Title: Ways To Fix Depression

Subtitle: Poetry Author: wizanda Date: 2017/7/13

URL: https://www.wizanda.com/modules/article/view.article.php/c5/295

Keywords: Poem, Depression, Life, Poetry, Soul, Mindfulness

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

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.