

Fleur

In a world of super powers
not even the closest people
can read our minds

Sometimes it's hard to find the words
to say how we are really feeling
and that we are not actually ok

When it feels like all else fails
Inhale, take a breath, and start with "hey"
That's the first step in a conversation
To actions being taken to a better day

Life would be easy if we all walked around
with a text box above our heads
All our thoughts and feelings
were there for everyone to read
Then there would be no need to articulate
What's on our mind
but the universe doesn't work like that

A problem shared is a problem halved
so maybe start
with sharing your problems with dad
He's got a lay of the land
maybe he can come up with a plan

Sometimes it might feel easier to run
harder to say what's on your mind
but know that sharing is kind
and opening up your mind to those who love you
is one of the best things you can do.