

Created just for you by  
me.

When  
you're facing  
difficult times,  
it doesn't  
help much when  
people say  
"cheer up"  
or  
"keep smiling."



I want you to be yourself with me.

If you feel like crying,

that's OK.

If you want to laugh, great!

Whatever you need to do

to care for yourself right now,

I'll be right beside you.