

Broken Silence

By: Jessica Chen

Feelings piling up like freshly fallen snow,
A quick and easy smile covers up this all time low.

Overwhelmed and drained from the obstacles that fate hurled,
Desperately trying to stay up float while yelling at the world.

The noise I make ignored, not a single hint of one's console,
Swept up in a hurry, and dumped into another black hole.

Deafening silence fills my mind, my hands begin to shake;
But I clench my fists and shake my head, vowing *I will not break*.

Inhale and out, finally gathering my composure,
Raking up the courage to escape my mental enclosure.

My body moves on its own, taking an individualistic expression,
The things I could not say, my rhythm writing a confession.

Pent up energy, the silence is falling apart,
No longer drowning, a hint of peace in my heart.

Sweat pours from my skin as I take the final stance,
My stress reliever, the beauty and comfort of dance.

In a time of stress and need, when your world is falling apart,
Remind yourself that it's okay to rewind and restart.

Your struggles do not define your character or your soul,
Never let them win, always fight and take control.

Stand your ground, and assert your defiance,
I trust that you too will break your silence.