

A close-up photograph of a hand lighting a candle. The hand is holding a lit matchstick, which is being used to light the wick of a candle. The candle is partially melted, and the flame is visible. The background is dark, making the candle and the hand stand out.

8. Its ok not to feel ok; and its absolutely ok to ask for help.

When the wick is low and the candle hard to light, don't give up; the unique hue when it flames makes the effort worthwhile.

Our feelings come and go. We cannot put them on a list and expect them to arrive on a sleigh in time for Christmas Day. Our feelings have nothing to do with decorations on a tree and can be as tangled as a string of Christmas lights. Don't feel bad about feeling bad. The so-called 'most wonderful time of the year' often isn't the most wonderful time of the year. So, let's use the break in routine to talk to somebody about what's on our mind. Talking helps put things in perspective and sharing reminds us that we are not alone in our feelings.



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

**I Am
Here**