

WINGS

The tears I have been blessed with I use as wings to fly, soaring through the sky.

Take my hand Nanny and we will go together to help me through my fears.

There are many people who see no end to the tunnel. There is an opening for everyone who is in the darkness and despair.

It's hard not to feel trapped.

I have been there also

I have come to believe in the future and have positive thoughts to be strong; love yourself and love your family and friends.

Depression or mental illness can be overcome.

I have met many professionals and coworkers over the last thirty years.

Feeling sad or down on yourself; I take one day at a time and when I awake the next day I feel wonderful!

Always
Brenda Smith