

## Poem on Teen Depression

### All Pain Will Pass

The waves of melancholy  
Come for no reason at all  
That intangible feeling of being colourblind  
And constantly being told how colourful the world is!  
I smile thinking what is it?  
Lost inside of myself, not knowing what to do,  
Surviving but not living.  
Might tell you a thousands of things  
But that emptiness weighs the most.  
The fear of being judged always kills  
The burden of expectation makes me droop down,  
I wish I was understood,  
I wish I was heard and trusted,  
I wish I was asked just to be myself.  
Inexplicable, sleep isn't sleep anymore  
It's an escape from the reality.  
Isn't it okay not to be okay?  
Let the heart speak, let the eyes dream  
Let the change happen,  
The change which would build a life.  
And just see the darkest nightsend.  
Hope will sneak in through the window with the rays of sunshine,  
Yes, you better know,  
Darkness is transient;  
There's light at the end of every tunnel.  
And all pain will just pass.



~ Samiya Siddiqui(Class-IX)