

# WHEN THE STORM BREAKS

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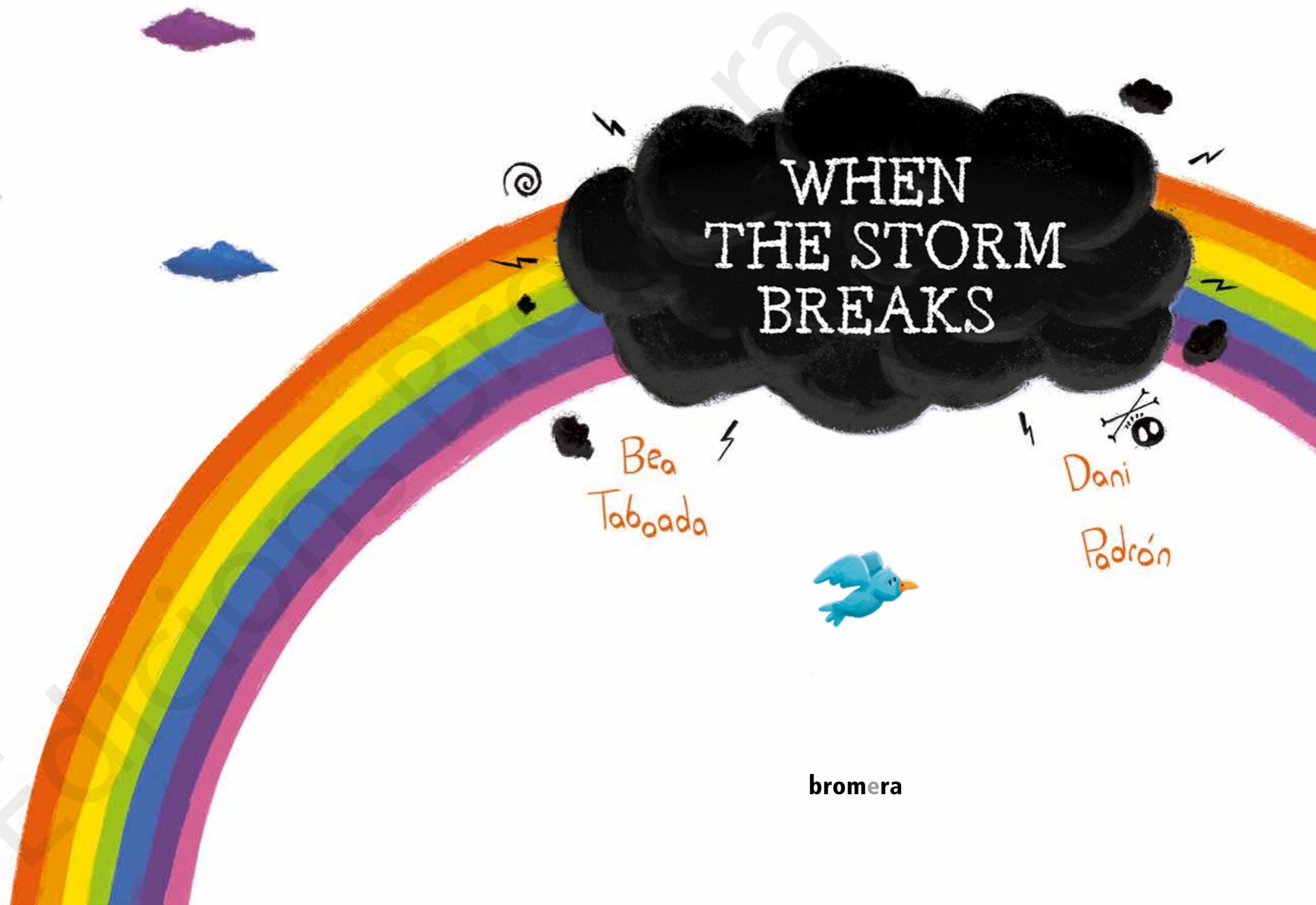




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The storm has broken.

Ediciones

I know you are angry.  
You may be afraid too. And sad.  
I am sure you feel like shouting, crying, exploding.  
Storms come up suddenly.  
Like a surprise, a bad surprise.



Stop. Breathe.

Try to blow slowly  
so that clouds go away  
and calm settles in.

You are strong.





Although storm clouds seem heavy,  
you will overcome them.  
I will help you.

You are not alone.  
You know that sometimes mum  
has thunders in her head.  
Everybody has them from time to time.  
Being always happy and never getting angry  
is impossible.

