

**Title: Ways To Fix Depression**

**Subtitle: Poetry**

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Summary: A poem to help with depression, hopefully to make an impression.

To transduce a truth,  
From pains within our youth;  
Slowly unlock to contend,  
Not to condescend;  
Just not pretend.  
Like a reality showdown,  
Where it feels like we're going to drown;  
Twisted and fake,  
Not feeling great,  
The gravity weighs,  
Penalty pays.  
Lift ourselves up by hitting the floor;  
Not only the gym,  
Start from within.  
Aim for more,  
Project the score;  
It's not luck,  
Thus not to be misunderstood.  
Mindfulness is giving our brain a break,  
To listen to the rhythms it partakes.  
Unloading the thoughts like a trek on a bus,  
Not getting mad when we hear lots of fuss;  
As in the thoughts we don't dwell,  
Thus we can slowly fix within,  
To overcome the Hell.  
Rule of thumb does suggest,  
Turning everything off is best;  
So then we're not distressed,  
And can finally hear our soul protest.