**CHERISH YOURSELF**

**By- Sneha Baidya**

Rushing aimlessly at the speed of light,

People making decisions and being thoroughly impolite,

Grades over knowledge seems to be the cruel rule,

Where keeping time for self is sign of a fool,

No one cares whether your eyes get swelled of crying,

No one sees that you work day and night trying,

So it’s high time you stand and love yourself,

As destiny favors him who stands for himself.

It may seem stupid and unnecessary at first,

Everything around may seem worthless and cursed,

At the beginning it seems you’re the only one correct,

People giving advices seems foolish and wrecked,

But hold yourself firmly and try to believe,

That first you have to explore in order to achieve,

Listen and understand every well wisher,

Analyze, summarize and flow like a river,

But don’t forget to cherish and embrace your individuality,

Keep loving and saving yourself from all brutality.

Once you overcome, you’ll be in second stage,

Where you’ll find yourself stuck in an insanity cage,

You might even be depressed and suffer self doubt,

The world might seem to collapse and blackout,

You might be helpless, hopeless and full of dejection,

Society, friends and family seems in opposition,

When everyone’s against you, stand for your own good,

Stand firm and acknowledge your livelihood.

Read a fascinating book if you like,

Start singing loudly faking a hand mike,

Or write a poem to pour out your heart,

Or learn a new skill and indulge in art,

Plant a sapling or cook a delicious dish,

No! , this is not something out of subject,

For these little things are the most to affect,

Reserving time for self is the true form of self care,

It’s stimulating and helpful at different layer,

It helps to cheer up and distract from daily chaos,

It feels like a hot sunny day ending with sweet raindrops,

And again you can be productive after sometime,

And stand solid knowing you’ll be all fine,

There’s a line between hard work and harshness,

So handle yourself and everyone around with tenderness.

Fix your standards at which you need to be valued,

Be gentle to everyone and practice gratitude,

Be powerful and sustain on your own,

Don’t beg for attention from unknown,

It’s not selfish to show self love towards oneself,

It gives a sense of pride and self sufficiency itself,

So stand rigid and don’t stop loving yourself,

As destiny favors him who fights for himself.