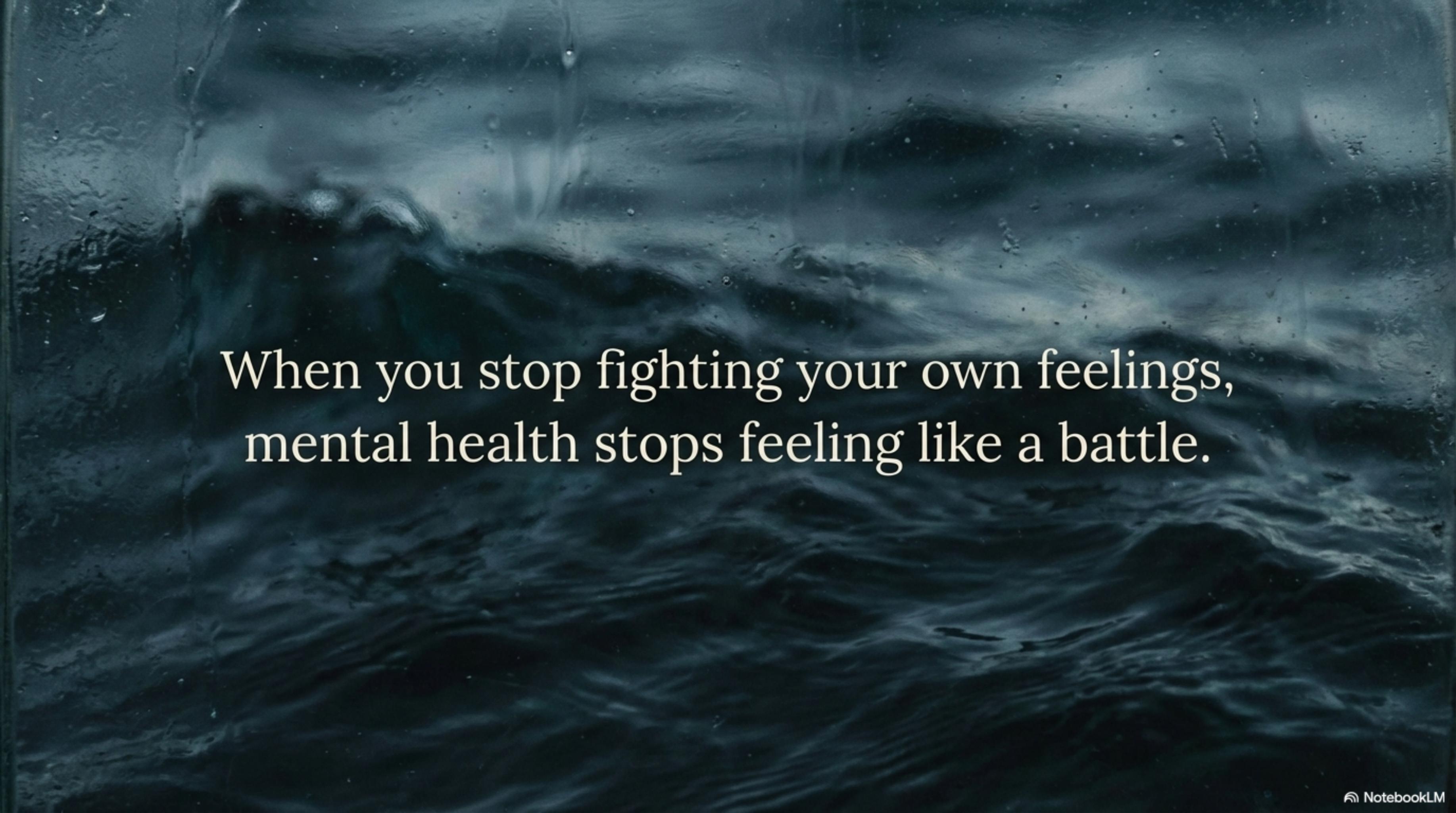




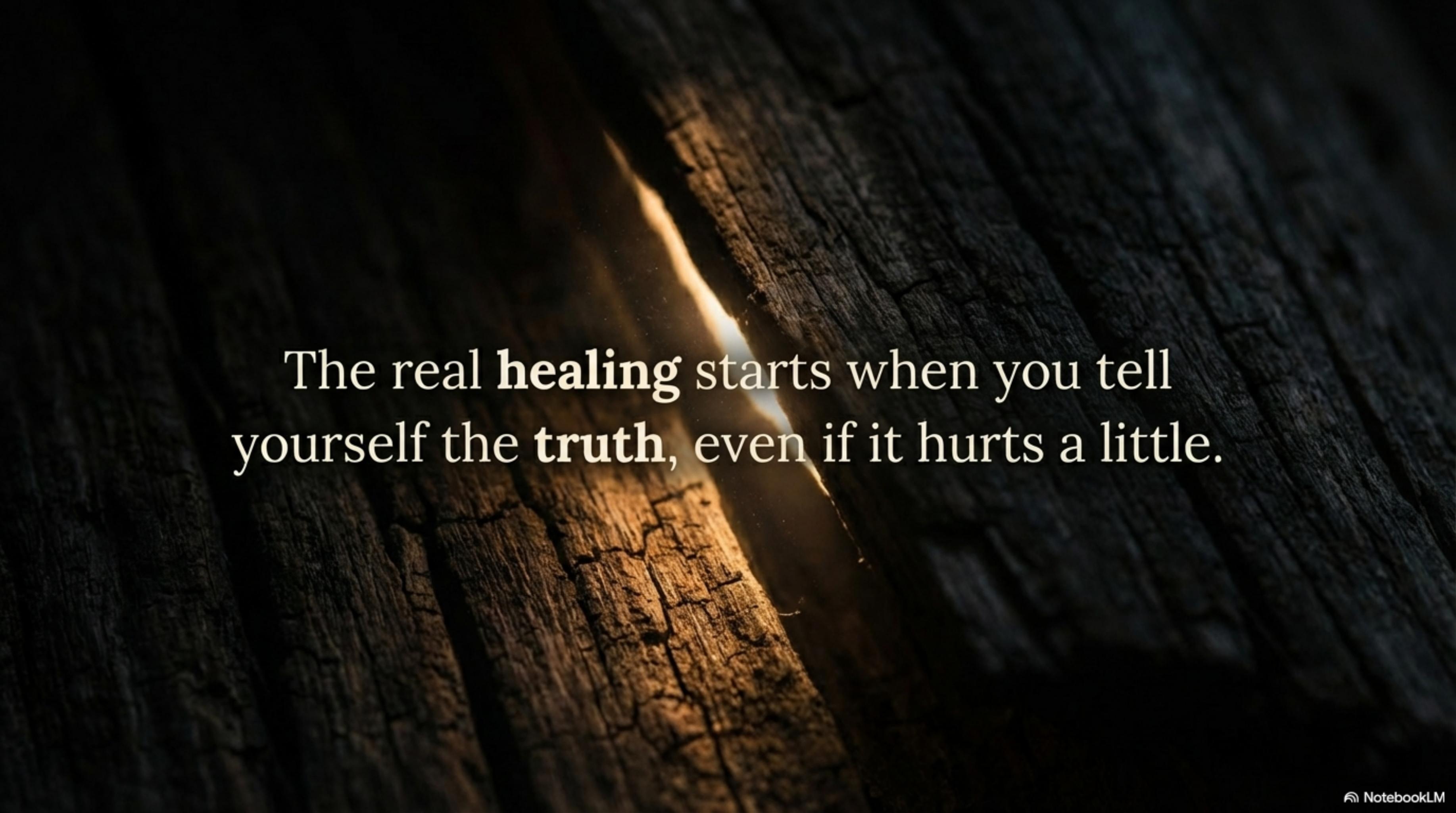
The Honesty of Peace



Your mind rests the day  
you stop faking “I’m okay”  
and start being real with  
yourself.



When you stop fighting your own feelings,  
mental health stops feeling like a battle.

