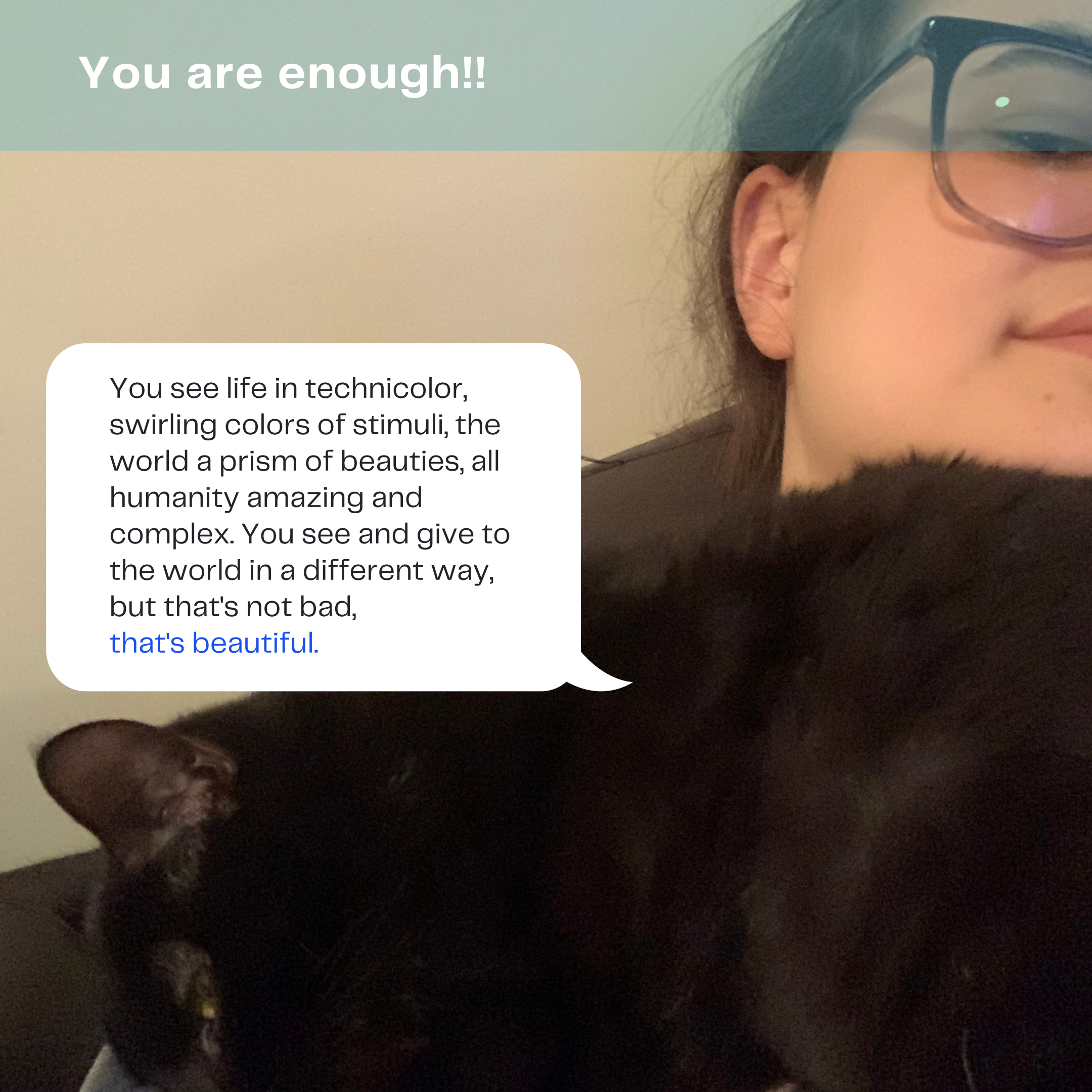
A young woman with dark hair and glasses is smiling broadly, looking slightly to the right. She is wearing a grey t-shirt. The background is a blurred hallway with wooden lockers and a poster on the wall. A white speech bubble with a grey shadow is positioned in the upper right, and a blue speech bubble is in the lower right.

For anyone who feels
overwhelmed or not enough.

