

Dear anxiety and depression **FUCK You!**

You're destroying our lives and living would be a lot more easier without you in it.

You're destroying our social skills and social life.

I don't remember the last time I could walk out of my room and don't care about how I look, talk and move.

You are making me constantly not feeling good enough for anything.

I just want to have fun, hang out with my friends and enjoy my life,

So please get out of my head and never come back, back!

Sincerely Po, Sofia, Symen