



Am I Okay?



I'm Not Okay...

I'll Be Okay.



Written and illustrated
by: Janelle Zamora



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I'm Not Okay...
I'll Be Okay.

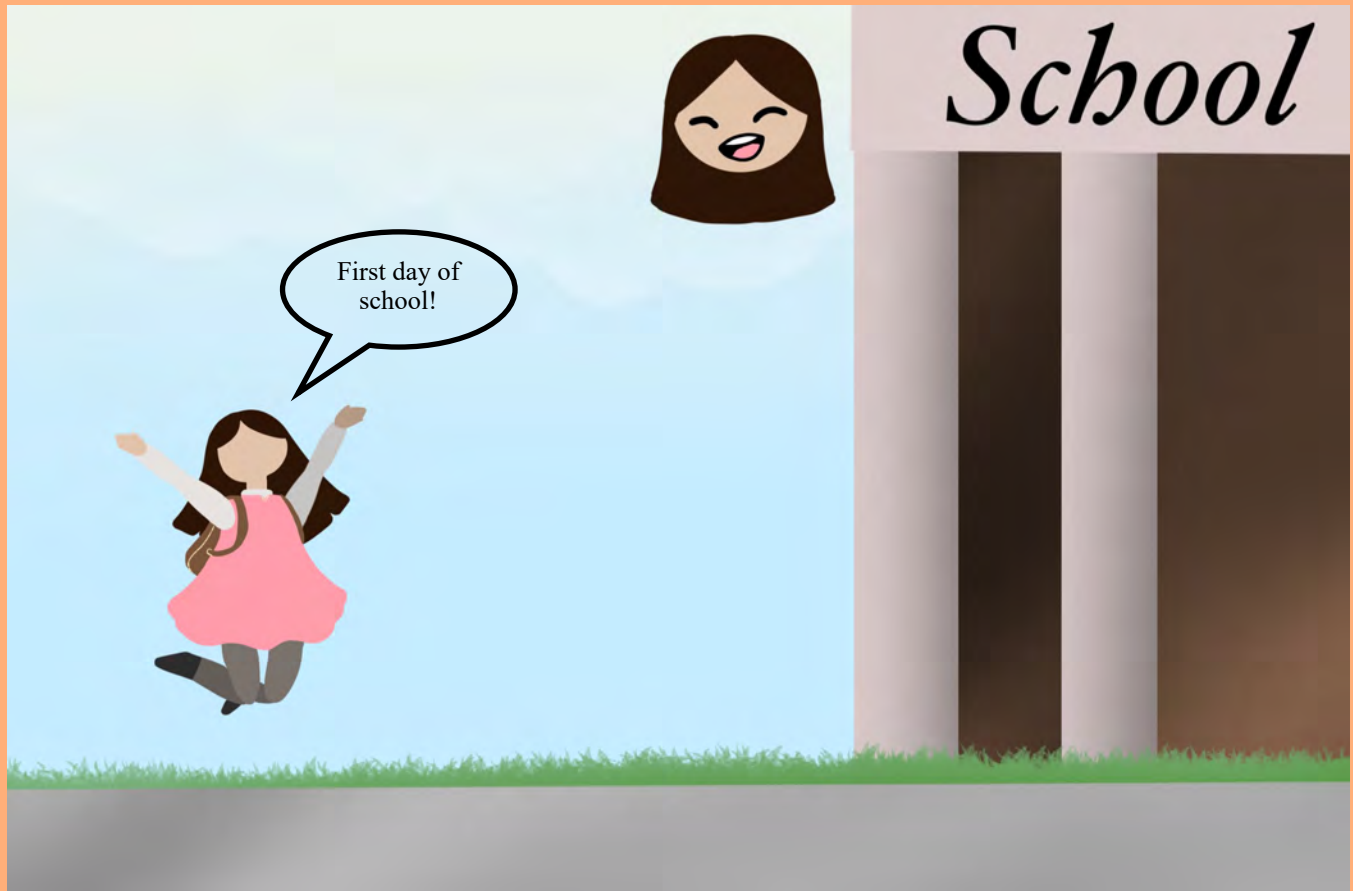
Janelle Zamora



Dedicated to:

I would like to dedicate this book to my young audience who are struggling with mental disorders such as **depression** and **anxiety**. Children are born not knowing the problems mental health issues can cause for their psychological and physical health. It is something we should talk about with children to protect them from developing clinical depression and severe anxiety. I want my book to teach my readers how to identify the characteristics, and how to prevent these problems. I also want parents to take a look at this story and educate themselves and their children about mental health and how important it is to secure it. I hope that by the end of this book, it will bring awareness to mental illness.