**To me,
from me**

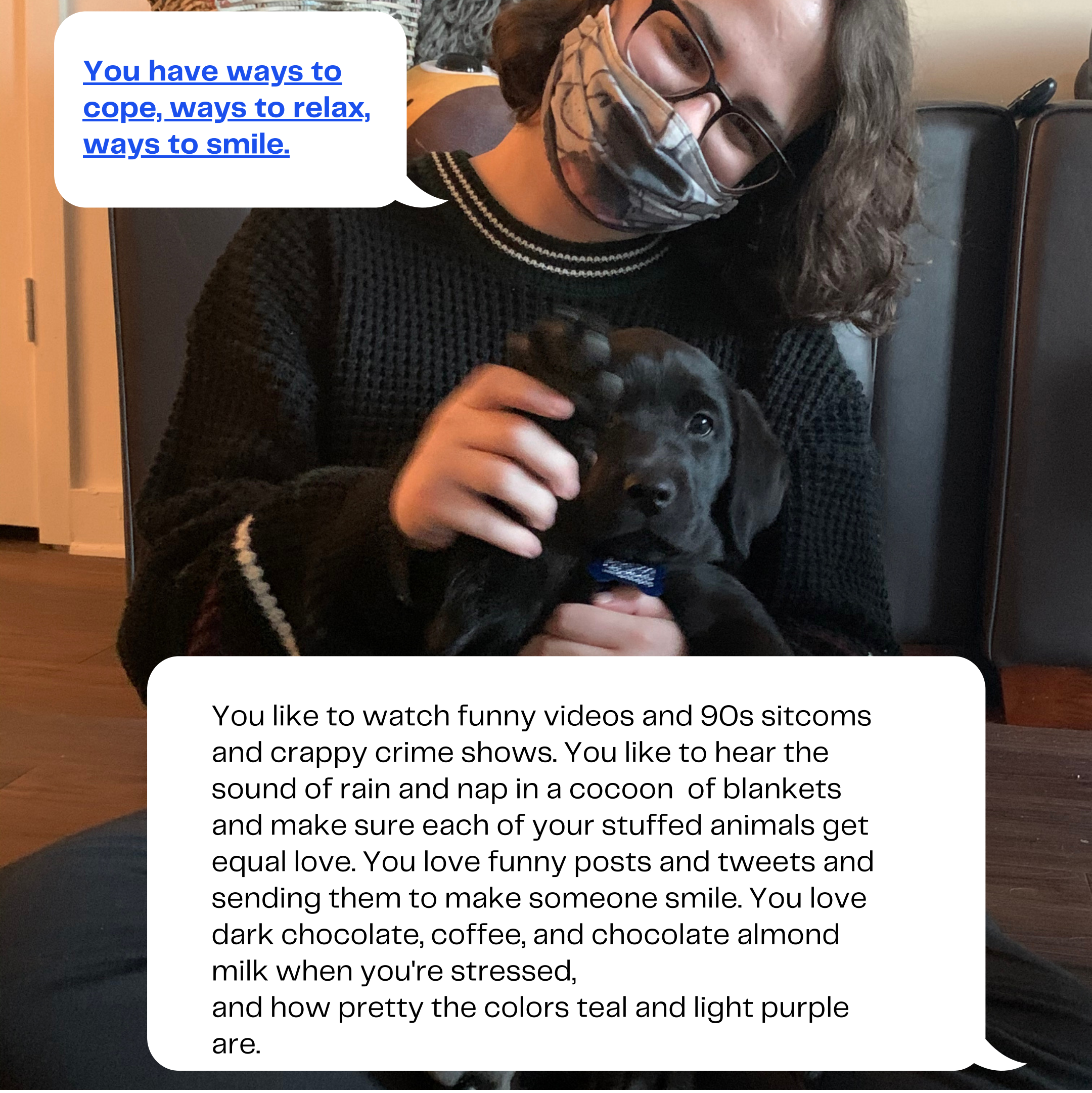
You are enough!!

You see life in technicolor,
swirling colors of stimuli, the
world a prism of beauties, all
humanity amazing and
complex. You see and give to
the world in a different way,
but that's not bad,
[that's beautiful.](#)



The world gets crazy sometimes. You are constantly rushing, trying to get stuff done, to prove yourself, your worth, but you feel like you are drowning and forgetting to breathe. Your brain is always exhausted and you try to sleep it off, but stay up late to do work, a continued spiral. But you have to be able to give enough to yourself. To relax, take it easy, know the world won't stop if you choose to take it easy.



A person with long brown hair, wearing glasses and a patterned face mask, is sitting in a black chair. They are wearing a dark, textured sweater and holding a small black puppy in their arms. The puppy is looking towards the camera. The background is a simple indoor setting with a white door and a wooden floor.

You have ways to cope, ways to relax, ways to smile.

You like to watch funny videos and 90s sitcoms and crappy crime shows. You like to hear the sound of rain and nap in a cocoon of blankets and make sure each of your stuffed animals get equal love. You love funny posts and tweets and sending them to make someone smile. You love dark chocolate, coffee, and chocolate almond milk when you're stressed, and how pretty the colors teal and light purple are.



You really like to develop tv shows and see musical theatre come to life. You love the smell of vanilla and coconut, and the texture of PB+J. Making activist arguments, writing about anything, going out for brunch, and giving big bear hugs to everyone you care about (read: you really love a good hug with someone you're close to).


