

In the depths of her mind, neural health entwined, With the struggles of her past, And the hopes for a future that will last.

She carries the burdon of the world, yet, her inner demons are unfurled, Anxiety, depression, and stress, Are her constant companions in distress.

She smiles through the pain, tries to make herself sane, sometimes the darkness takes over, And she struggles to find her composure.

She battles the stigma and shame,
That society has assigned her name,
But her strength and resilience shine through,
As she fights to see her dreams come true.

She reaches out for help, finds comfort in the words they spell, she knows that she's not alone, And her struggles are not hers to own.

She is precious, deserves to feel joyous, being a woman, strong and brave, Who will rise above the challenges she'll face.

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