





Life can be like a roller coaster at times: it's full of ups and downs, twists and turns, and can sometimes make for a bumpy ride. It's important to remember this during times when we're feeling down and out. We all endure setbacks in our lives. But these difficulties can't last forever, and just like a roller coaster, every turn for the worse is bound to be followed by turns for the better. You should also remember that on the roller coaster of life, every experience we have can be a valuable memory that we treasure and learn from, one that helps us in the future; even those tense or scary parts.

So just try not to scream too hard when it seems like things are spiraling down, and savor the times when it feels like you're on top of the world, while embracing each turn along the way.

