

**I WILL GO THROUGH THIS LIFE ONLY ONCE,  
AND I SHALL HAVE BUT ONE CHANCE TO LIVE;**

**NOT ALL PEOPLE WILL LIKE ME, OTHERS MAY EVEN DESPISE ME,  
AS I MAY NOT BE EASILY UNDERSTOOD;**

**YET I WILL TAKE THIS CHANCE TO LIVE,  
AND I WILL REACH OUT IN WAYS I KNOW;**

**I WILL LOVE THOSE WHOM I CAN,  
AND I WILL STRIVE TO UNDERSTAND THEM MORE;**

**NOT ALL DAYS WILL BRING ME SUNSHINE,  
SO I WILL REJOICE ALSO FOR THE RAIN;**

**NOT EVERY ENDEAVOR WILL BE A SUCCESS,  
BUT I WILL SAVOR THE VICTORIES I ACHIEVE;**

**NOT ALL DREAMS I DREAM WILL BE MINE,  
BUT IN TIME NEW DREAMS WILL FILL MY HEART,**

**AND AS FROM A STAR THOSE HOPES WILL PROPEL ME FORWARD  
DOING EVERYTHING THE BEST WAY I KNOW I CAN;**

**NO FEAR SHALL TRAMPLE ME WHATSOEVER,  
THOUGH SOME TASKS SEEM TO OUTWEIGH MY STRENGTH;**

**I WILL ONLY DO WHAT I HAVE TO DO,  
AND GOD WILL TAKE CARE OF THE REST! AND LET'S TALK**

LET'S FIGHT DEPRESSION TOGETHER

WORLD HEALTH DAY 2017