

A Day in the Life

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Poetry

I wake with razor blade eyes

My insides escaped

Crackling sparklers on a bonfire night

Hissing and spitting offering no reprieve

A darkened room

A welcomed sanctuary

Protection from the looming tasks

RISE

WASH

EAT

SIT

DRINK

WAIT

I pray out loud the phone does not ring

I plead for no knocks on the door

Oblivion is an easier option to tick in the box of life

Himalayan trek

Remember what the therapist said

“Break it down into simple tasks”

Rest when tired

Eat when hungry

I look at my bumper sticker life

Magnetic messages on the fridge

“REMEMBER TO BREATHE”

That's my fave

The irony forces a grin cause all I want to do is die

A cup of lukewarm tea and a slice of stale raisin bread

I give myself permission to breathe

The outside world too severe today

I crawl my way back into the safety of the steel wool sheets to live to face
another day

Tomorrow.....

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A memory of my days in the throes of unrelenting depression