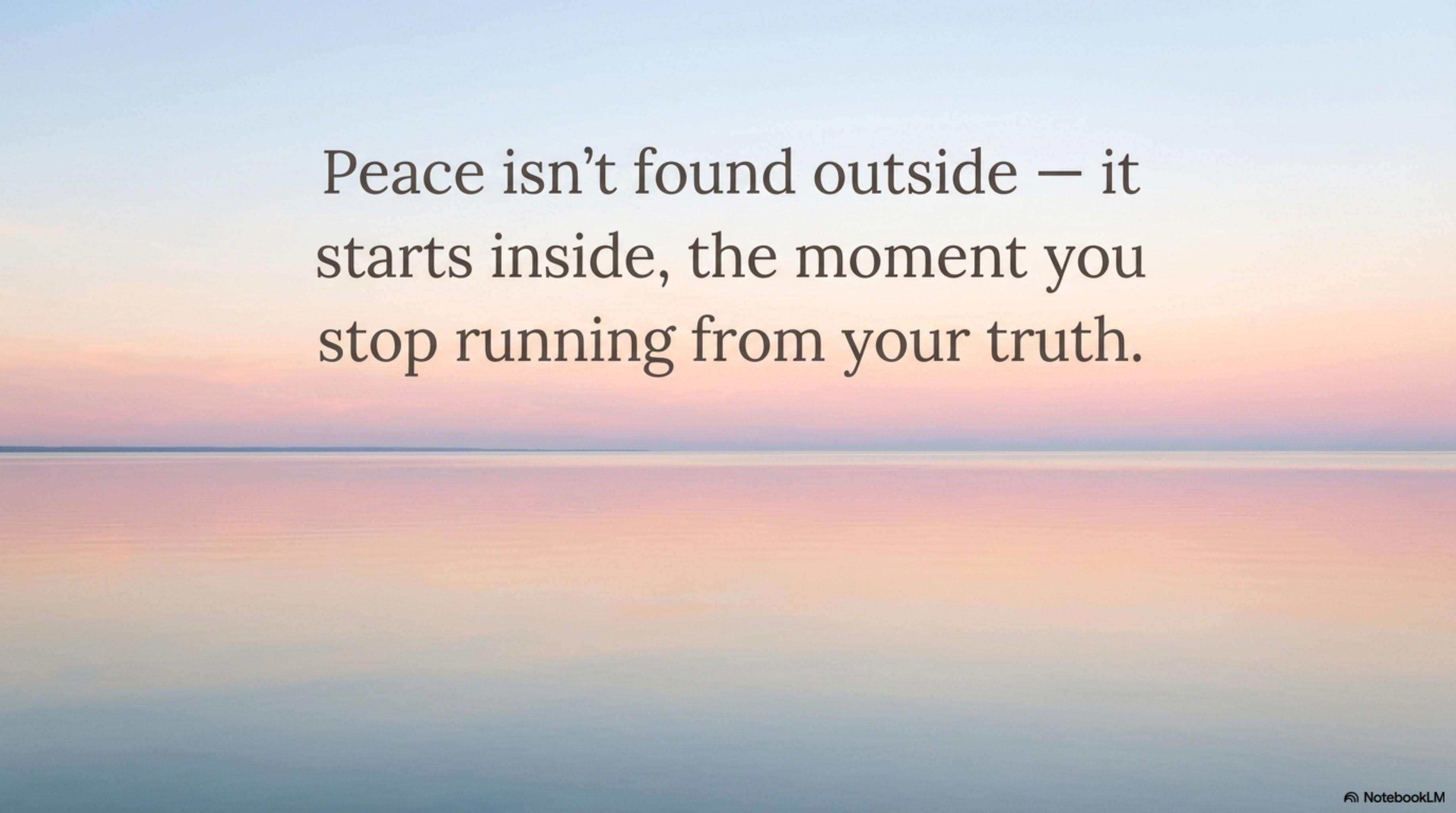


The real **healing** starts when you tell  
yourself the **truth**, even if it hurts a little.

