

The Mind Of A Teenager

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The overthinking and thoughts take over my head
The feeling of being stared at
When your breath starts to become uneasy and
Your leg starts to shake
The anxiety starts to kick in

You feel the world spinning around you
And the feeling of being alone
Even though you are in a room full of people
The struggle to get work done while
The voices in your head scream

The mind of a teenager
Isn't what most people think
The sayings
"You are young it's just a phase"
"You will get over it"
"You are a teen be happy"

Grown people don't know the struggle
The feeling of feeling anxious
Like your body is slowly shutting down
The feeling of not being connected to others
But it's ok it's just
The mind of a teenager