

# Encouragement For The Woman Who Trying To Live And Love Well But Secretly Just Wants To Break Down And Cry

It's okay to not be okay. It's okay to feel like you're failing. It's okay to want to give up. But please, don't give up on yourself.



## Sis, Take a Breath: Encouragement for the Woman Who's Trying to Live and Love Well (but Secretly Just Wants to Take a Nap) by Kirsten Watson

★★★★★ 5 out of 5

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You are strong, you are beautiful, and you are loved. You are not alone in this. There are millions of women who feel the same way you do. You are not weak. You are not a failure. You are just human.

It's okay to cry. It's okay to let it all out. It's okay to feel sorry for yourself. But don't stay there. Don't let yourself wallow in your sadness.

Pick yourself up and keep going. You are stronger than you think. You are capable of anything you set your mind to. You can get through this.

I know it's hard. I know it feels like you're never going to be happy again. But I promise you, it will get better. Just keep going. One day at a time.

Here are some tips for coping with feeling down:

- Talk to someone you trust about how you're feeling.
- Write in a journal about your thoughts and feelings.
- Spend time in nature.
- Exercise regularly.
- Eat healthy foods.
- Get enough sleep.
- Do things that make you happy.
- Set realistic goals for yourself.
- Don't compare yourself to others.
- Be kind to yourself.

I know it's not easy, but you can do this. You are strong, you are beautiful, and you are loved. You are not alone.

### **Additional Resources**

- National Alliance on Mental Illness
- MentalHealth.gov

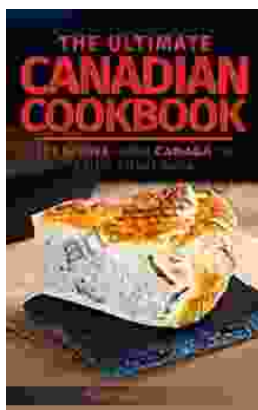
- Crisis Text Line
- National Suicide Prevention Lifeline



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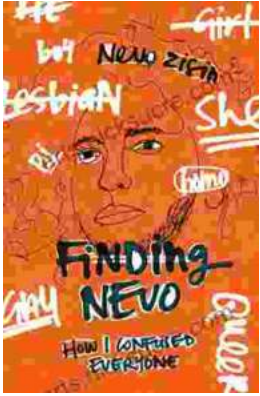
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