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**Discovery**

Kathleen Harrison

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Things are a little off

Energy is down

It’s cold outside

It will be better tomorrow

Impression

A week of dishes in the sink

Mail unopened on the table

Work is busy

Get caught up next week

Suppression

Where is the relief?

Persistent malaise

Too much time sleeping

Tomorrow won’t be any different

Depression

Friends and family comment

To move ahead differently

I don’t want drugs

Nor talking to a therapist

Perturbation
Why did this happen?
What is wrong with me?
Snap out of it
But I can’t
Disconsolation

Body chemistry is off
Hopefully not forever
Want to deal with it now
But it won’t be easy
Expectation

Medication for many months
Lots of therapy talk
Change some habits
The funk starts to wane
Anticipation

Meditate
Get support
Healthy lifestyle
Living in the present
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Gratification

Melancholy returns
Long or short term
Self-care priority again
Higher power beliefs
Reflection