

Just One More Day!

**So you thinking about ending your life.
That there is no reason to carry on.
But, no matter what may be your strife.
Just know that you are not alone!**

**Others who came before thought the same thing.
What's the use of even living in this world?
Who cares of troubles life always seems to bring?
I can't stop the thoughts of dying being hurled.**

**You think you are the only one this happens to?
No, I'm afraid you are quite simply mistaken.
I have had these thoughts you're going through.
Often I have thought I had been forsaken.**

**But something kept me from ending it all.
I somehow found another day had dawned.
Worries that once plagued my mind would stall.
The reason to go on living had been spawned!**

**I can't promise you that everything will be fine.
All I can say to you in this troublesome time
Don't let these thoughts take hold of your mind.
Giving in would be such a selfish sort of crime!**

**Learn to measure your day in times better spent.
Mark each day off of a calendar to record success.
After a month. Wonder where those worries went?
You find things aren't really as bad if you confess!**

**Don't let bothersome things bottle you up inside.
Make life simpler whatever comes your way.
Find someone to talk so worry can never reside.
Life can be full of joy if given just one more day!**