

Stress is like the static always buzzing in my ear  
With the faint sounds of fear  
Lurking inside my life I can not survive  
It's like a cloud of judgment always raining down on me  
I can not seem to free myself  
I wish I could be unstressed  
But instead I am stressed  
Stressed about tests  
Stressed about friends  
Stressed about my family  
Stressed about school  
Stressed about everything in life  
It kills me mentally  
It kills my brain  
It kills my hope and happiness  
My mind used to be so smooth  
Now it's like a black hole sucking me in  
Filled with insults  
I'm starting to decay  
I am sinking in a pool of stress  
But I really hope to float one day  
I must stay strong and have hope.