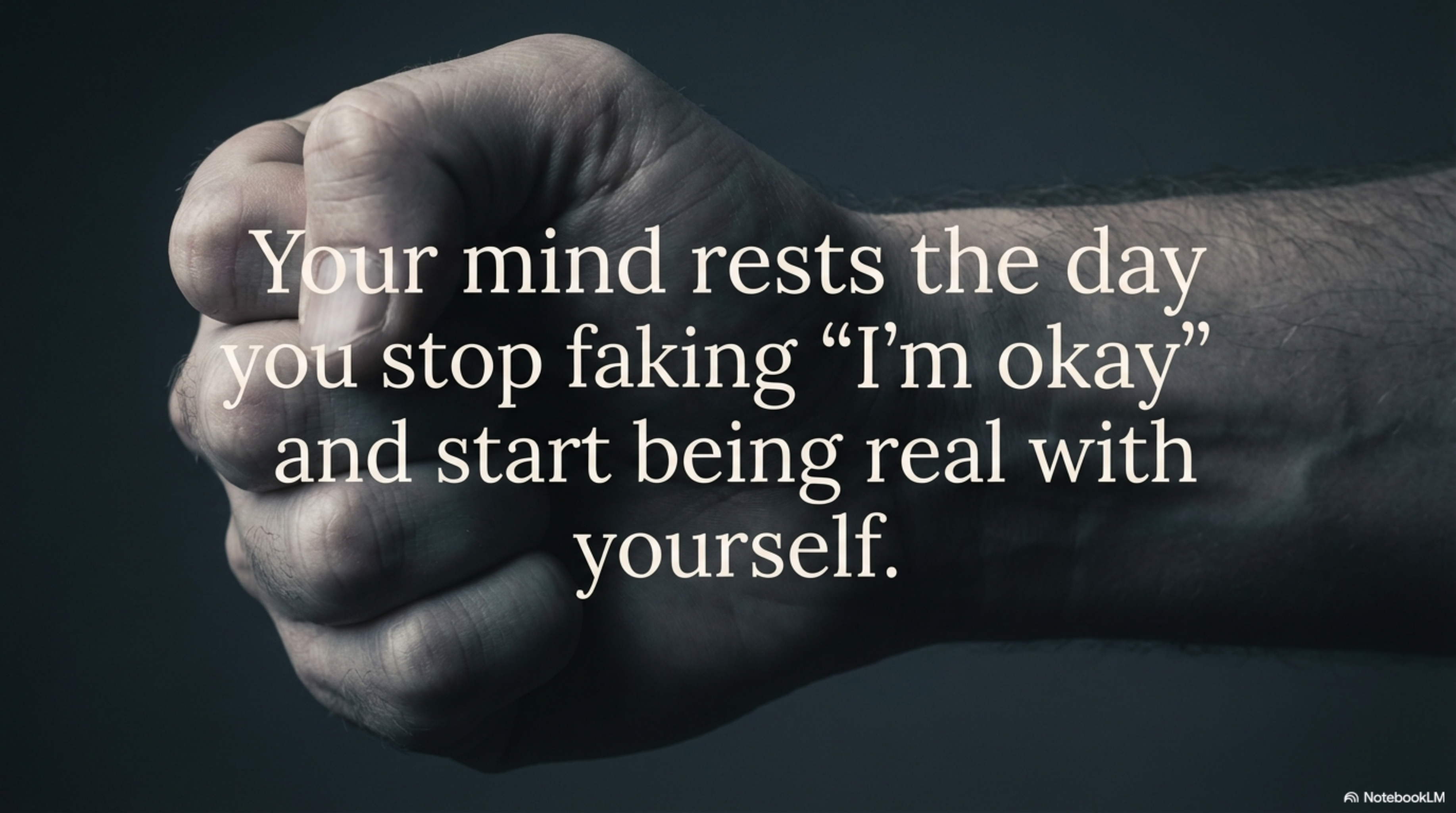
