



7. Real

The imperfection of a long-serving candle signifies authenticity, loyalty and comfort.

The holiday season is traditionally represented as a time of perfect happiness and togetherness, a representation often contrary to reality. When our experience doesn't match our expectation, stress and disappointment crash in. Maybe, this season we can go easy on ourselves and focus instead on what we can control. The simple things of life that are always there. We don't need to complicate the season.



It's ok not to feel ok; and it's absolutely ok to ask for help.

**I Am
Here**