And you care a lot more than that little body can hold, even when others don't and even when you shouldn't like no one else can. You never stop caring and giving and communicating, giving light and support whenever you can (*honesty and long rants you love). You like to help everyone and plan so many gifts. You want everyone to get the love and worth they deserve. You are a giver and a light to people's lives even when you don't realize. Some don't get it, but what matters, is that you know your worth.



A young woman with dark hair and glasses is smiling warmly at the camera. She is wearing a dark blue t-shirt and holding a golden retriever puppy. The background is a bright, open-plan office or public space with other people and desks visible.

And no heart like that should be thought of any less.

You're a lover of animals – dogs, sloths, monkeys, dolphins, hedgehogs, and otters too (*you like how they keep their favorite rock in a special place to give to their friends). You like to see them smile and play in their natural habitats, and love.
Love. Love. Love.
Because why not?



You're always worried and afraid. You don't like hospitals and lots of noise. You prefer small hangouts and watching tv. You worry yourself until you can't eat and are too energized to go to sleep. You're worried about humiliation and saying the wrong thing. You worry about how you look in every photo, any awkward thing you do, anything that causes people stress, any rambling. Have you hurt them or pushed them away? Do you drain or burden? Are they your friends? Why is the world like this? Does anyone care? But here's the thing.

You worry so much that you miss opportunities. You're not alone in this. It's okay to stop thinking for a while. People love and care for you; you have a purpose here like any other messy, beautiful human. We should all remember that.

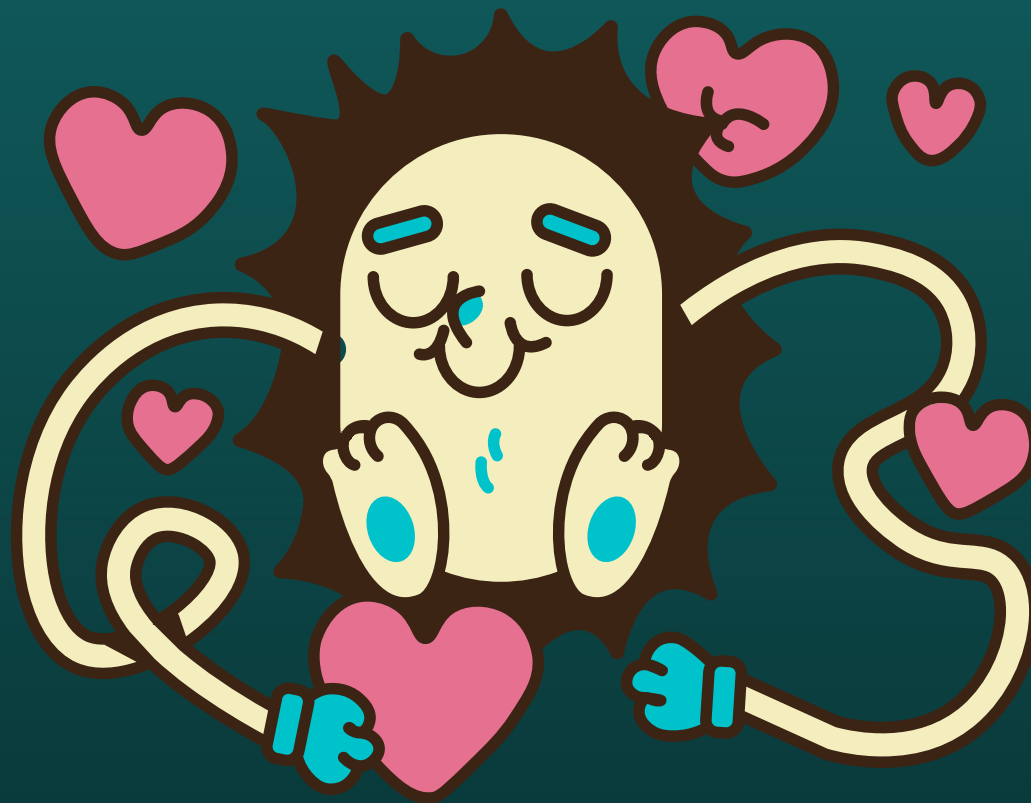


Too sensitive, emotional, passive, pushy, frustrating, too much – for anyone to handle or tolerate. That's how you see your feelings. But you're not too much– the world needs softness and love. Your big heart. So many people need it even when they don't see it. You try to understand people like you want to be understood. You try to give feeling and humanity into the world. And your heart is something you should never be sorry for.

Keep on giving, loving, and caring.
Don't apologize for seeing the world through those colored lens.

You matter, and the world
needs your heart. Even through
the worst of your battles, you
are enough.

SENDING HEDGEHUGS



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