

If the mountain seems too big today
then climb a hill instead
if the morning brings you sadness
it's ok to stay in bed
if the day ahead weighs heavy
and your plans feel like a curse
there's no shame in rearranging
don't make yourself feel worse
if a shower stings like needles
and a bath feels like you'll drown
if you haven't washed your hair for days
don't throw away your crown
a day is not a lifetime
a rest is not defeat
don't think of it as failure
just a quiet, kind retreat
it's ok to take a moment
from an anxious, fractured mind
the world will not stop turning
while you get realigned
the mountain will still be there
when you want to try again
you can climb it in your own time
just love yourself til then