

Hi sayang,

Not that good of a day, huh? What happened? It's okay sayang. It's normal. Not every day is a good day, right? So don't worry about it. Everything is going to be alright. If not, better. You could always do something to take your mind off it. Or, even better, call me.

If things start feeling overwhelming for you, take a step back, sit down, and take deep breaths. 10 counts. 1 count for each breath. Do it backwards and count aloud as you go. Focus on nothing. Just be present in the moment and focus on the heaving of your chest as you inhale and exhale. Don't think about anything. Nothing else is as important as you are in this current moment so focus on you. Once you're done, take a good sip of water. If you feel like you couldn't do it, give me a call and we can do it together, okay?

Everything's alright sayang. A bad day isn't the end of the world. Maybe a hug is all you need. Or maybe so rest. Sleep enough, eat enough, and have less screen time. Take some time for yourself and try to calm yourself down. Remember, a bad day isn't the end of the world. It's okay. It's normal. So go. Just sleep. I love you baby. I love you so much. I'm sorry I can't be there with you on your bad day.