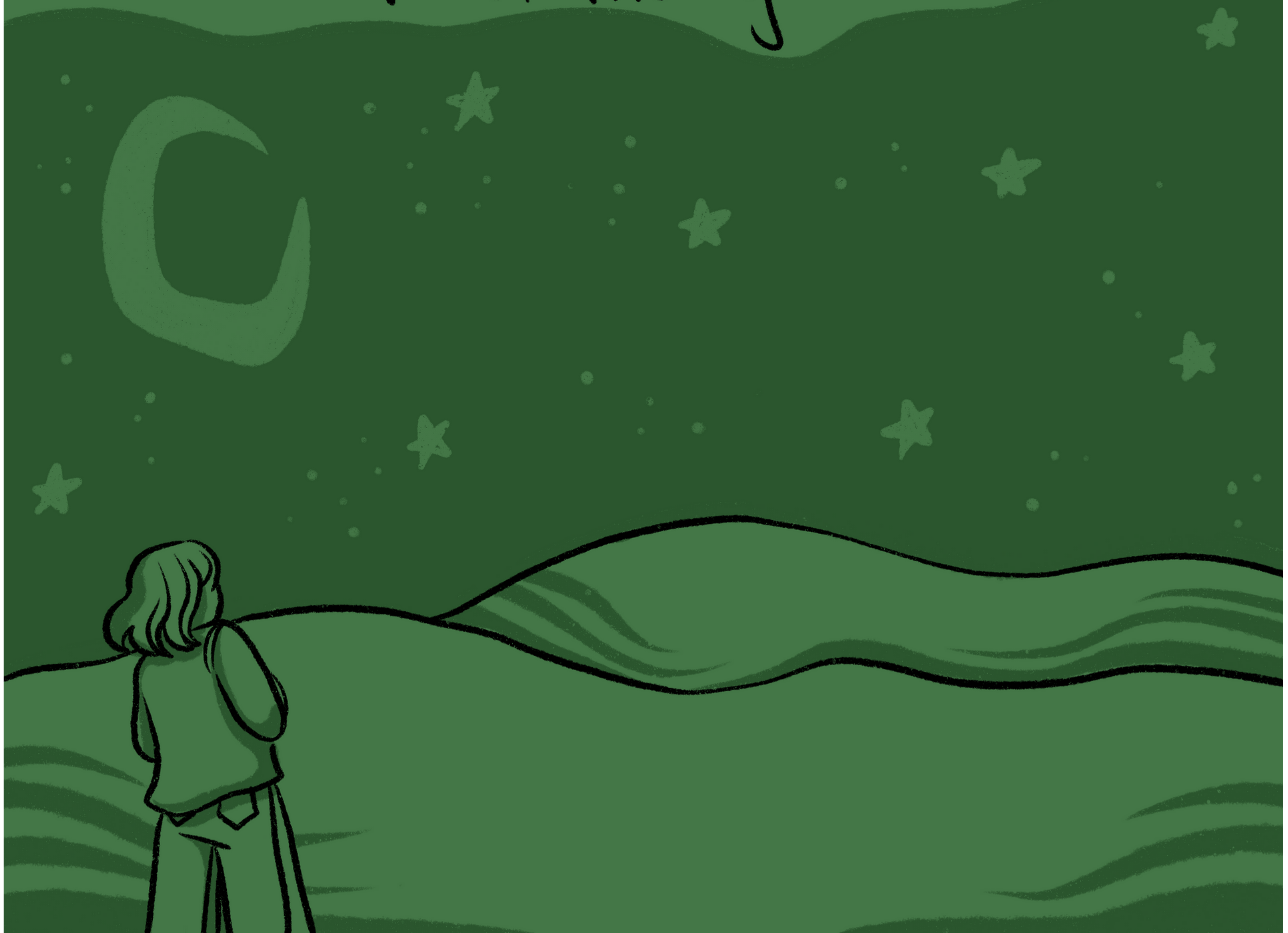
Which can make you less than
happy about other people
really feeling the holiday spirit.





If the holidays are always a struggle, you're not a Scrooge or a Grinch.

The things you're struggling with
are just as real and valid during
the holidays rest as they are in the
rest of the year.



If you're having a hard time during this season, be a little extra kind to yourself & don't compare to others.



They may be struggling just as much as you are.

You are seen & you are loved,



whether you're "feeling" the holiday
spirit or not.