

Ups and Downs

by Samiyah Green

You're in a slump, you're feeling stressed
It's really bad, you look depressed
This life thing is beating you down
Your smiling face took on a frown
You couldn't see your closest friend
Oh when, oh when, would this thing end
And sad fatigue was all too real
At times you felt you couldn't feel
You stayed at home to do nothing but be sad
While stuck inside, one goes berserk
Because of this, you've lost your hope
You feel you're at the end of your rope
You contemplate a walk at night
You loaf instead, you lack the fight
You bother friends and share your shame
You just can't win life's nasty game
Emotions ache like threshold pain
When walking through the pouring rain
The sadness swells and fills you up
It overflows, a brimming cup
Your crying tears an endless flow
You cannot cope you're sluggish slow
You eat too much you're on a binge
To weigh yourself, you'd surely cringe
You've weathered thick and worried thin
You know you'll thrive, so don't give in

It's commonplace to feel this way
To feel a slump throughout the day
You'll find the way, and laugh out loud
Accomplishments have made you proud
The hope you find within your reach
It stretches far, an endless beach
Quite quietly you clench your fist
And vow once more that you'll persist
The turning point is getting near
Your time is now to get in gear
You tell yourself the way is clear
To sally forth and get in gear
You know today you have no fear
You're on your way, you're now in gear
And this will be your greatest year
As you decide to get in gear