Jimmy-ARTiverse 22.

Speaking of self-love ,
taking care of our mental health
is important .



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The unhealed wounds in our hearts tend to develop deeper ,
causing pain to ourselves and people around us .



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and also negative factors that disrupt our mental balance.



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Anyone can have their own trauma ,
and the tolerance to stress differs from person to person .



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Most importantly, please do not isolate yourself thinking "I am all alone".




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And we are going to spread the loving-kindness via the helping hands .

In daily life , there are positive factors
that enhance our mental wellbeing



It is okay to open up about not being okay.
Let's hand on the caring hearts and the beautiful hopes all together,
towards our better future.




When we let the negative emotions
to overload ,the intrusive thoughts can result
in wrong perceptions , graudually
leading to depression .