

“ However you feel, know that
your feelings are

Valid

Know that the pain you feel right now

★ is okay to feel ★

Sit with it & cry with it

Don't try to understand it or fix it.

Just know that when it goes,

YOU'LL BE A

stronger person

BECAUSE OF IT.”

This quote was taken from 'Heartbreak'
by Jess. Read the full blog here:
www.selfharm.co.uk/cards

Youthscape