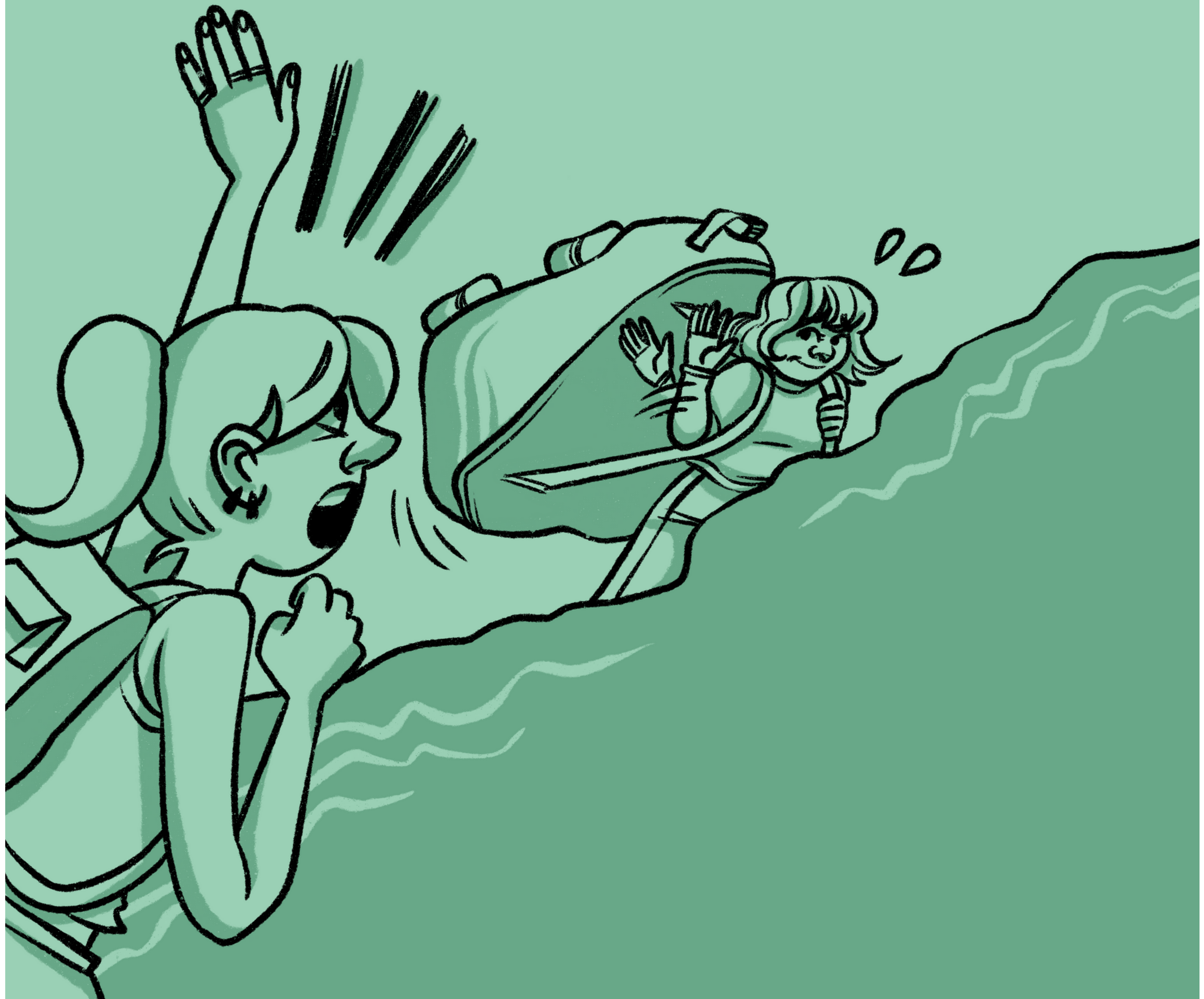


flow



"Strength is walking alone through all of your troubles and keeping your head high with no one's help."

That's what the world can drill
into our heads.





