Not Feeling Yourself ©

Lately, your life seems so routine and mundane

Thinking you're losing your mind and going insane

It feels like your true self is trapped deeply inside

And your inner spirit wants to privately sneak and hide

You go through the same daily motions, day by day

As your happy emotions seem to sadly rot and decay away

Early in the morning when you get out of bed

It feels like you're not awake, but like the walking dead

Feeling as if your soul is bewildered and roaming lost

Like you're completely disconnected from life and your Source

Feeling so drastically isolated and totally alone

That you don't even want to be bothered talking on the telephone

You feel as if your soul only wants to hibernate

But you know that you need so desperately to rejuvenate

You're just so tired of feeling so dog-gone gloomy and sad

That sometimes you try to brush it off as just a phase or a fad

But you intuitively know that something psychological isn't quite right

Assured that you'll eventually counter it and put up a good fight

Be careful to not quickly make judgments and label as depression

Always obtain a medical diagnosis from a therapist of the profession

Never worry if you'll be stigmatized or people will foolishly criticize

Because we'll always perceive you as a brave warrior within our eyes

We have all experienced some unhealthy mental state

Something that we can all honestly and personally relate

Therefore, you must reach out to your friends and others

And accept the helping hands of your sisters and brothers

Don't further ponder the idea or continue to contemplate

Shamelessly, take the leap of faith and no longer hesitate

So, seek the love and assistance without further heed

To fill the empty void of love that you emotionally need

Escape those solemn feelings that you so desire to dismiss

By encircling yourself with caring friends, embracing their affectionate kiss

Be assured that there will be a happier tomorrow and after

As your rejoiced spirit bursts with smiles and joyful laughter