

**'Don't give up'**

**By Lisa Acheson**

Find your inner balance,  
In these difficult strange times we are presented with.

Be humble and kind...  
Be kind towards people,  
You see and you don't see everyday.

Normalise your day to day life  
With familiarity that you do everyday,  
Even though it's indoors at the moment.

Be safe...

Don't be insecure,  
About the future,  
Because we are in this this together,  
Even though you don't think so.

Find your inner strength  
Because We can be heroes.

From this moment on,  
To make people smile or laugh,  
Who are vulnerable to this sickening virus.

Be humble and kind,  
Be safe and sound,  
Please know that we are all in this together...