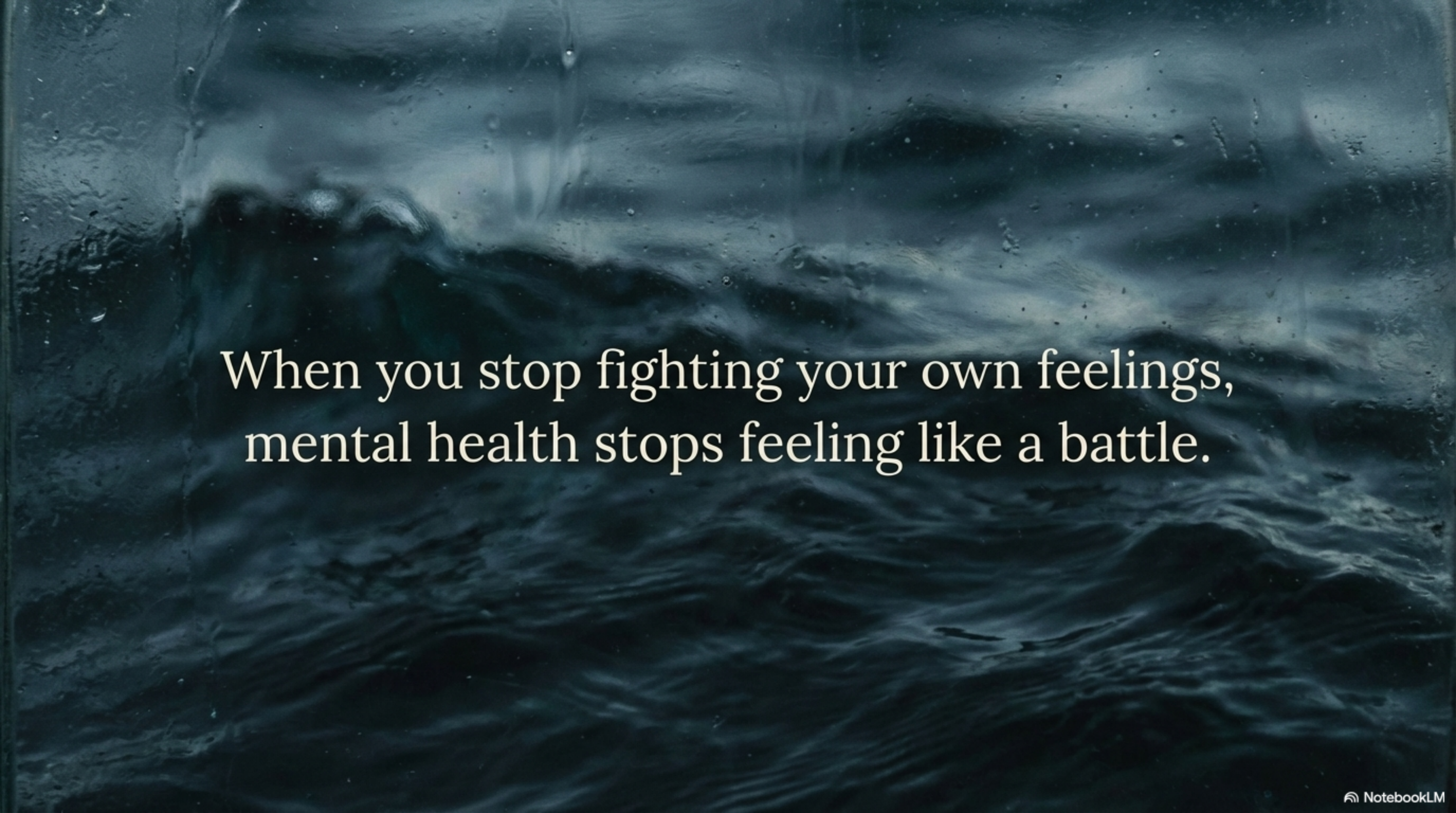