You are not alone. You don't have to struggle in silence. You are not alone.



"First day of school!" Skylar yells as she jumps up and down with **excitement**.

Skylar has been waiting for the first day of school for a while.



As Skylar sees her classroom door, she starts to feel **anxious**. Her eyes open wide, and her hands start to sweat.

The teacher, Mrs. Zamora, greets Skylar **excitedly**, "good morning, Skylar!"

Skylar ignores her and quickly walks to her desk.





Skylar finds her desk and sits down in her chair. She starts to **panic**.

She starts playing with her hands, and her legs start to shake. In her mind, she feels that everyone's eyes are on her.

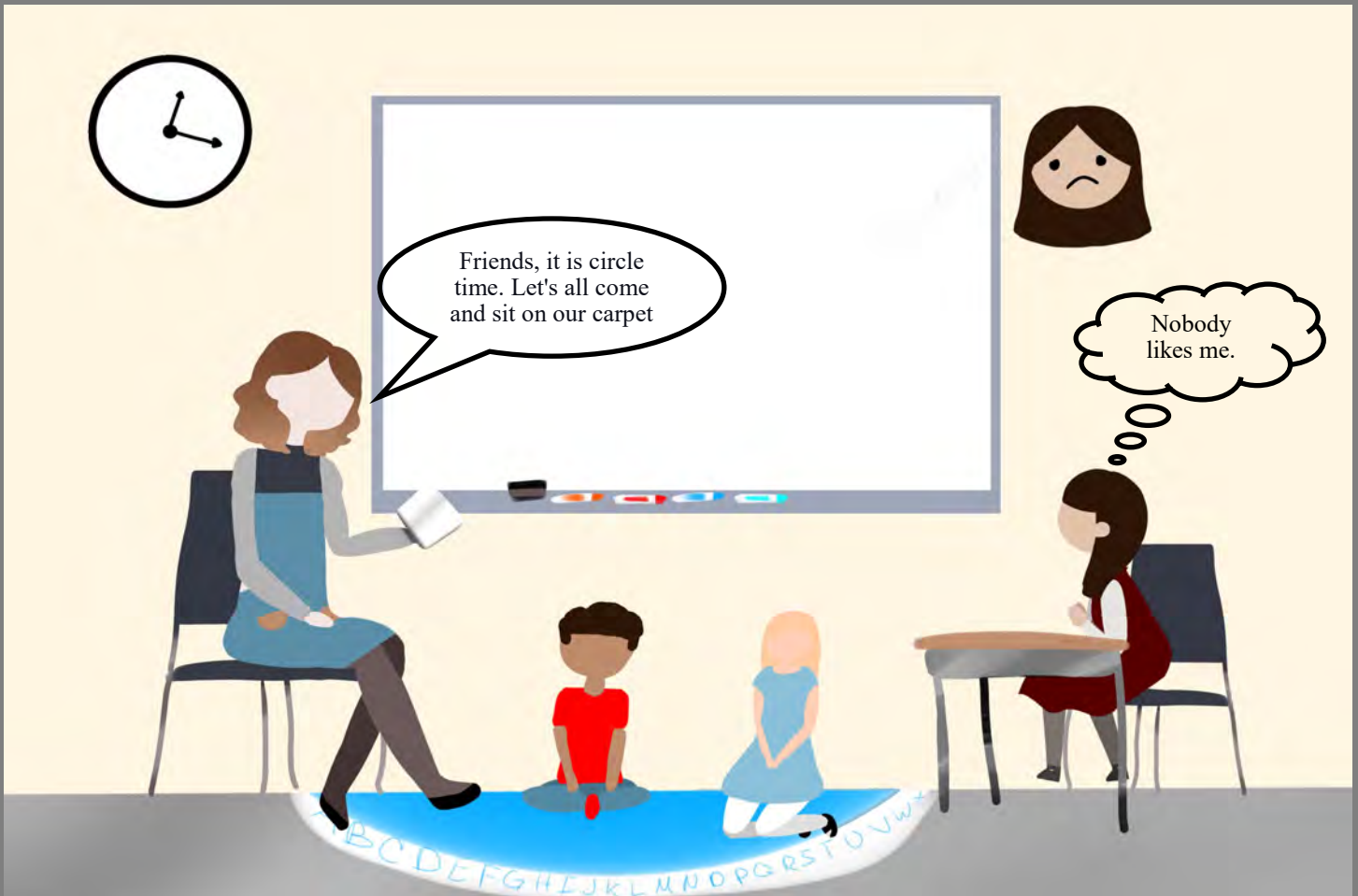
"Why do I feel this way? Am I okay?" Skylar asks herself.

