

Epilogue

The Mountain.

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 till then.

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