

I thought I would do something a little different today  
And have my article be a message for all of you.  
A poem and motivation all in one.

I know sometimes we all have rough days  
And think we're not worth it.  
It gets hard to breathe,  
And it feels like we're drowning.  
The world doesn't stop for us,  
But maybe like sloths, we want to take it slow.

What do we do when classes get too much?  
Our social lives are sliding,  
And it feels like the world is about to crash.  
What is there to pick us back up  
When it's time to crash?

But here's this.  
My message to everyone else struggling.  
I just have a few simple things  
To say to make your days just a bit better.

Breathe.  
Sometimes it's okay to worry about yourself.  
Figure out what you need to make yourself happy  
And do it.  
Maybe laugh at all the crap.  
That's just life, and laughing will freak out the crap a little.

Spread some kindness to the world.  
Give and get some hugs.  
Listen to some chill music  
And take time to think.

Dream big,  
And remember,  
You got this, babe.  
You're amazing,  
So smile because  
"Life's gonna be alright."