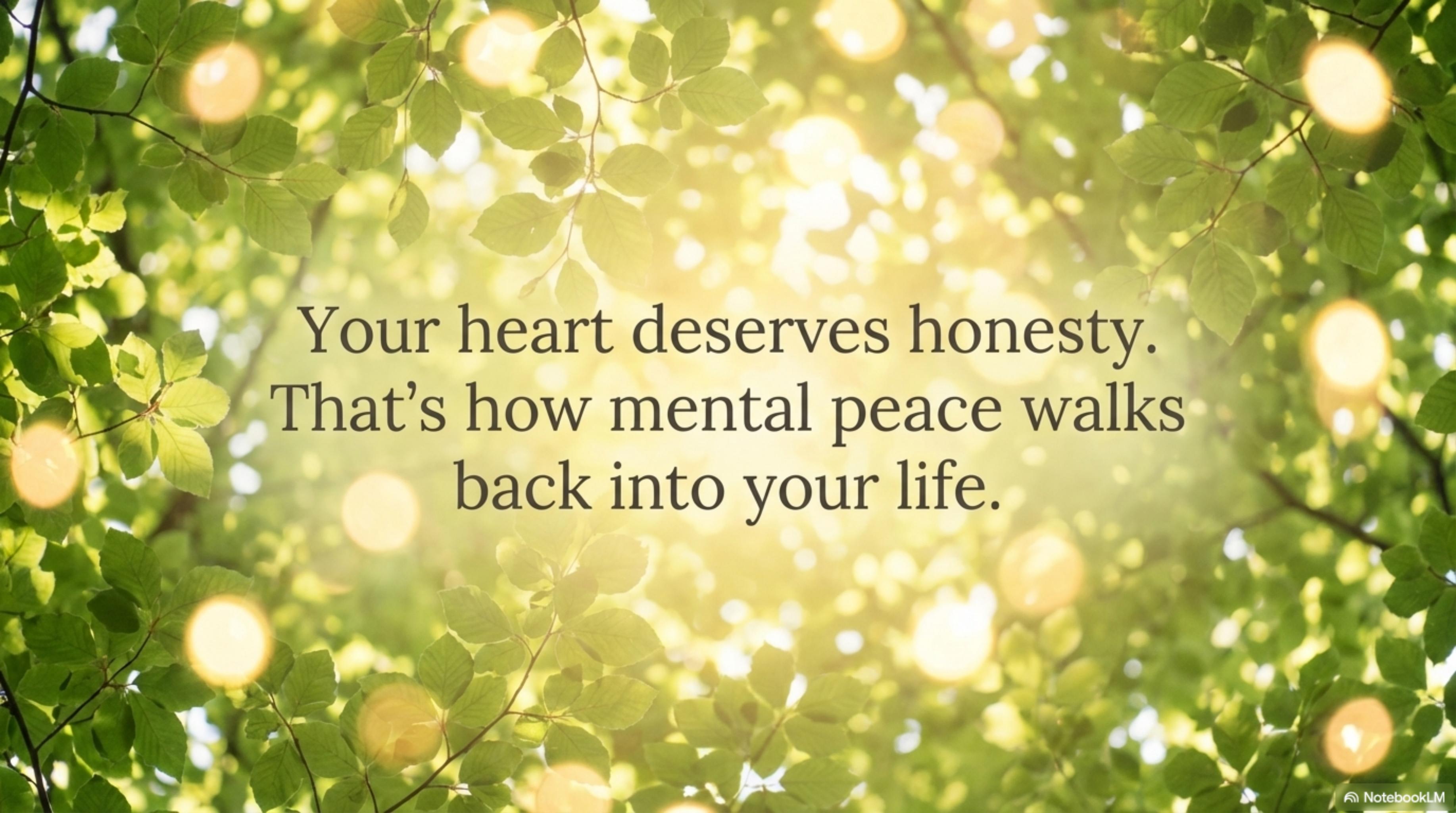


Being honest with yourself is the first step  
toward a quieter mind and a softer life.

