

"Happy holidays" is not exactly a
great reminder for everyone.



flow



In fact, for a lot of people it's a reminder of how unhappy they already were.

"I'm unhappy the other 364 days of the year, so why should I be spontaneously happy just because one day is 'special'?"

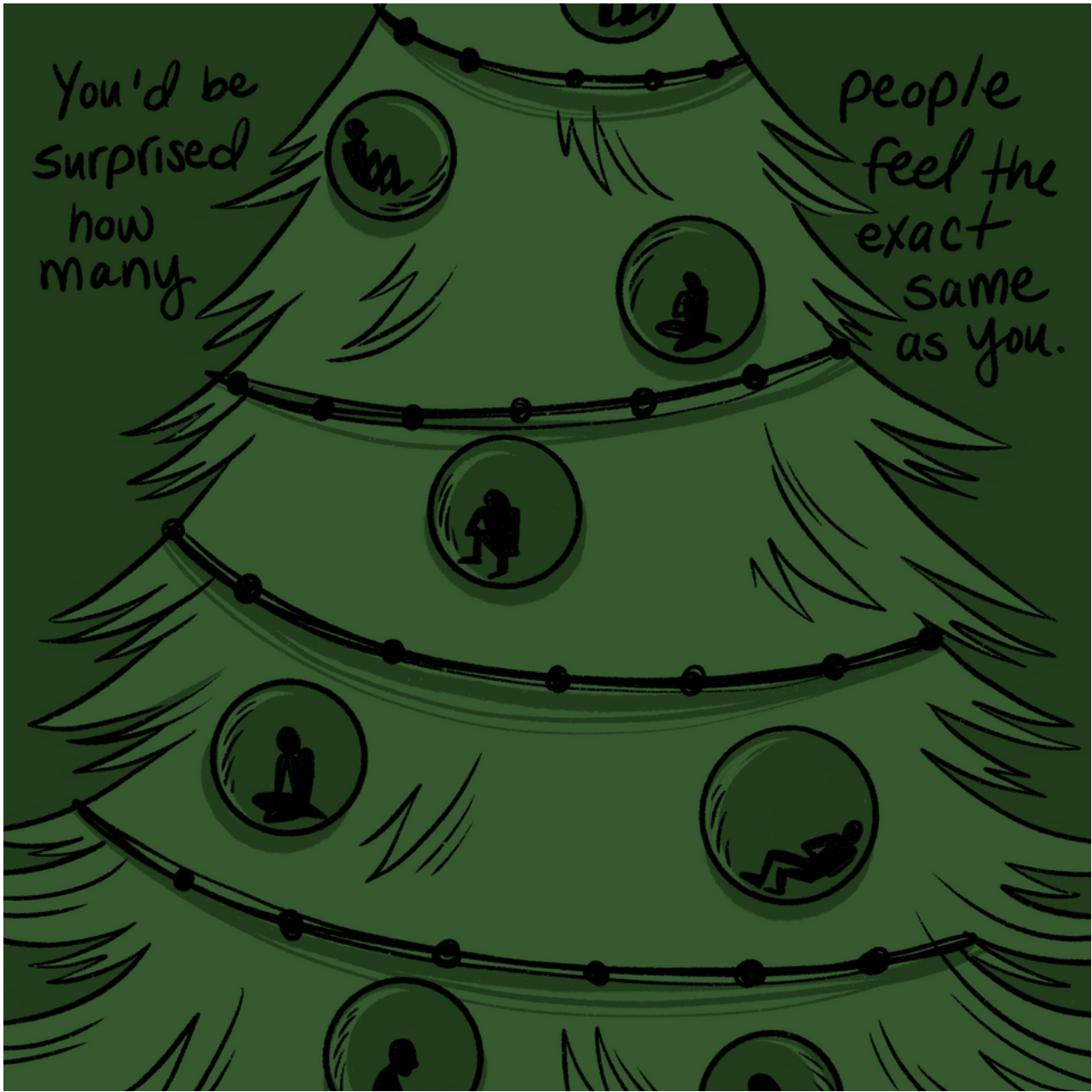


It's easy in moments like that to feel
so alone in your sadness, so alone
in your loneliness.



You'd be surprised
how many

people
feel the
exact
same
as you.



While it doesn't
necessarily make
it any



easier...

...know that you are loved + seen
this holiday season no matter
how you're feeling.