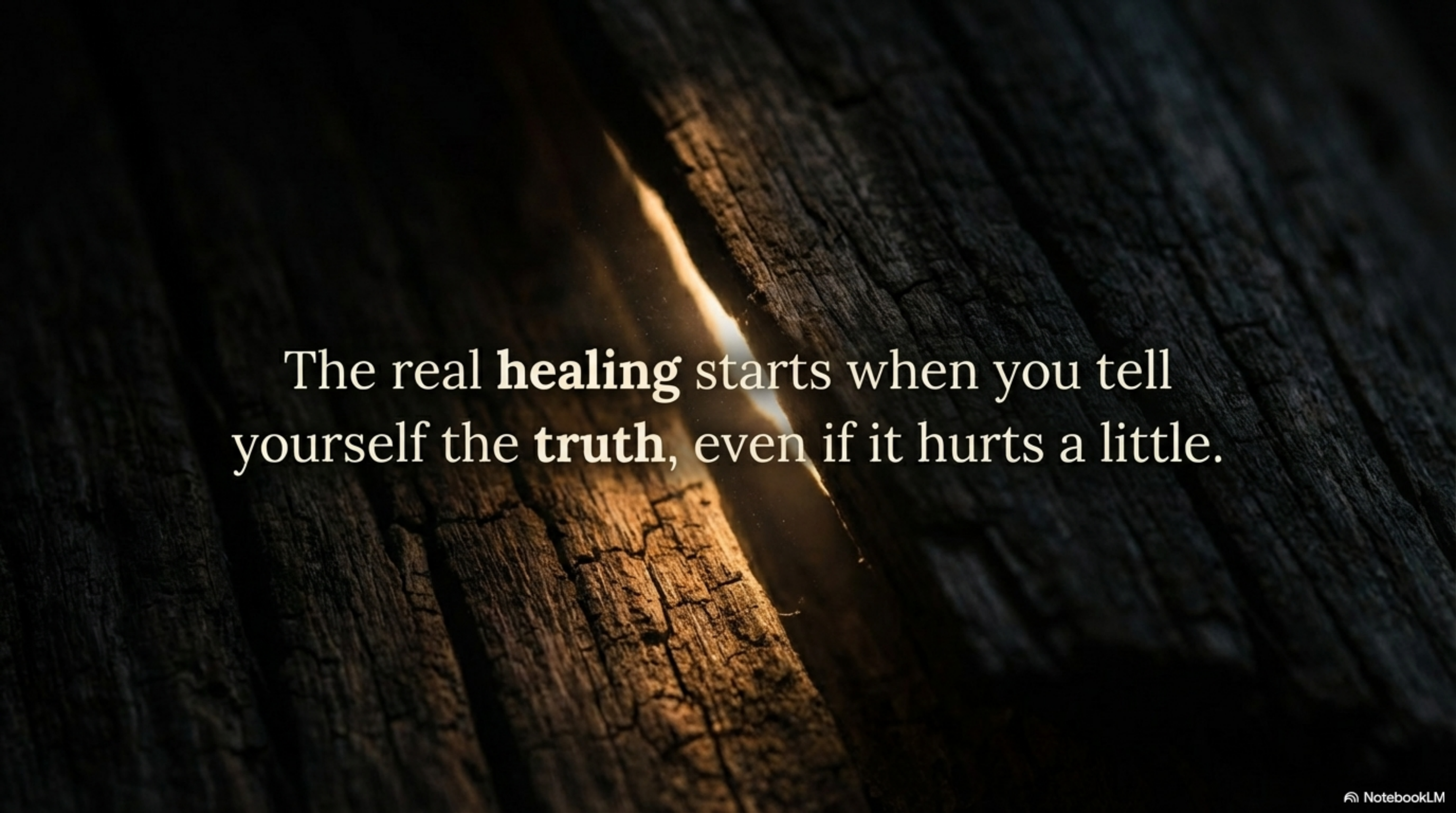
The Honesty of Peace



Your mind rests the day
you stop faking “I’m okay”
and start being real with
yourself.



When you stop fighting your own feelings,
mental health stops feeling like a battle.



