

your existence  
HAS never  
and WILL never  
be burdensome



The Latest Kate

you are PRECIOUS,  
friend

The Latest Kate



no matter how much your  
mind may tell you otherwise

it's not laziness;  
you're recharging



The Latest Kate

even while  
you are feeling truly awful,

**YOU DESERVE  
NICE THINGS**



The Latest Kate

Struggling now doesn't  
mean struggling forever.



The Latest Kate

We can hold out for a better time.

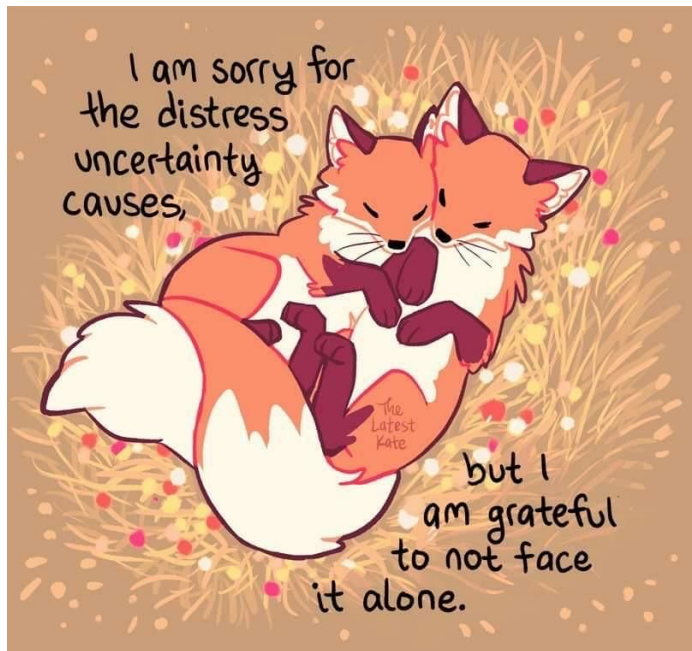
Your  
mind lies  
when it tells  
you all these  
problems will  
only get  
worse.

The Latest Kate



It's  
not all  
downhill  
from here.

This too  
shall pass.





you don't  
need to fix  
your entire  
'life right  
now

it's  
okay to  
float along  
for a while

The  
Latest  
Kate



you don't  
need to craft  
something  
amazing  
out of your  
existence;  
**YOU'RE  
ALREADY  
WONDERFUL**

The  
Latest  
Kate