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Be Your Own Sunshine

Deepika Singh

My buzzing mind is plagued by anxiety.
Sometimes it's more than I can handle,
And it makes me feel numb.
It follows me like a shadow, a curse.
I am so lost in the meandering world.
Heart pumps out, voice choked down.
My lips tremble to utter a word,
As you may advertise my long unending trauma.
A smallest alter in your tone, my feet tremble,
And I end up full of fright.
Deep down my heart is always begging for some light.
We dwell in our mental health.
So don't make it a wretched hell.
Don't expect others to heal your wound.
Rise like a Tiger and roar like a Lion.
Sparkle yourself and get a brand new yourself.

Bio-Note:

Deepika Singh is an Indian native from Margherita, Assam. She holds an M.A. and a B.Ed. degree, by profession, a teacher. Her writings are a reflection of the everyday experiences she has. She thinks the correct words have the power to transform our culture. Her works were featured in various publications, including Sipay Journal, The Poet Magazine, Womensweb, Journal of Macedonia Scientific Society, Poetry Zine Magazine, Archer Magazine, etc. Additionally, her writings were translated into Hebrew, Chinese, Macedonian, Spanish, Serbian, Tajik, and Turkish. She also recited poetry on Kent's BBC Radio.