**THE PORCH**

I see the trees swaying back and forth,

I see the welcoming woods,

I see the sun shine a beam of light through the dancing trees,

I see a lake here the water generates a nice breeze.

I see peace in my life and feel radiant from the beam of light

I see the birds fly around as they look for food

I see the birds hiding from my cats on the hunt

I see my backyard from my bedroom window and I feel at peace being here.

REFLECTION:

This poem was inspired by my front and backyard of my house. I am blessed to live in rural area right by lake Simcoe. I have been there since I was a kid. Whenever I walk outside my front door I always feel so connected to the earth and I can feel all of my problems go away. I wanted to try my best to describe to the reader what I see when I am outside on my front porch.

**Dear Younger self**

Dear my younger self, I hope you are doing well.

I am writing to you because I know right now life seems like hell.

I know its getting hard to get out of bed every day.

I know that you are lonely and that everyone in your life seems fake.

I am here to let you know that its going to get better.

I know you want to give up because your life is just getting started.

You will find your passion in life, go to school in a program you like.

I am your future self and I am so glad you didn’t kill yourself.

RECFLECTION:

When I was in high school I went through some tough battles with my family. I was taken out of school for a bit to deal with issues and overcome childhood events that traumatized me. I worked so hard to overcome my demons and I have changed so much since I was in high school. I found something I am passionate in, have been going to therapy, and keep making changes in my life to improve my mental health and get over my past traumas. I wanted to write a letter to my 15 year old self. Ive always wanted to talk go my high school self and give past self the knowledge I have learned today. I wasn’t myself in high school causing me to loose myself but I found myself again