

A photograph of a person sitting on a black office chair in a room. The person is wearing a dark top and light-colored pants. Their hands are resting on their lap. The room has a wooden floor, a white wall, and a vase of pink flowers on the floor to the right. The text "A Letter To The Overthinkers and To Your Inner Anxieties" is overlaid on the bottom half of the image.

A Letter To The Overthinkers
and To Your Inner Anxieties

It's not a competition.

Do you ever feel like life would pass you by in a blink? Suddenly, you haven't done anything significant. You worry about people doing better than you. You worry you haven't learned enough. You worry that you're a disappointment. You worry that you're wasting time. You worry that you're behind.

Most of all, you're worried because you feel like you can't do anything about all your worries.

It's not a competition.

Everyone has their own struggles. Each coping at their own pace. Just slow and steady, take it one worry at a time.

