

Untitled

By Shanna Milligan

Where does this journey
Of recovery begin
It's when you've been knocked down
But you get back up again

You do your best
To hold on to hope
You use the skills you've learned
To do your best to cope

You use the strengths
You hold inside
And thank the Lord
You haven't died

Throughout the years
You've overcome
And to this illness
Did not succumb

You've fought depression
Mania and anxiety
And somehow made it through
Even when they wondered
What was wrong with you

But standing strong
On faith you did surprise
When like a Phoenix
From the ashes you did rise