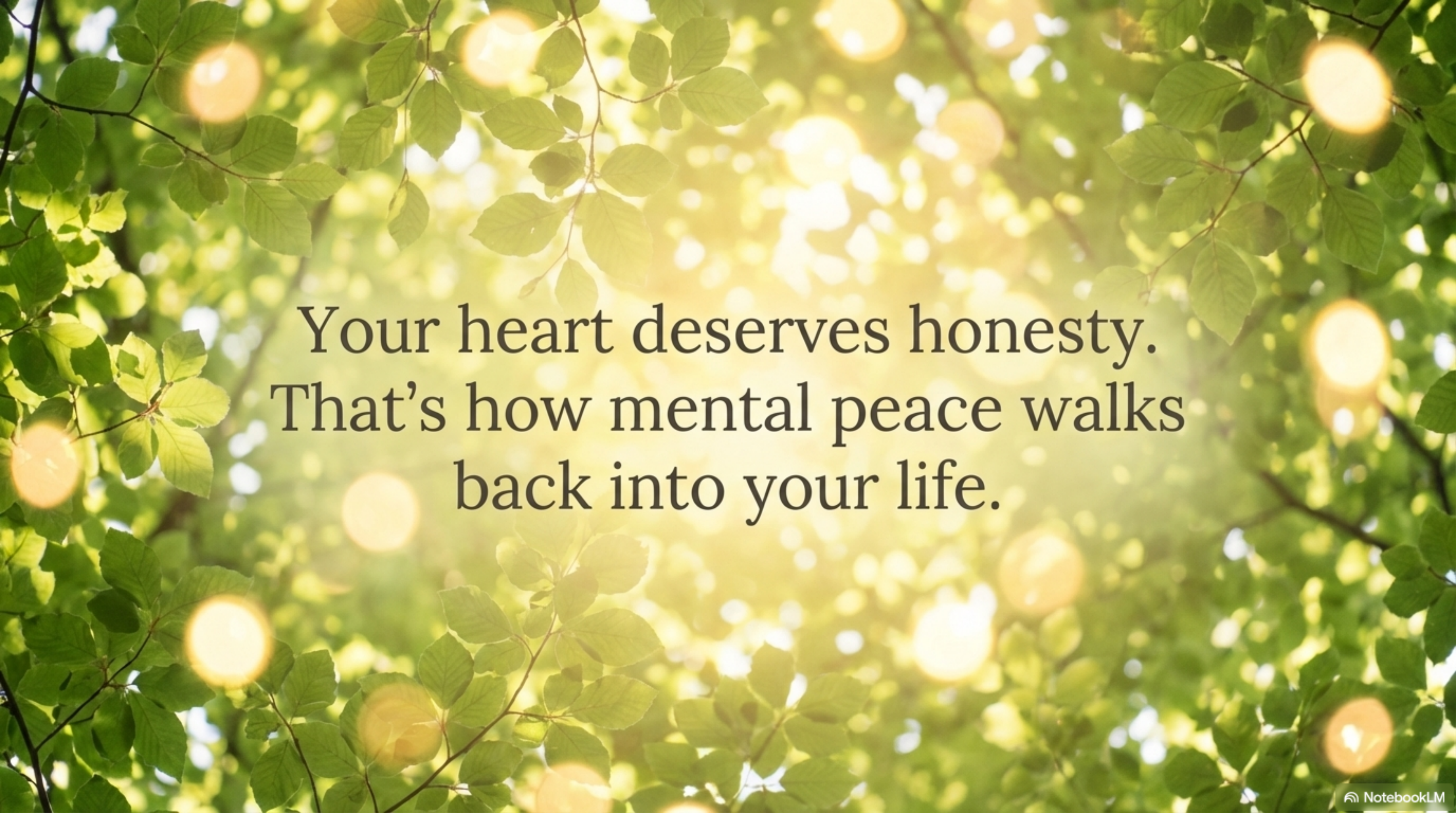
The real **healing** starts when you tell
yourself the **truth**, even if it hurts a little.