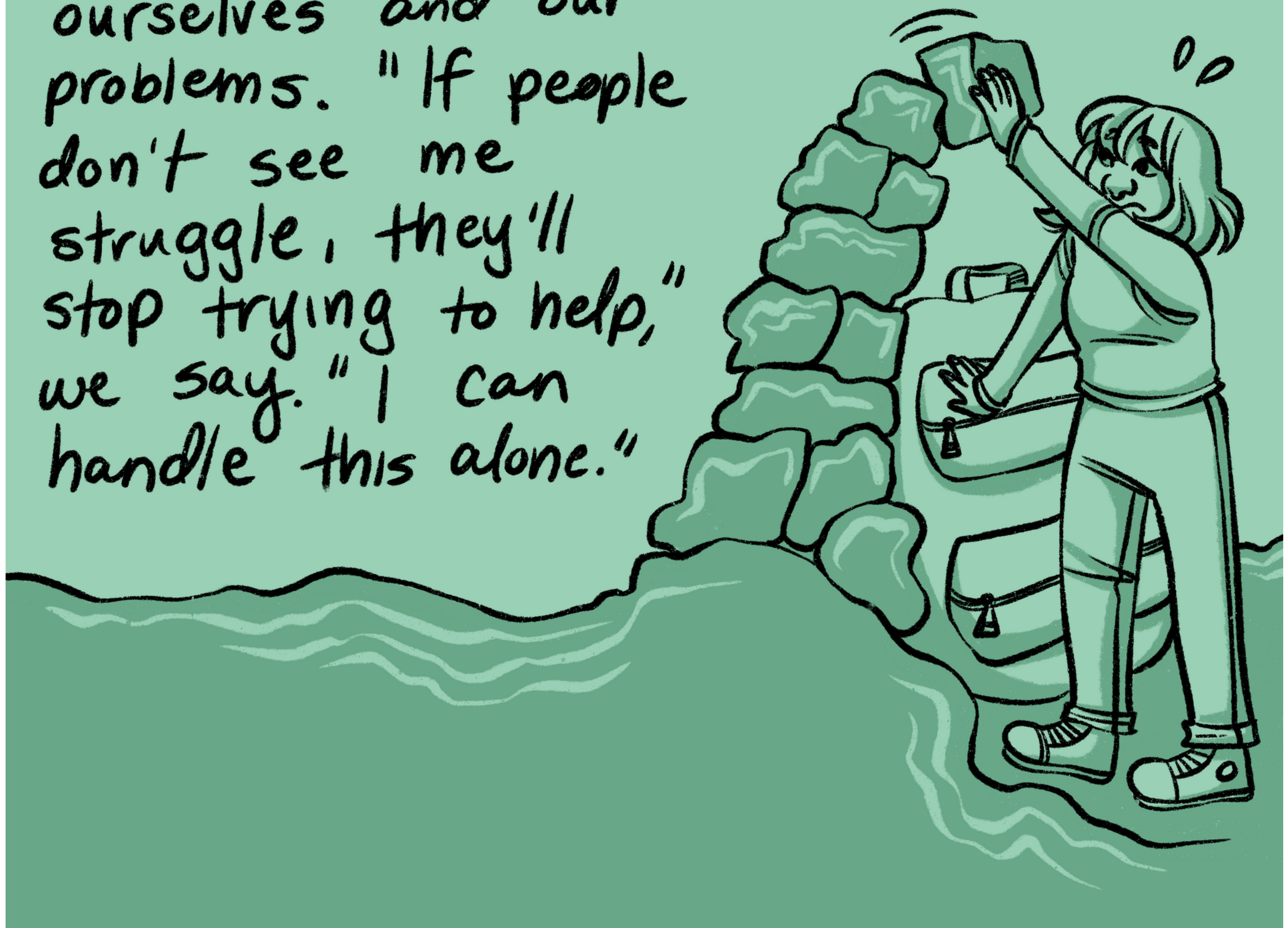
Even if people offer to bear
our burdens, to help us out,
we tell ourselves that it
would make us weak.

"Naw, I'm tough," we tell ourselves.



"I can handle this alone."

Without even fully realising it, we start to build walls up around ourselves and our problems. "If people don't see me struggle, they'll stop trying to help," we say. "I can handle this alone."



Keeping up those walls and
"handling your own problems"
doesn't really make you strong,
though.



There is massive strength in
first admitting to yourself that
you need help....





... And having the courage to ask for it.