

If the mountain seems too big today
then climb a hill instead. If the morning brings
you sadness it's okay to stay in bed. If the day
ahead weighs heavy and your plans feel like a
curse, there's no shame in rearranging; don't make
yourself feel worse. If a shower stings like needles
and a bath feels like you'll drown, if you haven't
washed your hair for days don't throw away your
crown. A day is not a lifetime, a rest is not defeat.
Don't think of it as failure, just a quiet, kind retreat.
It's okay to take a moment from an anxious,
fractured mind. The world will not stop turning
while you get realigned. The mountain will still be
there when you want to try again. You can climb it
in your own time. Just love yourself til then.

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