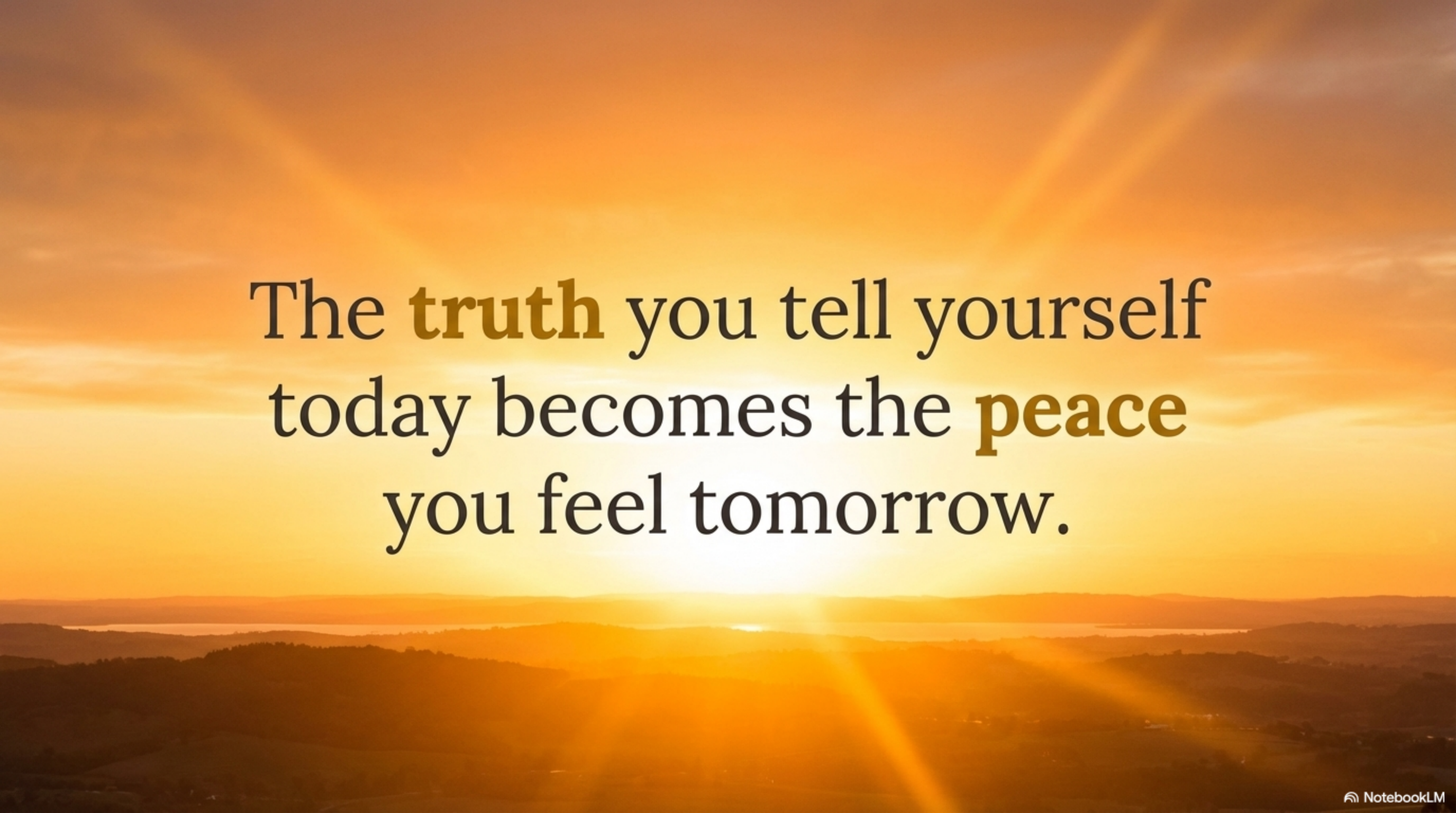
Being honest with yourself is the first step
toward a quieter mind and a softer life.

Mental health begins with honesty — the day you stop pretending, life starts feeling lighter.

Peace isn't found outside — it starts inside, the moment you stop running from your truth.



Your heart deserves honesty.
That's how mental peace walks
back into your life.



The **truth** you tell yourself
today becomes the **peace**
you feel tomorrow.