

Twitter Thread by yessir■



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if you're depressed, open this

just because you can't find your happiness today doesn't mean you never will

maybe you had to go through darkness before you can appreciate the light

so far, you've survived 100% of your worst days.. this too shall pass

it's okay to struggle, you're doing better than you feel like you're■

you can be a mess today but it's okay

yes the battles you're fighting might seem understandable to others and that sucks but you aren't alone out here■

focus on the step in front, take it one step at a time and don't worry about the whole staircase

just in case you've forgotten today;

- you matter
- you're loved
- you're worthy
- you're magical
- you're appreciated & you make the earth a better place.

sometimes listening to your favorite music is all the therapy and the biggest help you could get easily

i hope this thread helped or encouraged you? we are all in this together and we'll keep fighting together

if you ever wanna talk, im always available just follow my instagram & message me on there■■■<https://t.co/cr2qyt0PMC>

if you like this thread let's be mutuals follow me and like this for a follow back ■♥■