

1. Courage



Even the smallest candle swallows up the darkness

Checking into the festive mood is not compulsory, checking in with ourselves is. Have the courage to self-check this holiday season, by asking ourselves three questions:

1. How am I feeling?
2. Can I keep an eye on myself?
3. Do I need help or support?



It's ok not to feel ok; and it's absolutely ok to ask for help.

I Am
Here