



EATING DISORDER SUPPORT SERVICE

*Brilliant,
Brave
and
Blossoming*



*Written for Seedlings,
By a Seedling.*

Dear Seedling...

*I've written this letter
especially for you*

*because I understand
how hard it can be;*

*To have endless battles
to go through,*

*When you wish
you could be free.*

*I want you to know
that you're not alone*

*even if it sometimes
does feel that way;*

*There are many others
who have stories of their own*

*and each one of them fight,
like you and I, every day.*

*The journey may not
be a smooth ride*

*so don't give up if you
hit a bump in the road,*

*Because you have a huge
amount of courage inside*

*which is there to help you
stay in 'warrior mode'.*

*Stand tall and proud
and always believe*

*that a brilliant human being
is who you are;*

*Give yourself credit for
everything you achieve*

*and acknowledge that
you've already come so far.*

*You're very brave, important,
inspirational and strong,*

*You matter so much
and are enough;*

*Please remember that you've
done **NOTHING** wrong,*

*In those moments when
you're finding things tough.*

*Now you have a seed of hope
which is ready to sow*

*there is even more
reason to fight,*

*As over time your precious
seedling will continue to grow*

*until it is a flower that is
blossoming and bright.*

*That brings me to
the end of my letter;*

*I hope reading it has
helped you in some way,*

*Believe me, the truth is
that it can get better*

*and everything is
going to be okay.*

*This book is a little reminder
from me; that you are special,
amazing and a warrior!*

*Keep your head held high and
stay strong. No matter where
you are in your journey, there
is always hope.*

You've got this!

Love and hugs,

Jess ❤️