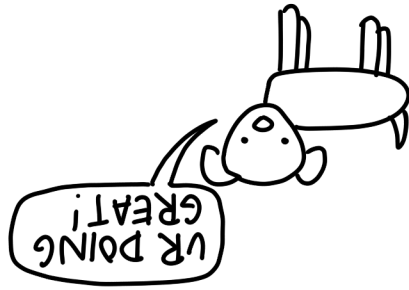
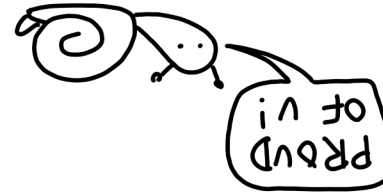


"THIS MOMENT DOES NOT ERASE ALL OF MY PROGRESS OR RESILIENCE."



"THIS MELTDOWN DOES NOT MEAN I'M FALLING APART. IT'S A TEMPORARY STATE, NOT A PERMANENT SLIDE."



"I AM ALLOWED TO HAVE LIMITS. WHAT HAPPENED WAS MY BRAIN & BODY TRYING TO COPE."

AFTER A MELTDOWN, I CAN REMIND MYSELF...

HIGH SELF-COMPASSION CAN HELP WITH EMOTION REGULATION & DECREASE ANXIETY & DEPRESSION.

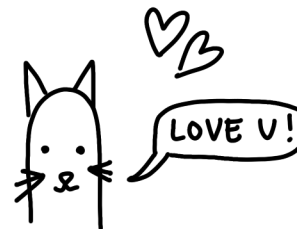
"I AM LEARNING WHAT OVERWHELMS ME. EACH EXPERIENCE GIVES ME MORE INFO ABOUT HOW TO SUPPORT MYSELF."

"NEXT TIME, I MAY CATCH THE SIGNS EARLIER. EVEN IF I DON'T, I KNOW I CAN GET THROUGH IT."

"I AM WORTHY OF COMPASSION, CARE, & REST, ESPECIALLY WHEN I STRUGGLE."

SELF-COMPASSIONATE STATEMENTS I CAN TELL MYSELF AFTER A MELTDOWN

& SOME SUPPORTIVE DOODLE BUDDIES



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