You are wanted.
You are loved.
You are strong.
You are valued.
You got this!
You are enough.
You deserve happiness.
You are not over!
Your journey is not over.
If you're feeling stressed, you could:
- Need a mood changer?
- Feeling tired? Can you:
  - Take a nap
  - Write them down
  - Cry/shout/scream
  - Need a change of scenery?
- Call a friend
- Eat & drink
- Listen to music
- Call a friend
- Watch TV/film/video
- Cry/shout/scream
- If you're feeling lonely, can you:
- Get lots of feelings?
- Need a distraction?
- You could
  - need a distraction
  - stressed you
  - feeling
  - if your
  - SMILE!