It is time to sit on the carpet to read a book.

Mrs. Zamora says, "friends, it is circle time. Let's all come and sit on our carpet."

Skylar is sitting at her desk, telling herself, "nobody likes me."

Skylar starts to **frown**.





Mrs. Zamora notices that Skylar is still at her desk.

"Skylar, come on, we are waiting for you!" says Mrs. Zamora.

Skylar ignores her and starts to cry.

"Why do I feel this way? Am I okay?" Skylar asks herself.

Mrs. Zamora notices Skylar is looking **anxious** and **depressed**.

She realizes it is time to call Mr. Zapata, the counselor, and ask him for help.



Mr. Zapata calls Skylar to his office.

"How are you feeling?" Mr. Zapata asks Skylar.

"I'm not okay," says Skylar.



Mr. Zapata asks,
"why do you feel you are not
okay?"

Skylar says,
"I feel **sad** and **anxious**."



Mr. Zapata tells Skylar,
"it is okay to feel this
way."

Skylar, with her head still
down, says,
"really?"

Mr. Zapata says,
"yes, these feelings are
hard to control, but I will
help you."

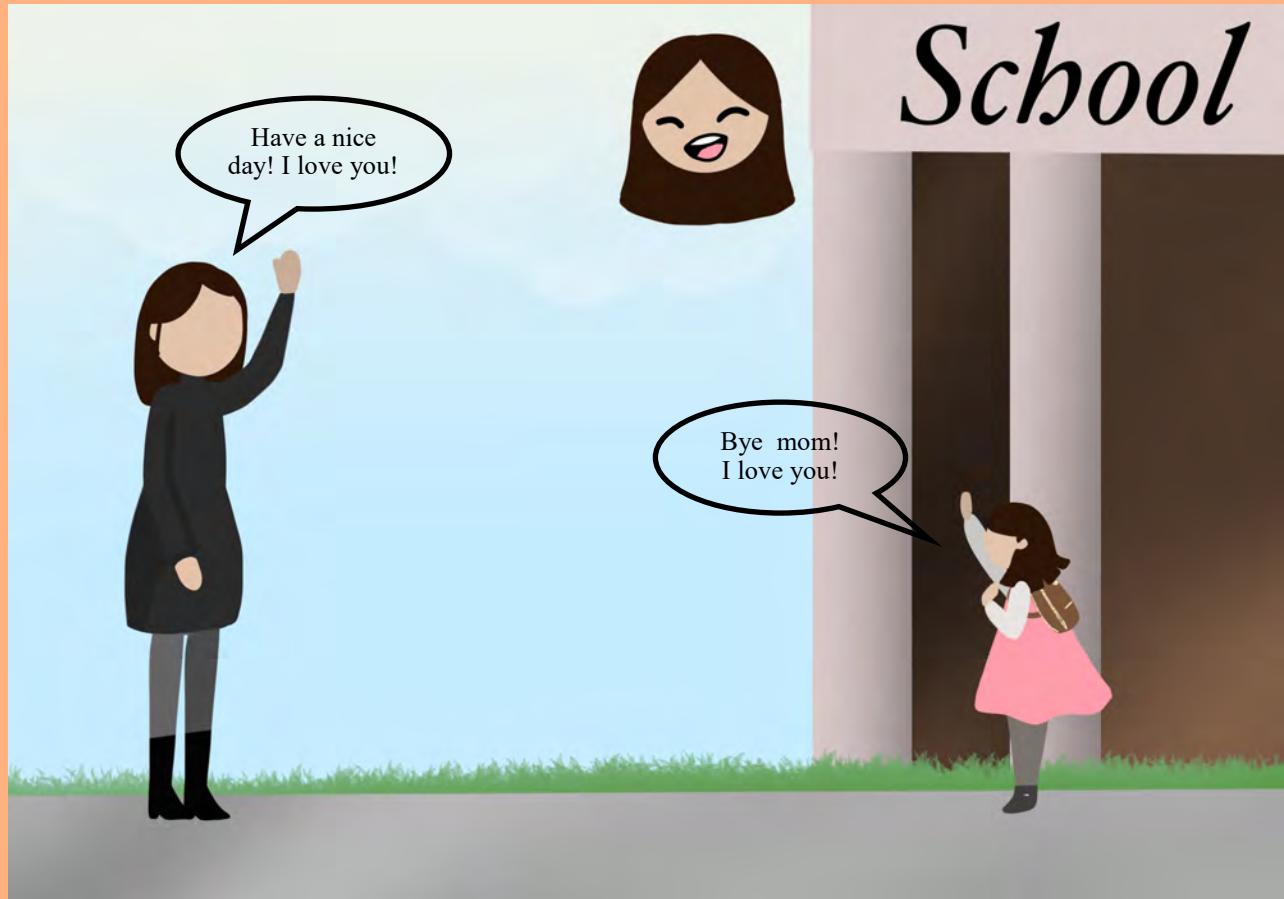


Skylar asks, "will I be okay?"

Mr. Zapata says, "you'll be okay."



Skylar looks at Mr. Zapata.
She smiles and says,
"I'll be okay."



The next day, Skylar jumps up and down with **excitement!** She's ready for school.

Her mother drops her off at school and says, "have a nice day! I love you!"

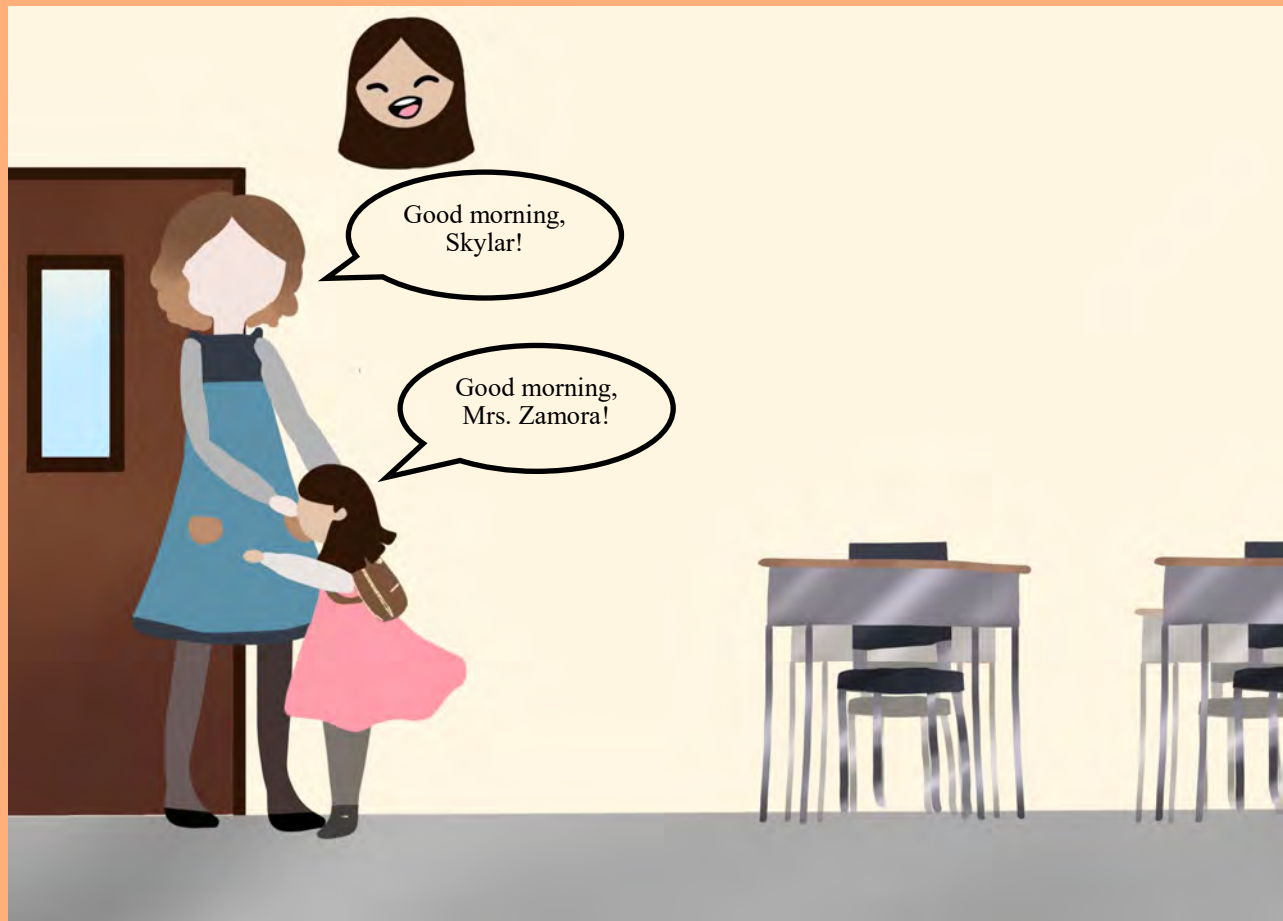
Skylar waves to her mom, smiles, and says, "bye mom! I love you!"

