

Taking care of yourself when
you're depressed feels impossible.



flow

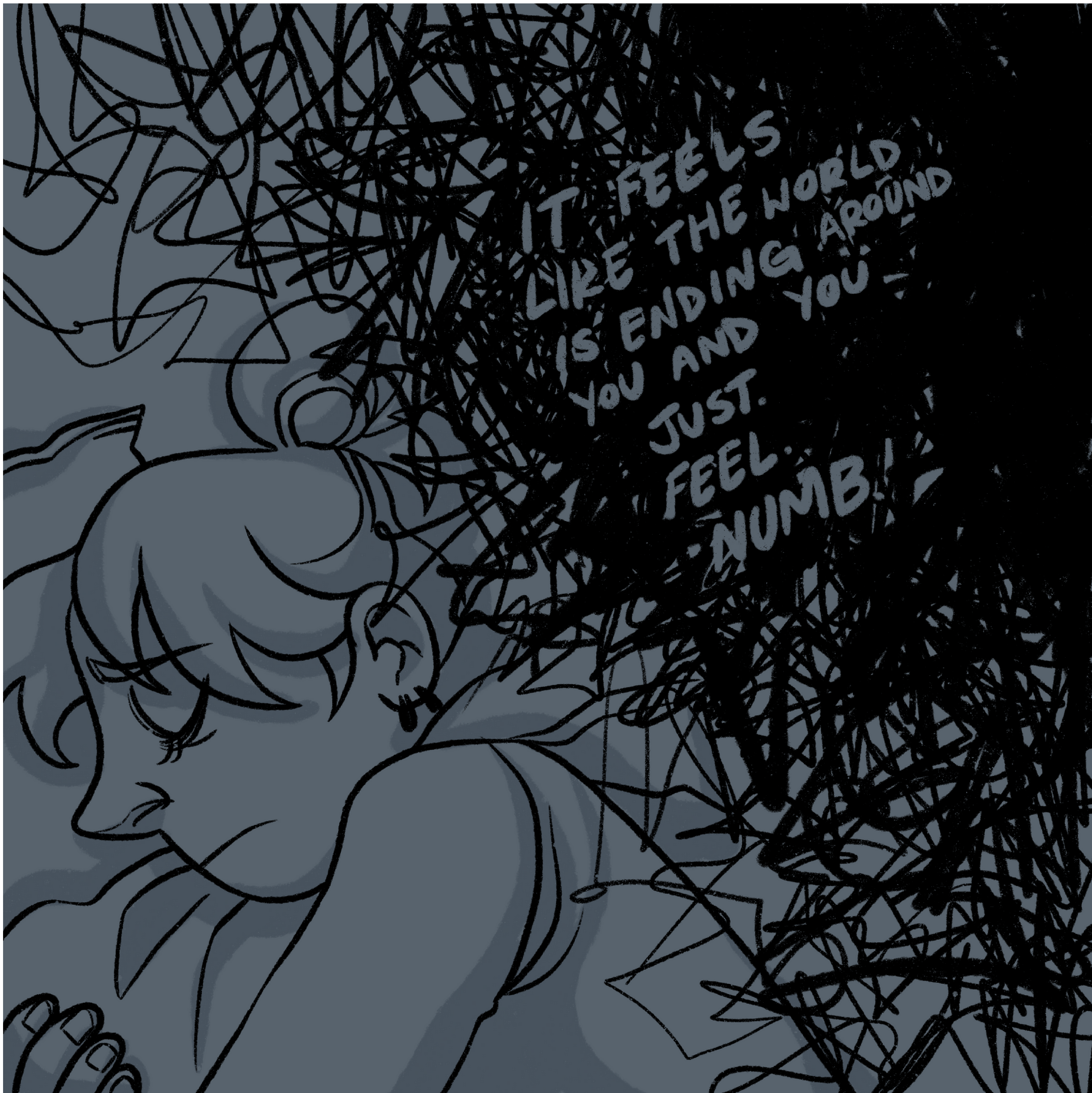
So challenging that
it'd be hard for
someone who's never
experienced it to understand.

WHAT DO YOU MEAN
YOU CAN'T COME OUT?

WHY'VE YOU BEEN
IN BED FOR LIKE
A WHOLE WEEK?

YOU CAN'T EVEN
SHOWER? DON'T
BE SO DRAMATIC.





IT FEELS
LIKE THE WORLD
IS ENDING AROUND
YOU AND YOU'RE
JUST FEELING
NUMB!

And if you feel numb to
everything...



...how can you be expected
to care about things like personal
hygiene or feeding yourself?

It's a vicious cycle



In seasons of life like this, it's
important to lower your expectations
of yourself.



No, seriously.

Is your one
big accomplishment
of the day
getting yourself
to brush your
teeth, or change
into clean
pajamas?



That's awesome.
Let yourself celebrate
that victory.

These things will start to feel easier.
You will feel like yourself again.



But in the meantime, taking care of
yourself may be a little different.
And that's okay.