



low days suck.



" You're not alone. There are so many women out there who know what a constant battle with mental health feels like. Thanks to the media, even those who don't experience depression or anxiety know what it could look like to be overtly battling such darkness. What they don't see are those who are functioning with these issues.

Women who deal with "low days" don't always wear their hair in disarray or turn to drugs and alcohol. They don't always cry all the time or become anti-social. Mental health issues can be personified in that well-to-do businesswoman or that happy-go-lucky cashier. Some are faking it to make it through the day. Others wear their heart on their sleeve and could go into an explosion of emotions in a heartbeat. Some have the hardest time putting their feet on the floor in the morning because their dream life is easier to deal with than everyday realities. We've been there, but most importantly, we have been through it and know what the other side looks like."

- Excerpt from "F#@! Low Days!" And Other Sentiments



LOW DAYS SUCK.

F*#K'EM.

#FLDAOS

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