

DON'T HIDE BEHIND A MASK



SOMETIMES WHEN WE FEEL SAD, ANXIOUS OR SCARED, INSTEAD OF LETTING PEOPLE KNOW HOW WE FEEL, WE HIDE BEHIND A MASK.

HIDING THESE FEELINGS IS LIKE PUTTING THEM IN A BOTTLE FOR NO ONE TO SEE. WHEN THE BOTTLE IS FULL THOUGH, THIS CAN MAKE US FEEL EVEN WORSE.



THOUGHTS THAT ARE ON
MY MIND TODAY