As Skylar enters her classroom, Mrs. Zamora says,

"good morning, Skylar!"

Skylar hugs Mrs. Zamora, smiles, and says,

"good morning, Mrs. Zamora!"





Skylar finds her desk and sits down in her chair.

She starts to feel **anxious**. Her legs start to shake.

In her mind, she feels that everyone's eyes are on her again.

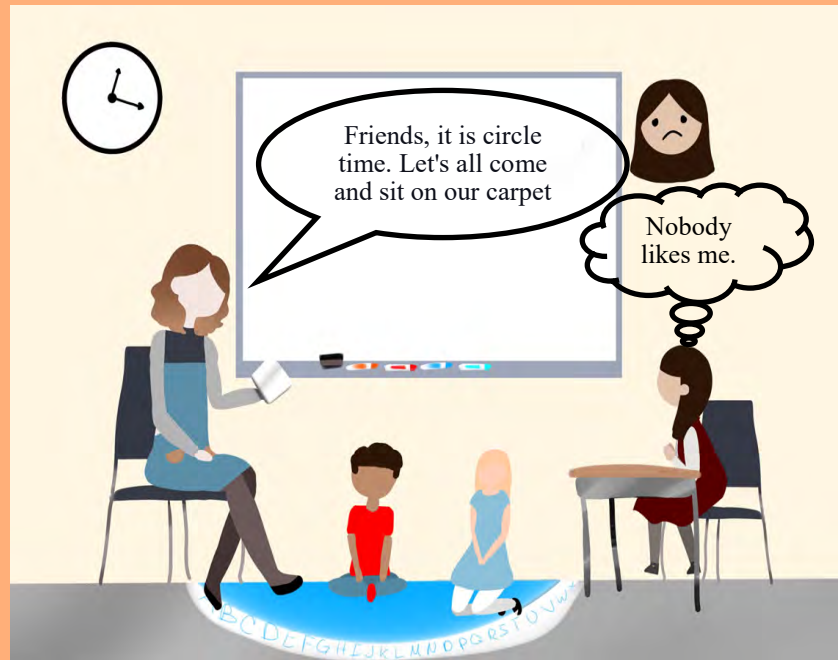
Skylar tells herself, "I'll be okay."

She feels her shaky legs slowly stop and smiles.

It is time to sit on the carpet
to read a book.

Mrs. Zamora says,
"friends, it is circle time.
Let's all come and sit on our
carpet."

Skylar is sitting at her desk,
telling herself,
"nobody likes me."



Skylar tells herself,
"I'll be okay."

Skylar runs **excitedly** and
sits on the carpet waiting
for Mrs. Zamora to start
reading the book.



Mrs. Zamora notices that Skylar is sitting on the carpet.

"I'm happy to see you with us, Skylar," says Mrs. Zamora.

The day is over. Mrs. Zamora asks Skylar, "are you okay?"

Skylar says, with a smile on her face, "I'll be okay." and waves goodbye to her friends and Mrs. Zamora.