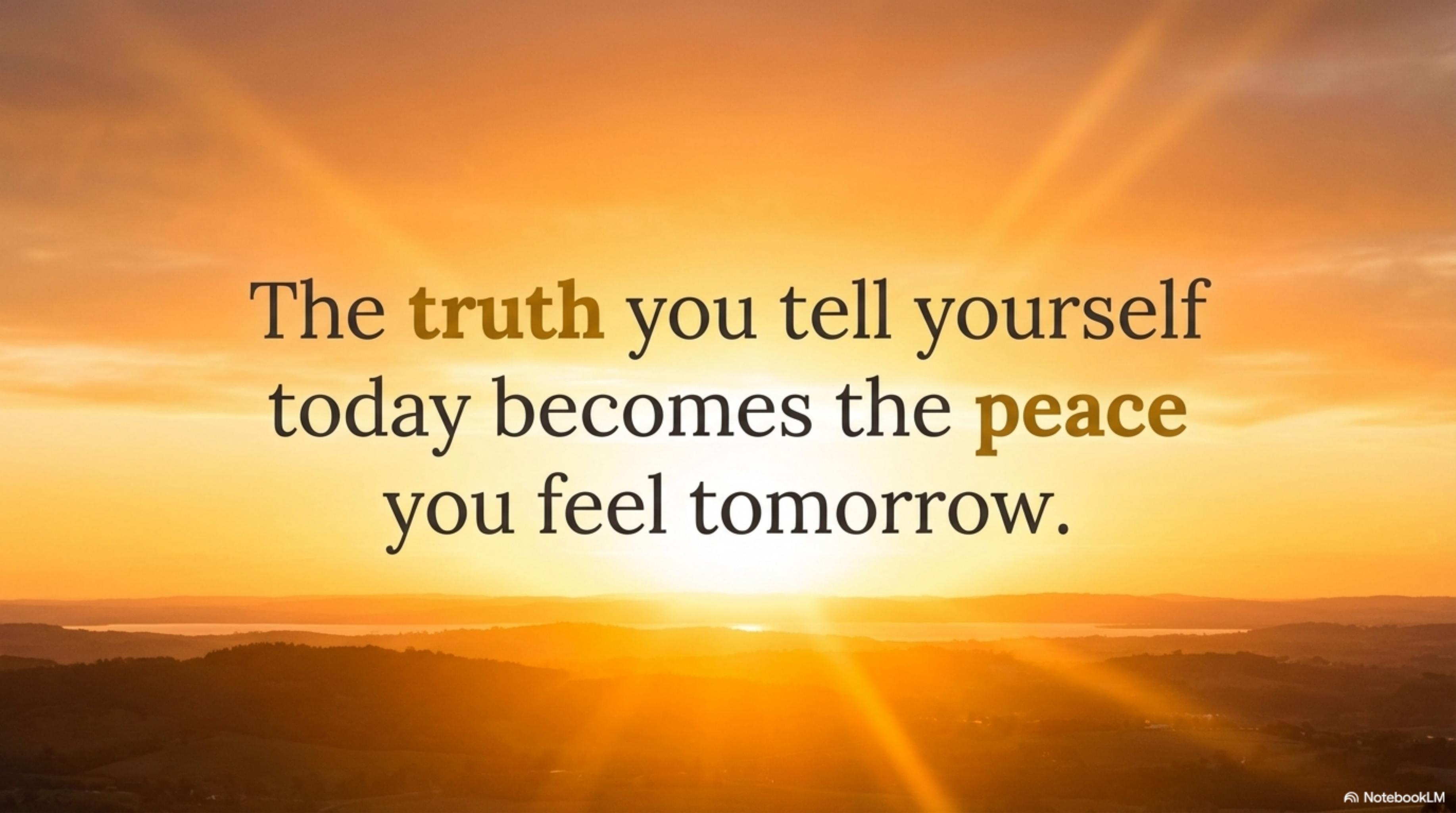
Mental health begins with  
honesty – the day you stop  
pretending, life starts feeling  
lighter.



Peace isn't found outside – it starts inside, the moment you stop running from your truth.



Your heart deserves honesty.  
That's how mental peace walks  
back into your life.



The **truth** you tell yourself  
today becomes the **peace**  
you feel tomorrow.