

No Fear No Shame: Only Gains (B)
By Mahi Singh Gujral

Standalone Poetry

If you know where to go
And on the way you lose direction
Help yourself for sure,
But if you still can't find your way
You know what to do.

Asking for help is smart
It's better than moving in circles
Reaching north instead of south
Reaching the destination
After the end of the event
The effort is there
But the result is as close as a miss
Perhaps nowhere as close as it should be

Heroes also ask for help
Real life help, body help
Mind health too.

So why can't you and I
On matters of the mind!
No Fear no shame
Only gains.
Just know the doors to knock
Family and trusted adults
Are a good start. If more support
Is needed they could guide
Even your doctor- the physician,
Could listen and decide.
If the body needs help
So does the mind.

