

Toxic positivity

Ever been crying and someone has said to you 'Don't think about it! You should always stay positive!' or 'Don't worry, it could be way worse!' Yeah. It's awful. This is called toxic positivity, which is the idea that no matter the situation, you have to maintain a positive mindset.

This can make you feel even worse. I've been here, and I'm sure most of us have. And I am sure we can all agree it's not fun. So next time someone needs your support..

Think happy thoughts!

Instead, say 'Things can get really tough. Know that I am here for you.

Don't keep worrying about it.

Instead, say 'What can we do to change the situation to make things bearable? Your worry is valid.

Just look on the bright side!

It is okay to not see any good in things. Peace will come, and this will become okay, and if it isn't right now, want to talk about it? (Don't force someone to talk about their worries.)

A letter from me to you.

I know it can sometimes feel like there is no answer to that one problem. Maybe it's not just one problem. When it feels like invisible walls are closing in on you, and trying to stop them is totally useless? I get that. There is no point in telling yourself: 'I have to manage..someone else'll have it worse' that won't help. It's okay to admit that you aren't alright. It's okay to open up to those you trust. You deserve to. Opening up to those you love and trust doesn't make you a burden. I thought I was a burden for a long time. Sometimes I still do.

You deserve to feel loved, and it is okay to acknowledge that maybe you aren't in a situation that you are happy in. That feeling is valid, because only you know how you really feel. At the end of the day, you know yourself better than anybody else, and learning to trust your own intuition can take a while, but once you can admit to yourself that maybe, you aren't okay, you can come to peace with that. Maybe right now it isn't okay. Maybe right now it feels like your whole world is falling down and disappearing. I know I've been there. You are not alone.

There is not one time where everything will fall into place. Our lives have ups and down, and loop the loops. Understanding that there isn't a second where it will all click into place, and you'll just be happy forever, is great. You are going to be sad. You're going to be really happy. You'll cry. That is okay. You're human and you have emotions.

*From
Ariella :)*