

Dear future Konstantina,

How is your life going? Is your mental health on or are you still anxious about everything? If you're still anxious please try to take some breaths everyday to relax, you don't have to overthink so much. Do you still dance and play the guitar? If not, why did you stop? You should start again. Are your friends and friend groups still the same? If not, what happened and you stopped talking? Have you made any new friends? Is your and your family's health on? I hope you are on and you are living your life to the fullest and most importantly having fun!

From your past self 